

**Academic discipline:
"Basics of Athleticism"**

Code and name of specialty	6-05-0115-03 Physical Culture Education
Training course	1
Semester of training	1
Number of class hours	32
Lectures	6
Seminar classes	4
Practical classes	22
Laboratory classes	-
Form of current assessment (credit/differential credit/exam)	Credit
Number of credits	3
Competencies to be formed	To master the technique of performance and the methodology of training athleticism
<p align="center">Summary of the content of the academic discipline:</p> <p>The purpose of the discipline "Basics of athleticism" is the purposeful formation of professional and pedagogical skills and the creation of a foundation of physical fitness for a stronger assimilation of the practical material of sports disciplines by students of the Faculty of Physical Education.</p>	