**The name of the academic discipline:**

**“Swimming and Teaching Methods”**

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| **Specialty code and name** | 6-05-0115-01 Physical Culture Education |
| **Year of study** | 1-2 |
| **Semester of study** | 2-4 |
| **Number of in-class academic hours:** | 92 |
| **Lectures****Seminar classes** **Practical classes****Laboratory classes** | 6 |
| 10 |
| 76 |
| - |
| **Form of the current assessment (*credit/ graded credit /exam*)** | credit / credit / exam |
| **Number of credit points** | 9 |
| **Competences** | To master the technique of execution and methods of teaching sports and applied swimming techniques, methods of providing assistance to victims in the water, forms and methods of teaching swimming, to ensure compliance with safety rules for conducting classes. |
| **Summary of the academic discipline:**Mastering the academic discipline “Swimming and Teaching Methods” involves increasing the level of physical and technical fitness of students; forming the motor base necessary for mastering the technique of sports swimming methods and fulfilling the test standard; preparing students to participate in organizing competitions and judging swimming competitions; improving the knowledge, skills and abilities in conducting training sessions on various swimming methods and types of training; developing in students the skills and abilities necessary to provide assistance to drowning people. |