**The name of the academic discipline:**

**“Theory and Methodology of Teaching and Sports Training (Athletics)”**

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| **Specialty code and name** | 6-05-0115-01 Physical Culture Education |
| **Year of study** | 2, 3, 4 |
| **Semester of study** | 4, 5, 6, 7, 8 |
| **Number of in-class academic hours:** | 370 |
| **Lectures****Seminar classes** **Practical classes****Laboratory classes** | 110 |
| 20 |
| 150 |
| 90  |
| **Form of the current assessment (*credit/ graded credit /exam*)** | exam / credit / exam / credit / exam  |
| **Number of credit points** | 18 |
| **Competences** | Master terms and concepts, knowledge of the history, development trends and rules of sports competitions in the chosen sport; navigate and use knowledge of methods for developing physical qualities, teaching technique and tactics to plan educational, training and competitive processes in the chosen sport. Plan, organize, monitor and adjust the sports training of athletes of various qualifications in the chosen sport. |
| **Summary of the academic discipline:**The academic discipline “Theory and Methodology of Teaching and Sports Training (Athletics)” is aimed at both practical and theoretical training of students. When studying the discipline, the student is able to master the system of practical and theoretical knowledge, skills and abilities necessary in the training of athletes of various qualifications in the chosen sport, and master the modern system of sports training. |