**The name of the academic discipline:**

**“Gymnastics and Teaching Methods”**

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| **Specialty code and name** | 6-05 1012 02 Coaching Activities (Athletics) |
| **Year of study** | 1-4 |
| **Semester of study** | 1-7 |
| **Number of in-class academic hours:** | 230 |
| **Lectures****Seminar classes** **Practical classes****Laboratory classes** | 30 |
| 30 |
| 170 |
| - |
| **Form of the current assessment (*credit/ graded credit /exam*)** | credit / credit / credit / exam |
| **Number of credit points** | 12 |
| **Competences** | To master the technique of performing basic exercises and the methods of teaching in gymnastics, to provide assistance and insurance when performing gymnastic exercises, to ensure compliance with safety rules for conducting classes. |
| **Summary of the academic discipline:**The academic discipline “Gymnastics and Teaching Methods” occupies a special place in physical education – a system of specially selected physical exercises and methodological techniques that have a huge health and hygienic value, form important applied skills and abilities, and are an effective means of aesthetic education of a person. The academic discipline provides for the study of two sections by students – theoretical and methodological and practical and methodological foundations. The purpose of the discipline “Gymnastics and Teaching Methods” is the targeted formation of professional and pedagogical skills and a more solid assimilation of the methodology of teaching gymnastic exercises by students of the Faculty of Physical Education. |