**The name of the academic discipline:**

**“Fundamentals of theory and methodology of the chosen sport”**

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| **Specialty code and name** | 6-05 1012 02 Coaching Activities (Athletics) |
| **Year of study** | 1, 2 |
| **Semester of study** | 1, 2, 3, 4 |
| **Number of in-class academic hours:** | 270 |
| **Lectures**  **Seminar classes**  **Practical classes**  **Laboratory classes** | 40 |
| 20 |
| 210 |
| - |
| **Form of the current assessment (*credit/ graded credit /exam*)** | credit / exam |
| **Number of credit points** | 18 |
| **Competences** | Master terms and concepts, knowledge of history and current state, rules of sports competitions of the chosen sport; navigate and use knowledge of methods of developing physical qualities, teaching technique and tactics to plan educational, training and competitive processes in the chosen sport |
| **Summary of the academic discipline:**  The academic discipline involves studying various aspects of special means and methods aimed at developing in students a set of knowledge, skills and special abilities necessary for independent work as a trainer-teacher in track and field. During practical classes, students master the technique of movement in track and field, terminology, insurance and assistance; teaching methods and forms of organizing classes; methods of using exercises for the purpose of targeted impact on the functions of individual systems and on the body as a whole, development of motor, mental and personal qualities of those involved. | |