Department of Theory and Methods of Physical Education

Name of the academic discipline (module)	History of Physical Education and Sport
Code and name of the specialty	1-88 02 01-04 Sporting and Pedagogical Activities (Sporting Direction)
Course	1
Semester	1
Number of academic hours of the academic discipline (module): lectures seminars practicals laboratory practicals	 110 20 20 0 0
Form of control	Examination (term 1)
Number of credits	3
The introduction and development of means, forms and methods, ideas and theories in the field of physical education in different periods of society development. Evolution of physical education and sports from ancient times to our days. The contents of the academic discipline are in the following sections: Section 1. Physical Education of Ancient Times. Section 2. Physical Education in the Middle Ages. Section 3. Physical Education in Modern Time. Section 4. Physical Education of peoples who inhabited the territory of the USSR from ancient times to 1991. Section 5. Physical Education in Belarus since ancient times until now. Section 6. The introduction and development of the modern international sports and Olympic movement.	