Name of the academic discipline (module)	Theory and methods of physical education
Code and name of the specialty	1-88 01 02-01 Recreational and Adaptive Physical Training (recreational)
Course	2-3
Semester	3-5
Number of academic hours of the academic discipline (module): lectures seminars practicals laboratory practicals	 334 76 78 20 0
Form of control	Credit (term 3), Examination (terms 4,5)
Number of credits	9

Methodological foundations of the theory of physical education . Forms and functions of physical culture. The system of physical culture. Means, methods and principles of physical education. Bases of the theory and methods of teaching motor actions. Bases of the method of directed development of motor abilities. Physical education as a long-term process and its characteristics in different periods of age development. Planning and control in physical education.

The contents of the academic discipline are in the following sections:

Section 1. Theoretical bases of physical education.

Section 2. The main aspects of the contents and methods of physical education.

Section 3. Theory and methods of physical education in educational institutions.

Section 4. Physical Education of the Adult Population