Department of sports and pedagogical disciplines

Name of the academic discipline(module)	Gymnastics and teaching methods
Code and name of the specialty	1-88 01 02-01 Recreational and Adaptive Physical Training (recreational)
Course	1-2
Semester	1-4
Number of academic hours of the academic discipline(module): lectures seminars practicals	382 10 - 204
Form of control	Credit(2nd semester), exam(4th semester)
Number of credits	10
The content of the discipline Gymnastics in the system of the physical education. Classification of the types of gymnastics and their contents. Characteristics of the main types of gymnastics. Basics of the technique of acrobatic exercises and exercises on gymnastic apparatus. Teaching methods of gymnastic exercises. Forms, methods and specific features of classes with a different contingent of engaged. Organization and rules of competitions refereeing.	