Name of the academic discipline(module)	Skiing and teaching methods
Code and name of the specialty	1-88 01 02-01 Recreational and Adaptive Physical Training (recreational)
Course	1
Semester	1-2
Number of academic hours of the academic discipline(module): lectures seminars practicals	110 4 - 32
Form of control	Exam(2^{nd} semester)
Number of credits	3

The content of the discipline

The academic discipline "Skiing and Teaching Methods" is a basic theoretical and practical discipline, it provides students to study with fundamentals of theory and teaching methods, getting the basics of the technique of Olympic skiing, sports training for a skier, an ability to organize and hold cross-country skiing competitions.

The content of the academic discipline is set out in the following sections:

1. History of skiing.
2. General questions of theory and methods of skiing.
3. Skier's equipment and outfit.
4. Analysis of techniques and methods of teaching of the ways of skiing.
5. Methods of training.
6. Organization and conducting competitions.