Name of the academic discipline(module)	Gymnastics and teaching methods
Code and name of the specialty	1-03 02 01 03 Sports and recreational, tourist and recreational activities
Course	1-4
Semester	1-7
Number of academic hours of the academic discipline(module): lectures seminars practicals	 40 40 158
Form of control	Credit(2,4,6), exam(7th semester)
Number of credits	13,5
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.	