Name of the academic discipline(module)	Swimming 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	198 10 4 80
Form of control	Credit(1st semester), exam(2nd semester)
Number of credits	6

The content of the discipline

Safety rules on classes. Characteristics of swimming as a sport. Swimming in the system of physical education.

A lesson as a basic form of conducting classes on swimming. General characteristics of the technique of sporting ways of swimming. Technique for starting. Technique for making turns.

Basic means of training. Methods of elementary training in swimming. Methods of teaching sporting ways of swimming. Methods and types of applied swimming. Methods and techniques of salvage in swimming. First aid for drowning.

Organization and conducting of swimming competitions.