Name of the academic discipline(module)	Athletics and Teaching Methods
Code and name of the specialty	1-03 02 01 03 Sports and recreational, tourist and recreational activities
Course	1-3
Semester	1-6
Number of academic hours of the academic discipline(module): lectures seminars practicals	 34 40 176
Form of control	Credit(2,4,5), exam(6th semester)
Number of credits	13

The content of the discipline

The academic discipline "Athletics and teaching methods" is a basic theoretical and practical course, it gives the idea of the breadth of the range of physical education tools for the development of motor skills and training in the technique of track and field athletics. The purpose of this discipline is to form a system of knowledge, skills and abilities for students to activate their activity in the field of mastering specialized motor activities and sports training.

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

1. General issues of the theory of athletics.
2. Track and field athletics in the system of education, sport and health.
3. Organization and judging of competitions in athletics.
4. Sports and pedagogical skills in athletics.
5. Improvement of knowledge, abilities and skills (training practice).