Name of the academic discipline(module)	Athletics and Teaching Methods
Code and name of the specialty	1-88 02 01-04 Sporting and Pedagogical Activities (Sporting Direction)
Course	1-2
Semester	1-4
Number of academic hours of the academic discipline(module): lectures seminars practicals	348 16 8 170
Form of control	Credit(2^{nd} semester), exam(4^{th} semester)
Number of credits	9

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).