Name of the discipline (module)	Theory and technique of Recreational physical training
Code and name of the specialty	1-03 02 01 Physical Training with specialization 1-03 02 01 03 Sports and recreational, tourist and recreational activities
Course	2-4
Semester	4-8
The number of academic hours of the discipline (module): Lectures Seminars Practicals Laboratory Practicals	 498 86 60 0 102
The form of control	Examination (4,6,8)
The number of credits	13,5
Original notions, tasks, principles, functions, forms, structure of recreational physical culture. Main components of healthy lifestyle. Indicators and norms of physical activity of the person at various stages of ontogenesis. Creation of motivation to systematic physical exercises with recreational orientation. Organization and management of recreational physical culture. Recreational physical culture in pre-school facilities and educational institutions. Recreational physical culture for middle and third age. Authorial recreational systems and programs. Programming of organized and independent physical exercises with recreational orientation. Productive physical culture. Sports and recreational work at the place of the residence and at the places of public entertainment.	