

PHYSICAL EDUCATION AND SPORTS

ABSTRACT TO THE CURRICULUM

Direction of training: 7-07-0732-1

	Form of study
	Full-time
Course	3-4
Semester	5, 6,7,8
Practical (seminar) classes, hours	136
Credit, semester	5,6,7,8
Classroom hours for the academic discipline	136
Total hours for the academic discipline / credit units	136 /-

1. The purpose of the discipline "Physical culture" in an institution of higher education is the formation of social and personal competencies of students, ensuring the targeted use of appropriate means of physical culture and sports for the preservation, promotion of health and preparation for professional activity.

2. Planned results of studying the discipline

to know: the role of physical culture in human development and specialist training; fundamentals of the state policy of the Republic of Belarus in the field of physical culture and sports; theoretical and methodological foundations of physical culture and a healthy lifestyle; the main achievements of the Republic of Belarus in the field of physical culture and sports; hygienic and organizational foundations of physical culture and sports.

be able to: use practical skills in life that ensure the preservation and strengthening of health, the development and improvement of psychophysical abilities and qualities; use the experience of physical culture and sports activities to achieve life and professional goals; apply the rules for the safe conduct of physical exercises and sports.

have the following skills: knowledge of the social role and values of physical culture in the professional and personal formation of a future specialist; knowledge of the scientific, biological, methodological and practical foundations of physical culture and a healthy lifestyle; knowledge of the motivational and value attitude to physical culture, the need for regular physical exercise and sports; means of physical culture and sports for the prevention of diseases, mental well-being, development and improvement of personality traits.

3. Emerging competencies

Mastering this discipline should ensure the formation of the following competencies:

Names of the formed competencies
To use physical education and sports, physical culture and recreation and mass sports events for the preservation and promotion of health, disease prevention

4. Requirements and forms of current and interim certification

The following forms are used to assess the diagnosis of competencies: oral (interviews, conference reports, oral tests); written (tests, written reports on practical exercises, abstracts, research reports, publications of articles, reports); oral and written (reports on practical exercises with their oral defense, reports on home practical exercises with their oral defense), technical (control tests of physical fitness and physical development, final results of sports activities).

To assess the level of knowledge of students, the following diagnostic tools are used: practical (for the basic, preparatory, special medical and sports departments, taking into account the educational department, medical recommendations, course) control tests of physical fitness and physical development, the final results of sports activities; theoretical: (for the basic, preparatory, special medical and sports departments taking into account the educational department, medical recommendations, course) criteria-oriented tests for assessing the theoretical and methodological level of training; (for those who are fully discharged from the special medical department) writing abstracts, the ability to conduct functional tests, exercise self-control, and participate in the research work of the Technosphere Safety Department.