

Abstract to Discipline Course Plan
"Elective Disciplines in Physical Education and Sports"

Purpose of study	- maintaining and improving the level of functional and physical fitness of students using methods and means of Physical Education for the preservation and strengthening of health, psychophysical training and self-preparation for full social and professional activities, as well as the formation of a sustainable motivational and value attitude to PE and sports activities.
Place of discipline in the academic program	U 1.C.3*
Competencies to be acquired	UC-3, UC-7
Acquired knowledge, skills and abilities	Know: Be able to: UC-7.4 demonstrates a system of practical skills and abilities in the execution of motor action techniques in various sports. Have the following skills and (or) experience: UC-7.5 maintains an adequate level of physical fitness for social and professional activities.
Content of the discipline	Teaching Sports. Sports Training. Improvement in Sports. Improvement in Sports.
Educational activities	Practical classes, independent work.
Information, instrumental and software tools used	Microsoft Office Microsoft Windows 7-Zip AcrobatReader Moodle course "Elective Disciplines in Physical Education and Sports" https://portal.edu.asu.ru/enrol/index.php?id=5275
Midterm evaluation	Credit

*(U- unit, C-compulsory discipline)