

Course Description
«Physical Culture and Sport»

1. Course name: Physical Culture and Sport
2. Department responsible for the course or equivalent: Academy of physical culture and sports
3. Lecturer: Marina Belavkina, associate Professor, mvbelavkina@sfedu.ru
4. Semester at the time of the course unit: autumn
5. Training hours per week: 2
6. Level of course unit: Bachelor level
7. Credit: ECTS 2
8. Admission requirements: Basic health knowledge
9. Objective of the course (goal):
 - to get acquainted with the history of formation and development of physical culture and sports as social phenomena
10. Course contents:
 - theories of the origin of sport;
 - main components of health;
 - directions of sports activities.
11. Learning outcomes:

Skills of application of historical knowledge in the analysis of the current state of physical culture and sports and the formation of independent and informed judgments about their possible development.
12. Planned learning activities and teaching methods:

lectures with a variety of examples and practical exercises, discussions, tests, essays, training reports.
13. Criteria of assessment:

Tests, essays

All ways of monitoring including tests and open questions. Right response for each test question will be estimated as 1. Essay max 10 points.