

Division: *Institute of Sport, Tourism and Service*

Academic programme: *49.03.01 Physical Education, Sports Training*

Mode of study: *part-time / full-time*

Programme length: *4 years (full-time), 5 years (part-time)*

Programme level: *Bachelor's degree*

Language of instruction: *Russian*

Programme description: *The aim of this programme is to train multi-skilled specialists in the field of physical education and sports training in various types of physical education. The programme is focused on coaching and pedagogical activities in various types of institutions related to physical education and sports, ensuring the formation of methodological knowledge, skills and abilities of applying modern technologies to training athletes; organization and management of the educational and training process, the implementation of its accounting and control; assessment of various body conditions during physical education and sports. Students are involved in research work with the opportunity to present reports at student scientific conferences and publish the results of experimental studies in collected works.*

Graduates of the 49.03.01 Physical Education programme are able to perform their professional activity in the fields of physical education, physical education and mass sports, sports training, sports and athletic organisations management and development, and scientific research.

The 49.03.01 Physical Education academic programme trains students for the following types of professional activity:

- coaching;*
- teaching;*
- recreation;*
- organization and methodology;*
- organization and management;*
- research.*

Main programme-specific classes:

- *Human Anatomy*
- *Human Physiology*
- *Psychology of Physical Education*

- *Pedagogy of Physical Education*
- *Theory and Methods of Teaching Basic Sports (Gymnastics, Track and Field, Sports and Outdoor Games, Skiing, Martial Arts)*
- *Theory and Methods of Physical Education*
- *Therapeutic Physical Culture and Massage*
- *Methods of Functional Monitoring in Physical Education and Sport*
- *Scientific and Methodological Support of the Ready for Labour and Defence Physical Education Tests*
- *Organization of Sporting and Mass Participation Events*
- *Organization of Physical Education and Sport*
- *Fundamentals of Anti-doping Support*
- *Fundamentals of the Theory of Sport*
- *Pedagogical Self-perfection in Physical Education and Sport*
- *Legal Framework of Professional Activity*
- *Practicum on the Type of Professional Activity*
- *Sports Metrology and Control in Physical Education*
- *Sporting and Mass Participation Facilities and Devices for Physical Exercises*
- *Safety Precautions during Physical Education Classes*
- *Physiology of Physical Education and Sport*
- *Biomechanics of Motor Activity*
- *Human Biochemistry*
- *Theory and Methods of Selected Type of Sport*

Programme manager: *Albert S. Aminov, PhD, Candidate of Sciences (Biology), Associate Professor, Head of the Department of Self-perfection in Sports*