**INFORMATION PACKAGE**

Physical Education Department was founded on the on the ground of the decision of the Ministry of Education of the Republic of Belarus d/d 25.04.2000 No. 04-1-6 1221 and in accordance with the Order of the Rector d/d 21.04.2001 No. 148-к.

There are bachelor and master’s degree programs available for students. Highly-qualified teachers conduct the classes. The education is arranged in a practice-oriented way, new educational and innovative techniques are used.

Here is the list of the bachelor degree programs available for foreign students:

**1-03 02 01 «Physical education», specializations are indicated,**

**1-03 02 01 01 «Special training»,**

**1-03 02 01 03 «Physical Education. Health Improvement, Tourism and Recreation Activity».**

There is a master’s degree program available for foreign students:

**1-08 80 04 «Physical education and sport».**

Duration of studies: 4 years for bachelor degree programs, 1 year for master’s degree program.

Qualification awarded to bachelor degree students: “A teacher”.

Qualification awarded to master’s degree students: “Master of Pedagogical Sciences”.

Much attention is paid to Research activities of the students. Research projects are supervised by the teachers either like team projects or individual projects. The results of research activities are presented in the articles for further publications in scientific journals, collections of articles, etc.

**ACADEMIC PLAN FOR BACHELOR DEGREE PROGRAMS**

**1-03 02 01 «Physical education», specializations are indicated»,**

**1-03 02 01 01 «Special training»,**

**1-03 02 01 03 «Physical Education. Health Improvement, Tourism and Recreation Activity»,**

**General scientific and professional disciplines are included**

**Pedagogics**

**(5,5 credit points)**

Education as a sociocultural phenomenon. General characteristics of teaching activities and teaching profession. Fundamentals of professional self-education and self-education of students. Pedagogics in the system of human sciences. Methodology and methods of pedagogical research. General patterns and characteristics of personal development. Education and upbringing of the personality in a unified pedagogical process. Modern educational technology. Fundamentals of management in Pedagogics. Essence, content and technology of education in a modern school. Purpose, objectives, content and technological aspects of the activities of a form teacher. Fundamentals of professional pedagogical mastery of specialists who are involved into physical education, sport and tourism. Main directions in the development of modern Pedagogics.

**Psychology**

**(3,5 credit points)**

Subject, tasks and methods of Psychology. Basic categories of Psychology. Mental processes. Mental conditions. Mental properties of personality. Psychology of activity. Psychology of Personality. Individual psychological characteristics of personality and activity. Psychology of the group. Patterns of human mental development. Psychological characteristics of people of different ages. Psychological foundations of training and education.

**Theory and methodology of Physical Education**

**(8,5 credit points)**

Forms and functions of Physical education. System of Physical education in the Republic of Belarus. Formation of personality in the process of physical education. Means, methods and principles of physical education. Fundamentals of theory and methods of teaching motor actions. Fundamentals of the theory and methodology of the directed development of motor abilities. Physical education at early, preschool age and school age. Physical education of pupils and students. Physical education during the period of labor activity. Physical education for elderly people. Planning and control in Physical education. Professionally applied Physical training.

**Theory of Sport**

**(4 credit points)**

Social functions of sport. Sport training as a system. Fundamentals of the theory of sport competitions, theory of sport training and the theory of selection in sport. Patterns, principles, means and methods of sport training. Content of physical, technical, tactical, mental and integrated training of athletes. Techniques to build up sport training in small, medium and large training cycles. Technology and planning in sport. Integrated control in sport.

**Anatomy**

**(7 credit points)**

Introduction to Anatomy. Doctrine of cells. Tissues. Doctrine of bones. Syndesmology. Myology. Anatomic analysis of the positions and movements of the body. Internal organs. Cardiovascular system. Lymphatic system and organs of immunogenesis. Central nervous system. Autonomic nervous system. Sense organs. Endocrine glands.

**Physiology**

**(7 credit points)**

General Physiology. Research Methodology. Main properties of living systems. Nervous and humoral regulation of body functions. Homeostasis. Physiology of the central nervous system. Reflex reactions. Autonomic nervous system. General patterns of activity of sensory systems. Higher nervous activity. Neuromuscular system. Blood as the internal environment of the body. Physiology of blood circulation, respiration. Physiology of the endocrine system. Physiology of metabolism, digestion, excretion, thermoregulation. Age physiology. General patterns of growth and development of the body. Age periodization.

**Biochemistry**

**(1 credit point)**

Chemical composition of the human body, its features when doing sport. Metabolism and energy in the body. Enzymes, vitamins, hormones, their importance in muscle activity. Bioenergy processes, exchange of carbohydrates, lipids, proteins in the body. Biochemistry of muscle tissue. Energy of muscle activity. Biochemical changes in the body during sports loads of various power and duration. Phenomena of super-compensation of substances in the development of physical qualities of athletes. Biochemical control in sport. Biochemical substantiation of physical exercises with people of different ages.

**Biomechanics**

**(4 credit points)**

Kinematic, dynamic, energy characteristics of the bodies of the athlete’s and their movements. Biomechanical components of the internal structure of the motor action: elements of dynamic posture and control movements. Biomechanical patterns of development of motor actions and manifestations of motor qualities.

**Sport medicine**

**(4 credit points)**

Definition and assessment of the level of physical development. Functional state of the body of athletes and sportsmen. Testing in sports medicine. Medical supervision of people who are involved in physical education and sport. Fundamentals of general and sport pathology. Medical recovery tools. Doping and anti-doping control in sport. First aid in emergency conditions in sport activities.

**Hygiene**

**(3 credit points)**

Hygiene of educational activities. Hygienic basis of sport activities.

**Therapeutic physical training and massage**

**(7 credit points)**

Theoretical foundations of exercise therapy as a method of non-specific, pathogenetic and functional therapy. Mechanisms of the therapeutic effect of physical exercises on the body. Organizational and methodological foundations of exercise therapy. Indications and contraindications for physical exercises. Means and forms of exercise therapy. Motor modes and load dosing in exercise therapy. Exercise therapy techniques when there is a disease or injury. General basics of massage. Classification of massage. Mechanisms of the effect of massage on the body. Massage techniques. Sports massage. Massage techniques when there is a disease or injury in sport activities.

**History of Physical education and sport**

**(4 credit points)**

General History of Physical education and sport. History of physical culture and sport in the USSR and Belarus. History of the international sport activities and Olympic games.

**Physiology of sport**

**(3 credit points)**

Physiological classification of exercise. Physiological characteristics of the body when performing physical exercises. Physiological basis for the development of physical qualities. Physiological mechanisms of motor skills formation. Adaptation to physical activity. Physiological mechanisms for the development of fitness. Physiological characteristics of sport. Physical performance in special environmental conditions. Physiological characteristics of the age-related development of physical qualities, formation of motor skills of young athletes in ontogenesis. Physiological basis of mass physical culture.

**Organization and Economics of Physical Education**

**(3 credit points)**

Management of Physical education, sport and tourism in the Republic of Belarus. Specialized State authori of special competence. Management in the system of Ministries and community-based organizations of general and special competence. Organization of physical education, mass physical culture and recreation work; sports development management. Fundamentals of the economics of physical education and sports: theoretical and methodological foundations; labor resources; material and technical and financial resources; foreign economic relations.

**Management and Marketing in Sport**

**(1 credit point)**

Principles, methods, functions of management and marketing in the field of Physical culture and Sport. Marketing in sport and tourism. Goods and services in Physical education, sport and tourism. Market of sport and tourism services. Fundamentals of formation for sports and athletic services. Information support of marketing activities of sports organizations.

**Gymnastics and Teaching methodology**

**(13 credit points)**

Gymnastics in the system of Physical education. Gymnastics: classification of types, contents. Description of fixed assets of Gymnastics. Fundamentals of the technique of acrobatic exercises and exercises on gymnastic apparatus. Methods of teaching gymnastic exercises. Forms, methods and features of classes with various contingents involved. Organization and rules of refereeing competitions.

**Sports games and outdoor games and Teaching Methodology**

**(16,5 credit points)**

Fundamentals of theory and methodology of sports and outdoor games. Sports games in the system of physical education: basketball, handball, volleyball, soccer, tennis, table tennis, badminton, etc. The history of the game and its development trends. Rules of the game and refereeing technique. Classification of technology and tactics in sports. Basic teaching methodology, development of physical qualities and motor-coordination abilities. Fundamentals of organizing and conducting classes in sport. Organization and holding of sport competitions. Content, organization and methodology of conducting outdoor games for various people.

**Track and field athletics and teaching methodology**

**(15 credit points)**

History of emergence and development of athletics. Athletics in the system of physical education of the Republic of Belarus. Classification and characterization of athletics exercises. Fundamentals of technology of athletics. Methods of teaching of athletics exercises. Methods and means of developing physical qualities and motor coordination abilities. Athletics in educational institutions. The basics of training in athletics. Rules for conducting and refereeing athletics competitions. The Use of Athletics.

**Swimming and teaching methodology**

**(7 credit points)**

Swimming in the system of physical education of the Republic of Belarus. Safety precautions while studying. Rescue of affected people in the water. Basics of swimming techniques (hydrostatics, hydrodynamics, mechanics of swimming locomotion). Technique of sports swimming methods. Applied swimming. Swimming training. Organization and conduct of swimming classes, competitions, sporting events in swimming pools and open waters.

**Skiing and teaching methodology**

**(4,5 credit points)**

History of the emergence and development of skiing. Types of skiing. Inventory and equipment for various types of skiing and maintenance. Fundamentals of skiing techniques. Methods of teaching skiing methods. Methodology for the development of physical qualities. Basics of sports training. Organization and conduct of skiing, competitions, sporting events. Rules for conducting competitions.

**Tourism**

**(2 credit points)**

Program and regulatory framework for tourism in the Republic of Belarus. Types of tourism and their classification. Structure, contents of sections, stages of tourist training. Organization and conducting of hiking, rallies and for various groups of people. Ensuring safety and first aid while camping.

**Combat sports**

**(2 credit points)**

Description of combat sports. Security measures in combat sports. School of special movements and actions in combat sports. Fundamentals of combat sports and techniques in combat sports. Organization and methods to conduct combat sports. Fundamentals of self-defense in combat sports.

**Fundamentals of athleticism**

**(2 credit points)**

Description of endurance sports (weightlifting, kettlebell lifting, powerlifting, arm wrestling, bodybuilding). Role and importance of strength training in the field of physical education and sports. Fundamentals of sports training and athletic health training. Organization of training sessions in power sports. Safety during power sports.

**Requirements to the contents and arrangement of practical training**

Practical training (academic and on-the-job placement) is a part the educational process of training of specialists in a production environment. It is conducted at the leading enterprises, institutions and organizations, various industries.

Practices are aimed at consolidating the knowledge and skills acquired in the process of studying at a university, mastering the skills of solving social and professional problems, and production technologies.

Practices are organized taking into account the future specialty and specialization.

**Summer training period**

**(6 credit points)**

Getting practical organizational skills, training methods, development of physical qualities, recovery in the conditions while gathering together at summer training period with regard to the contents of sports and pedagogical disciplines (athletics, swimming, sports and outdoor games).

**Winter training period**

**(3 credit points)**

Getting practical organizational skills, training methods, development of physical qualities, recovery in the conditions while gathering together at winter training period with regard to the contents of sports and pedagogical disciplines (athletics, swimming, sports and outdoor games).

**Camping trip**

**(1,5 credit points)**

Getting practical skills for organization and conducting camping trips, gatherings and competitions who will provide security and emergency medical service while camping.

**Teaching training at summer camp**

**(4,5 credit points)**

Getting professional and teaching skills, competencies and knowledge for organization, management of health-promotion, education and sporting and mass participation events in temporary children camps, out-of-school establishments, in children health-improvement camps with regard to age and individual peculiarities of children. Life and health safety of children.

**Teaching training at educational establishments**

**(12 credit points)**

Physical education of students at secondary schools. Formation of professional skills in organizing and conducting training, educational, extra-curricular, physical education, sports, and research work. Acquisition of practical skills in arranging the documents for physical education and educational work, taking into account the conditions of a general educational institution. Practical mastery of methodology for conducting lessons of physical education of various ages, and health conditions; modern approaches to the rational construction and organization of a lesson in physical education. Formation of skills to exercise control over the results of the educational process in the conditions of educational institutions. Practical mastery of the methods of scientific research of the effectiveness of the educational process in physical education and educational work.

**Teaching training with specialization**

**(6 credit points)**

Profiled practice is a part of educational process at the final stage of student preparation. Sports, medical, health-improving organizations and institutions, the development management system of physical culture and sports in the future professional activities, practical participation in the organization and conduct of training, sports, competitive, educational, health, medical, preventive and other types of work, knowledge, skills acquired in the learning process are consolidated. Necessary experience of pedagogical activity is accumulated for professional functions. - Creative application of professional and pedagogical knowledge to solve specific educational, training and organizational tasks taking into account the characteristics of those involved and the level of development of the organization's team;

- Organization of educational, training, competitive, medical, recreational and educational work with students and athletes of various qualifications, physical health with regard to modern pedagogical and methodological requirements;

- Organizing and conducting campaigning to engage various classes of the population in possible forms of physical education and sports;

- Formation of value motives, orientation needs in systematic physical education and sports.