

Код Code	Наименование специальности Name of specialty	Основные темы Main themes
1-60 80 01	Методы и средства технического обеспечения физической культуры и спорта (Methods and Means of Technical Support of Physical Education and Sport)	<p><b>Теория и методика физической культуры (Theory and Methods of Physical Education)</b></p> <p>Topic 1. Introduction to the theory of physical education.  Topic 2. Research methods of physical education.  Topic 3. Physical exercises as the basic means of physical education.  Topic 4. Methods in physical education.  Topic 5. Fundamentals of motor training methods.  Topic 6. Physical strength and its training methods.  Topic 7. Combined development of speed and strength qualities.  Topic 8. Speed and its training methods.  Topic 9. Endurance and its training methods.  Topic 10. Coordination abilities and their improvement methods.  Topic 11. Directional effect on flexibility and body build.  Topic 12. Techniques used in motor training and physical qualities development and assessment.  Topic 13. Physical education class management.  Topic 14. Control in physical education.</p>