

# Physical training and sports education

Immanuel Kant Baltic Federal University

Degree or qualification is awarded: **Bachelor**

Language of study: **Russian**

Mode of study: **full-time**

Duration: **4 years**

Availability of free education: **yes**

Price: **3 000 USD per year**

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A Bachelor's degree in Physical Education and Sports Education is a great start for a career in the education field. During this course, you will learn the theoretical fundamentals of physical education and sport, the technology for organising physical education classes at different levels of education, and the fundamentals of sports and health training for children and adults. After studying human anatomy and physiology, biochemistry and biomechanics as well as legal aspects of the profession, you will be able to effectively carry out professional activities aimed at teaching motor activities, preserving and improving physical health, developing a person's intellectual capacity, and improving his or her motor skills.

You will develop an understanding of the principles of an active and healthy lifestyle, and learn how to design exercise programmes with age, with the individual characteristics and health conditions taken into account. Combined with that the principles of physical education and sports training, you will be able to aid in social adaptation through active involvement in systematic physical education and sport.

## Specializations within this programme

What will I study?

- History and theory of physical education and sport
- Psychology of physical education
- Physical education pedagogy
- Gymnastics with teaching methods
- Sport games with teaching methods
- Athletics with teaching methods
- Swimming with teaching methods
- Physical education of pre-school and school children
- Basics of teaching skills
- Technologies of sports training • Human biology, anatomy, physiology