

Physical Culture

Far Eastern 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: **285 000 rubles per year**

Programme webpage at the university website:

<https://www.dvfu.ru/upload/medialibrary/8cb/zrl2j6hw15s4tpmkqxy71j6an0fh5btd/%D0%9F%D0%B0%D1%81%D0%BF%D0%BE%D1%80%D1%82%20%D0%9E%D0%9F%2049.03.01.pdf>

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When preparing bachelors for pedagogical, coaching and recreational activities as a teacher, coach, instructor in various sports and recreation organizations, the following tasks are solved: providing the necessary conditions that take into account the individual and personal potential of students and the formation of competencies necessary for professional activity; formation of motivation and interest in the development of program material, education of cognitive interest to research and scientific project activities in the field of physical culture and sports; formation of physical culture of the individual, acquisition of knowledge, skills and abilities of a healthy lifestyle and behavior style, provision of physical culture literacy in strengthening and maintaining health, compliance with a rational motor regime.

Key disciplines of the program:

Theory and methodology of physical culture and sports; Anatomy and sports morphology; Sports biochemistry; Physiology of physical culture and sports; Sports medicine and pharmacology of sports; Biomechanics of motor activity; Theory and methodology of teaching basic sports; History of physical culture; Psychology and pedagogy of physical culture and sports; Economics and management of physical culture and sports.

Partners involved in the implementation of the program:

Ministry of Physical Culture and Sports of the Government of Primorsky Krai; Ningbo University (PRC); Belarusian State University of Physical Culture; FEPU Student Sports Center; Primorsky State School of Olympic Reserve; Center for Sports Training of the population in various sports of Vladivostok Fitness Club "Master Jim".

Specializations within this programme