

# Physical education

University of Tyumen

Degree or qualification is awarded: **Bachelor degree**

Language of study: **Russian**

Mode of study: **extramural**

Duration: **5 years**

Availability of free education: **no**

Price: **41 650 [RUB] per year**

Programme webpage at the university website: <http://abiturient.utmn.ru/napravleniya/97837/>

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This educational program aims at the formation of the students' personal qualities, as well as the formation of general culture, of general (universal) and professional competencies needed for coaching, teaching, research, recreational, organizational, managerial, and cultural and educational activities.

## **Specializations within this programme**

### **Sports Training**

This program helps students to obtain various competencies related to the field of sports activities. During this studying process all students learn the basics of sports training in individual sports, sports physiology, sports theory, recovery ways for sport and organization of sport events.

### **Sport and Health Technology**

This profile is directed to the formation of various competencies related to the field of improving physical training activities. During studies on this program all students obtain deep knowledge of fundamentals of physical training with health improvement orientation and theoretical bases of Physical Culture.