

## Brief Description of the Program

### Career

Future jobs: coaches and instructors at children's and youth sports schools and sports schools of the Olympic reserve; instructors in sports clubs and fitness centers.

### Educational process

After successful completion of the educational program, graduates can be engaged in physical education and sports organizations, physical culture and sports management; scientific research work. Graduates are able to develop innovative programs for sports and fitness activities, to create new educational technologies, training programs for athletes and post-competition events.

You will be taught to:

- identify the most pressing problems in physical culture and sports and find ways to solve them;
- collect, process, systematize and analyze research data;
- develop innovative technologies in the field of physical culture and sports and implement them in their professional activities;
- develop and implement educational, sports and health technologies;
- develop new and improve traditional pedagogical technologies, means and methods of sports training, evaluate their effectiveness,
- organize and conduct training sessions in the field of physical culture and sports;
- adjust training and competition load through monitoring the physical condition of the athlete;
- apply an individual approach in training and competition activities;
- use effective means for restoring and improving sports performance.

### Disciplines

- ✓ Methodological basis for the construction of sports training;
- ✓ Methods of laboratory control in sports training;
- ✓ Systems of training and forecasting in sports;
- ✓ Research technologies in physical education and sports organizations;
- ✓ Physiological basis of sports training;
- ✓ Age peculiarities in training athletes;
- ✓ Theory and methods of sports;
- ✓ Research work.

### Practical training

Student doing the course Sport with specialization in High Performance Sport have practical trainings at the Faculty of Physical Education and Sports and children's and youth sport schools in the city of Tambov and Tambov region.

### Career

Graduates can be employed as physical education teachers in educational organizations; coaches and instructors in children's and youth sports schools and sports schools of the Olympic reserve; instructors in sports clubs and fitness centers.