
subject catalogue S21 K22

course code ÜAX600

name of course

Physical Culture

specification

elective course

academic instructor

T.Vavilov

prerequisite course

no of terms

6

contact hr/total

90.0

hr/term

15.0

hr/week

0.0

ECTS/total

12.00

Lect

0.0

Grp

0.0

Ind

0.0

Sem

0.0

Pract

0.0

graded or pass/fail exams

A

A

A

A

A

A

term

1

2

3

4

5

6

ECTS

2.00

2.00

2.00

2.00

2.00

2.00

aim of the subject

This course is meant for musicians who want to improve their physical health and athletic ability.

content

This course entails training sessions and participation at sporting events.

learning outcomes

Upon completion of the course the student will:

- Have improved athletic ability.
- Understand the importance of physical activity.

- Have learned strategies for physical training both indoors and outdoors.
- Be able to adequately evaluate his/her own athletic ability.
- Have a basic understanding of first aid.

assessment

Grading is on a pass/fail basis. In order to pass, the following is required:

Active participation in sessions.

assessment criteria

course reading material

author of course description

T.Vavilov