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subject catalogue S23 K24

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course code ÜAX600

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name of course

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Physical Culture

specification

elective course

academic instructor

T.Vavilov

prerequisite course

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no of terms

6

contact hr/total

90.0

hr/term

15.0

hr/week

0.0

ECTS/total

12.00

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Lect

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0.0

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Grp

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0.0

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Ind

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0.0

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Sem

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0.0

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Pract

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0.0

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**graded or pass/fail exams**

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A

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A

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A

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A

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A

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A

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**term**

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1

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2

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3

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4

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5

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6

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**ECTS**

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2.00

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2.00

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2.00

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2.00

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2.00

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2.00

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**aim of the subject**

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

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**content**

This course entails training sessions and participation at sporting events.

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**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.

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**assessment**

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

Active participation in sessions.

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**assessment criteria**

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**course reading material**

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**author of course description**

T.Vavilov