



Section of the discipline	Kinds of educational work, including independent work of students and duration of studies (in hours)					Forms of ongoing monitoring of academic performance and intermediate certification
	Lecture	Practical lessons	Exam	Individual Coaching Work	Total	
Section 1: Theoretical and organizational-methodological foundations of professional activity						
Total Section Number of Hours	2	60		20	82	
1.1 Introduction to the subject	1					Interview
1.2 History of fencing	1					Written assessment
1.3 Safety in fencing classes. Prevention of injuries and accidents						Assessment
1.4 Basics of scientific research activities		4		4		Oral assessment, course work
1.5 Research work in fencing theory and technique		4		8		Approbation of research work
1.6 Material and technical support of the training process in fencing		8				Group oral assessment
1.7 Organization and judging of competitions		16		6		Drafting of the regulations on competitions, participation in the role-playing game, holding the competition
1.8 Applied fencing directions (fencing on carbines with a bayonet, work with a sapper spade)		12		2		Preparation of exercise complexes, Implementation of practical standards
1.9 Professional and pedagogical skills of the trainer		14				Creation of the plans, characteristic of pedagogical methods
1.10 Educational work		2				Oral assessment



Section 2: Fundamentals of technical training in fencing						
Total Section Number of Hours	6	122		6	134	
2.1 Fundamentals of fencing technique in foil fencing	2	30		1		Demonstration of the fencing techniques
2.2 Fundamentals of fencing technique in epee fencing	2	30		1		Demonstration of the fencing techniques
2.3 Fundamentals of fencing technique in sabre fencing	2	30		1		Demonstration of the fencing techniques
2.4 Basic elements of fencing technique in foil		10		1		List of actions with demonstration
2.5 Basic elements of fencing technique in epee		10		1		List of actions with demonstration
2.6 Basic elements of fencing technique in sabre		12		1		List of actions with demonstration

Section 3: Mastering of fencing techniques						
Total Section Number of Hours	4	12		6	22	
3.1. Theoretical and methodological basis of training. Evolution of teaching methods	1			2		Group written assessment, drawing up a plan
3.2. Specifics of fencing lessons with school-age children	1	2		1		Oral assessment, drawing up a plan
3.3. Means and methods of teaching and mastering the fencing skills	1	4		1		Oral assessment, drawing up a plan, creation of exercise complexes
3.4. Organization and planning of the training process in fencing	1	6		2		Drawing up a schedule and outline plans

Section 4: Methods of training in fencing						
Total Section Number of Hours	10	80		8	98	
4.1. Group lesson in fencing	2	8				Oral assessment
4.2. Exercises with a partner	2	20		1		Oral assessment
4.3. Individual lesson		16		1		Oral assessment, conducting of individual lesson
4.4. Sequences of single action training		8		2		Oral assessment
4.5. Methods of technical and tactical improvement		8				Oral assessment
4.6. Fencer's motor qualities	2	8		1		Group oral assessment
4.7. Methods of improving motor performance	2	8		1		Oral assessment
4.8. Methods of teaching adult beginners	2	4		2		Oral assessment



Section 5: The contents of training in fencing						
Total Section Number of Hours	8	34		8	50	
5.1. Fundamentals of building training programs in fencing	1	4		1		Creation of macro, meso and micro-cycles programs
5.2. Specialization of motor reaction in fencing	1	4		1		Drawing up a set of tests, conducting the tests and creating complexes of exercises
5.3. Specialization of fencer speed-strength qualities	1	4		1		Drawing up a set of tests, conducting the tests and creating complexes of exercises
5.4. Specialization of fencer's agility	1	4		1		Drawing up a set of tests, conducting the tests and creating complexes of exercises
5.5. Specialization of the fencer's endurance	1	4		1		Drawing up a set of tests, conducting the tests and creating complexes of exercises
5.6. Specialization of fencer's flexibility	1	4		1		Drawing up a set of tests, conducting the tests and creating complexes of exercises
5.7. Tactics and tactical preparation in fencing	1	4		1		Analysis of parameters of combat activity
5.8. Psychological training of fencers	1	6		1		Testing of mental properties of personality
Section 6: Long-term training in sport						
Total Section Number of Hours	8	56		10	74	
6.1. The general characteristic of long-term preparation in fencing	1	4				Oral assessment, an evaluation of age related dynamics of specific qualities
6.2. Tasks and content of stages for long-term preparation	1	10		2		Written assessment, compilation of model characteristics
6.3. Planning of training in fencing at the stages of long-term preparation	1	8		4		Solutions for situational problems of long-term planning
6.4 Tactical characteristics of combat activity	1	8				Oral assessment, creation of models for combat activity
6.5 Preparatory actions in fencing combat	1	8		1		Written assessment
6.6. Tactical skills of fencers	1	6		1		Oral assessment
6.7. Tactical knowledge in the system	1	2		1		Oral assessment



of training fencers						
6.8 Management of combat practice	1	10		1		Written assessment
Examination			2			
Total	38	364		58	460	