

УДК 796 (075.8)
ББК 75.7 я73
Т 19

Published according to the decision
of the Educational and Methodological Council
of the North-Caucasus Federal University

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Т 19 **Physical Education and Sport: manual (lecture course).** –
Stavropol: Publisher NCFU, 2018. – 141 p.

The manual contains the most important theoretical information on the discipline "physical culture and sport", provided by the work program for the learning of the 1st year students NCFU. The theoretical material is presented as forming the ideological, scientific and practical basis of knowledge about physical culture and sports. The manual includes questions to test the theoretical knowledge of students.

The manual is intended for teachers and students of NCFU.

Тарасова О. Ю.

Т 19 **Физическая культура и спорт: учебное пособие (курс лекций на английском языке).** – Ставрополь: Изд-во СКФУ, 2018. – 141 с.

УДК 796 (075.8)

ББК 75.7 я73

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