

Navoi State University – Theory and Methodology of Physical Education and Sports Training

Program Duration: 2 years

Mode of Study: Full-time

Program Code: 70111201

Total Workload: 120 ECTS credits

ECTS credits per semester: 30

Overview

The Master's degree program in **Theory and Methodology of Physical Education and Sports Training** (Program Code: 70111201) at Navoi State University is a two-year, full-time academic program comprising a total workload of 120 ECTS credits (30 ECTS per semester). The program is designed to prepare highly qualified sports scientists, physical education theorists, high-performance athletic coaches, sports biomechanics specialists, physical culture managers, and higher education instructors equipped with advanced knowledge in sports physiology, athletic training methodology, kinesiology, sports psychology, and modern instructional technologies.

The curriculum integrates theoretical studies in periodization of sports training, motor learning, adaptive physical culture, sports medicine, functional diagnostics, and athletic performance analysis with practical coaching research and health-restoration methodologies. Students gain expertise in designing individual and team training programs, evaluating physical development and physiological adaptation, managing sports organizations, and conducting empirical kinesiological research. The program places strong emphasis on modernizing physical education in educational institutions, promoting healthy lifestyles, advancing elite sports performance, and developing scientific strategies for national athletic excellence in Uzbekistan.

Graduates of this program are fully equipped to pursue careers as university lecturers, sports research scientists, athletic performance directors, physical culture department managers, sports federations consultants, and professional team coaches, as well as to continue their studies at the doctoral (PhD) level.

Assessment

A comprehensive and multi-component assessment system is applied in the Master's program in Theory and Methodology of Physical Education and Sports Training to ensure continuous learning, scientific rigor, practical coaching competence, and kinesiological research proficiency.

1. Course-based assessment

- **Presentations and seminars** – assess students' ability to analyze, present, and defend research on sports training models, athletic periodization frameworks, functional physiology studies, and sports science literature in academic settings.

- **Mini-tests, quizzes, and oral exams** – monitor understanding of core theoretical concepts, biomechanics, exercise physiology, sports psychology, motor skill acquisition, and training load principles.
 - **Midterm and final examinations** – evaluate theoretical depth, sports diagnostic capabilities, and athletic problem-solving through written examinations and case-study analyses.
 - **Portfolio assignments** – compile microcycle/macrocycle training plans, physiological assessment protocols, athletic recovery blueprints, sample lecture modules, and research paper drafts demonstrating progressive skill development.
 - **Independent assignments** – encourage independent sports science literature reviews, comparative athletic training studies, physical fitness testing analyses, and coaching curriculum evaluation tasks.
2. **Research-based assessment**
- **Scientific Research Work (ITI)** – evaluated through research proposals, laboratory/field experimental reports, functional testing logs, and defense of sports research outcomes before the department.
 - **Scientific and Pedagogical Work (IPI)** – evaluated via teaching practice, preparation of university-level lecture materials, practical coaching sessions, instructional guides, and academic reporting.
 - **Master's Thesis (MD/M)** – evaluated based on scientific originality, empirical validity, practical relevance to sports training and physical education, thesis writing quality, and public defense before the State Attestation Commission.
3. **Practice-based assessment**
- **Educational and Coaching Practice** – evaluated through performance in higher education institutions, specialized sports schools (BO'SM/SBO'SM), Olympic reserve centers, and professional sports clubs, accompanied by comprehensive practice reports.
 - **Pre-graduation practice** – assessed on the integration of theoretical/empirical athletic research findings and final thesis preparation.
4. **Work-integrated learning**
- **Sports Training & Physical Culture Innovation Projects** – assessed on scientific validity, coaching effectiveness, safety standards, and alignment with national physical culture and sports standards.

Academic Requirements

Admission Requirements—Applicants applying for the Master's degree program in Theory and Methodology of Physical Education and Sports Training (Code: 70111201) must satisfy the following criteria:

- **Educational background** – A Bachelor's degree (or equivalent qualification) in physical culture, sports training, sports coaching, adaptive physical education, or related sports science/educational fields from a recognized higher education institution.
- **Academic excellence** – Applicants holding an honors diploma (*imtiyozli diplom*) are eligible for preferential admission according to current regulations of the Ministry of Higher Education, Science and Innovation of the Republic of Uzbekistan.
- **Physical fitness & sports background** – A recognized athletic rank/qualification or background in sports performance and physical culture instruction.
- **Language proficiency** – A valid national or international certificate demonstrating at least B2-level foreign language proficiency (CEFR, IELTS, TOEFL, etc.) in English, Russian, or another recognized foreign language.

Graduation Requirements

To be granted the Master of Science degree in Theory and Methodology of Physical Education and Sports Training, students are required to:

- Complete all compulsory and elective modules specified in the curriculum, accumulating a total of **120 ECTS credits** (30 ECTS per semester).
- Maintain standard academic standing according to Navoi State University regulations (passing marks in all subjects and practical assessments).
- Successfully complete all practical trainings (teaching internship, coaching field practice, and pre-graduation practice) with positive performance evaluations.
- Fulfill all research requirements (Scientific Research Work and Scientific-Pedagogical Work).
- Prepare, submit, and successfully defend a **Master's Thesis** demonstrating independent sports science research before the State Attestation Commission.
- Pass all required state attestation processes.

Courses Offered

Year 1

Compulsory:

- Research Methodology and Scientific Writing in Sports Science and Physical Education
- Reforms in the Education and Sports System under the Development Strategy of New Uzbekistan
- Theoretical Foundations and Modern Paradigms of Physical Education and Sports Training
- Advanced Exercise Physiology, Kinesiology, and Sports Medicine
- Methodology of Teaching Physical Education Disciplines in Higher Education

Elective:

- Modern Periodization, Load Management, and High-Performance Coaching
- Biomechanics of Human Movement and Video Motion Analysis in Sports
- Digital Technologies, Wearable Sensors, and IT Tools in Sports Diagnostics
- Regulatory Documents, Olympic Standards, and Quality Management in Physical Culture
- Sports Psychology, Mental Toughness, and Athletic Performance Enhancement

Year 2

Compulsory:

- Management and Marketing in Sports Organizations and Physical Culture
- Adaptive Physical Education, Rehabilitation, and Health-Restoring Technologies
- Diagnostic Methods and Statistical Analysis in Kinesiological Experiments

Elective:

- Selection Systems and Talent Identification in Elite Sports
- Nutrition, Ergogenic Aids, and Recovery Protocols for Athletes
- Ethnosports, National Games (Kurash, Folk Games), and Cultural Heritage

- Professional Morality and Ethics in Sports and Academic Activity
- Fitness Management, Wellness Coaching, and Recreational Physical Culture
- Prevention of Sports Injuries, First Aid, and Biomechanical Safety
- Design of Modern Sports Facilities and Physical Education Curricula

Career Opportunities

Graduates of the Master's degree program in Theory and Methodology of Physical Education and Sports Training acquire high-level scientific, coaching, diagnostic, and managerial capabilities, enabling them to pursue careers across educational, athletic, research, governmental, and healthcare sectors:

- **University Lecturer / Assistant Professor of Physical Education** in higher education institutions, sports academies, pedagogical institutes, and specialized sports colleges.
- **Sports Science Researcher / Analyst** in research institutes under the Ministry of Sports, Olympic Reserve Centers, and scientific sports laboratories.
- **High-Performance Coach / Athletic Director** in professional sports clubs, national sports teams, specialized sports schools, and Olympic preparation centers.
- **Physical Culture & Sports Department Manager** in regional departments of the Ministry of Sports, Ministry of Higher Education, Science and Innovation, and local khokimiyats.
- **Talent Scout & Sports Performance Analyst** evaluating physical capacity, biomechanics, and physiological readiness of young and elite athletes.
- **Rehabilitation & Adaptive Physical Culture Specialist** working in sports medicine centers, health restoration clinics, and wellness complexes.
- **Fitness Club Director / Sports Event Organizer** directing commercial fitness networks, sports centers, and international athletic tournaments.
- **Consultant on Healthy Lifestyle & Physical Development** advising educational institutions, government bodies, and corporate organizations on physical culture integration.

Tuition Fees

- **For local students:** Approximate annual tuition – 9,700,000 UZS.
- **For international students:** Approximate annual tuition – 774.28 USD.

(Note: Tuition fees are subject to adjustment in accordance with university policy and foreign currency exchange rates.)

Learning Outcomes

Master's Degree in Theory and Methodology of Physical Education and Sports Training

Upon successful completion of the program, graduates will be able to:

1. Knowledge

- **1.1.** Demonstrate advanced knowledge of the biological, physiological, biomechanical, and psychological foundations of physical culture and sports training.
- **1.2.** Understand principles of training periodization, workload monitoring, motor learning, sports nutrition, and athletic recovery.

- **1.3.** Explain concepts in adaptive physical education, sports injury prevention, talent identification systems, and sports rehabilitation.
- **1.4.** Demonstrate knowledge of research design in sports science, physical fitness testing protocols, movement analysis, and statistical data processing.
- **1.5.** Recognize national legislation on sports and physical culture, Olympic standards, state educational frameworks, and anti-doping policies in Uzbekistan.

2. Skills

- **2.1.** Design, implement, and evaluate long-term training plans (micro, meso, and macrocycles) tailored to different age groups and athletic skill levels.
- **2.2.** Conduct functional, physiological, and biomechanical diagnostics of athletes to optimize performance and prevent overtraining.
- **2.3.** Develop higher-education course syllabi, lecture modules, practical training plans, and assessment tools for physical education disciplines.
- **2.4.** Apply modern wearable sports technologies, motion analysis software, and digital diagnostic tools in coaching and physical education research.
- **2.5.** Prepare scientific research papers, athletic training manuals, methodological guidelines, and publishable sports science theses.
- **2.6.** Effectively present sports research findings, athletic training methodologies, and physical culture strategies to academic boards, coaching staffs, and public forums in national and foreign languages.

3. Competences

- **3.1. Sports Science & Research Competence** – Conduct independent, scientifically grounded, and field-tested research in exercise physiology, sports training methodology, and physical culture.
- **3.2. Athletic Leadership & Coaching Competence** – Direct high-performance sports teams, manage physical culture departments, lead Olympic preparation programs, and organize athletic events.
- **3.3. Methodological & Higher Education Competence** – Teach physical education and sports disciplines at higher education levels using interactive, technology-enhanced, and practical pedagogical methods.
- **3.4. Health Promotion & Adaptive Competence** – Promote active lifestyles, integrate health-saving technologies, and adapt physical activities for individuals with diverse physical capacities.
- **3.5. Professional Ethics & Sports Integrity** – Uphold high standards of academic honesty, anti-doping ethics, fair play, athlete welfare, and professional responsibility.
- **3.6. Lifelong Learning Competence** – Continuously update qualifications, adopt global sports science innovations, and actively participate in national and international sports science conferences, coaching symposiums, and athletic networks.