

**Two thousand seventeen**

**The theme of the final qualification (diploma) work: "Organizational and methodical peculiarities of family sports and recreational activities in the district on the basis of secondary school"**

**ABSTRACT**

The diploma work consists of introduction, two chapters, conclusion, bibliography, containing 55 names, applications, 13 figures and 3 tables.

Serious socio-economic changes in the country affected the standard of living, the state of children's health, development of mass physical culture. All these changes demanded a major restructuring of the educational process in the school, the search for new forms and methods of physical education of schoolchildren in the interests of instilling in them the knowledge, skills and abilities to independently organize physical activity to take care of your physical image and health.

However, the issues of formation of recreational physical culture of schoolchildren in the modern literature are not sufficiently practical ways, means and methods of its formation are not active, not selected from the mass of other methods and techniques.

Thus, there is a contradiction between the need to promote and preserve the health of students by means of physical culture, while learning them in school, on the one hand, and on the other - the lack of health formative technology for their physical education.

In the introduction substantiates the relevance of the chosen topic, formulates the goal and objectives of the study, specifies the object and subject of research.

The first Chapter is devoted to the study of theoretical questions, covering theoretical and methodological foundations of family sports and recreational activities.

The second Chapter presents the study content and focus of the hike of the day as a means of family sports and recreational activities.

The conclusion summarizes the overall result of the work arising from the literature review and the performed research work.

**Author: Baichorova Farida R.**

**Scientific supervisor: candidate of pedagogic Sciences, associate Professor Imnaev Shamil Abdullaevich**

**49.03.03 - Recreation and sports tourism**

**Orientation (profile): the Recreational activity**

**Qualifications: Bachelor**

**Institute of romance and Germanic languages, information and humanitarian technologies**

**The Department of physical culture and sports**