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# History Of Sport



## Synopsis

The history of physical culture is a specific field of historical and pedagogical knowledge. It is an important part of the science on physical culture. The subject of its study is the General regularities of emergence, formation and development of physical culture and sport at different stages of development. Subject IFK is learning tools, forms and methods, ideas, theories, and systems of physical culture. The task of the IFK is the identification and disclosure of regularities of development of physical culture for all of human history. The basis of periodization IFK supposed the doctrine of the laws of social development: 1st period is the history of physical culture of the Ancient world (primitive, slave system); the 2nd period is the history of physical culture of the middle ages (the feudal system); the 3rd period of New (capitalist, socialist system). IFK course consists of three parts: 1) history of physical culture and sports of foreign countries; 2) history of physical culture and sports in Russia; 3) the history of modern sport and Olympic

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