

**Academic discipline:
"Physical training"**

Code and name of specialty	1-02 01 01 History and Social sciences
Training course	1,2,3
Semester of training	1,2,3,4,5,6
Number of class hours:	358
Lectures	-
Seminar classes	-
Practical classes	358
Laboratory classes	-
Form of current assessment (credit/differential credit/exam)	Credit
Number of credits	0
Competencies to be formed	To master the system of attitudes, knowledge and behaviour aimed at forming, maintaining and strengthening a healthy lifestyle by means of physical education.
Brief content of the academic discipline:	
The subject of study of the academic discipline is the system regularities and features of the process of formation of physical culture of a student, the totality of knowledge, skills and abilities of physical culture and health-improving activities in the interests of strengthening the physical and spiritual strength of the individual, achieving her life and professional goals. The study of the discipline will help to increase the effectiveness of the educational process as a whole, the success of students in mastering other disciplines due to the formation of high-quality health and the activation of functional reserves of the body.	