

**Academic discipline:
“Physical training”**

Code and name of specialty	1-02 03 01 Belarusian Language and Literature
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 possess a system of attitudes, knowledge and norms of behaviour aimed at the formation, preservation and strengthening of a healthy lifestyle by means of physical education.
Brief content of the academic discipline:	
<p>The subject of the discipline study is the systemic patterns and specific features of the process of forming the physical education of a student, the combination of knowledge, skills and abilities of physical education and recreation activities for the benefit of strengthening the individual’s physical and spiritual strength, achieving its life and professional goals. The study of the discipline contributes to improving the efficiency of the educational process as a whole, the students’ progress in other disciplines due to the formation of good health and activation of the body functional reserves.</p>	