

**Academic discipline:
“Physical training”**

Code and name of specialty	1-02 03 04 Russian Language and Literature. Foreign Language (English)
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 be proficient in the system of attitudes, knowledge and norms of behavior aimed at the formation, preservation and strengthening of a healthy lifestyle through physical culture.

Brief content of the academic discipline:

The subject of the discipline is systematic laws and features of the formation process of physical culture of a student, the totality of knowledge, skills and abilities of physical culture and health activities in the interests of strengthening physical and spiritual forces of personality, to achieve their life and professional goals. The study of the discipline will contribute to the effectiveness of the educational process as a whole, the success of students in the development of other disciplines through the formation of good health and activation of functional reserves of the body.