

**The name of the academic discipline:  
«Physical training»**

<b>Code and name of specialty</b>	1-02 05 02 Physics and Informatics
<b>Training course</b>	1,2,3
<b>Semester of training</b>	1,2,3,4,5,6
<b>Number of class hours:</b>	350
<b>Lectures</b>	-
<b>Seminar classes</b>	-
<b>Practical classes</b>	350
<b>Laboratory classes</b>	-
<b>Form of current assessment (credit/differential credit/exam)</b>	credit
<b>Number of credits</b>	0
<b>Competencies to be formed</b>	To possess a system of attitudes, knowledge and norms of behavior aimed at the formation, preservation and strengthening of a healthy lifestyle by means of physical training.

**Summary of the academic discipline:**

The subject of the discipline study is the systemic patterns and specific features of the process of forming the physical training of student's personality, the combination of knowledge, skills and abilities of physical training 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.