

**Academic discipline:
"Biochemistry"**

Code and name of specialty	1-03 02 01 Physical Training
Training course	1
Semester of training	1
Number of class hours:	50
Lectures	30
Seminar classes	-
Practical classes	-
Laboratory classes	20
Form of current assessment (credit/differential credit/exam)	exam
Number of credits	3
Competencies to be formed	The development of the academic discipline "Biochemistry" should ensure the formation of basic professional competencies: assess the functional state of the human body, the tolerance of physical exertion, the nature of the course of recovery processes during the rest period by basic biochemical indicators.
Summary of the content of the academic discipline:	
<p>The academic discipline "Biochemistry" is the most important discipline in the system of university biological and sports education. The course is designed to form students' theoretical knowledge about the biochemical composition and dynamic processes occurring in the body, about the basic laws of biochemical adaptation of the body during systematic physical exercises and sports.</p> <p>The content of the academic discipline consists of several sections: structural biochemistry, metabolic biochemistry and biochemistry of sports. Structural biochemistry is devoted to the study of the biological role and properties of biomolecules that are part of the body; metabolic biochemistry is devoted to the biochemical transformations of molecules as a result of ongoing metabolic processes in the cell. In the section of biochemistry of sports, the peculiarities of the course of biochemical processes during physical exertion are considered.</p>	