

**Academic discipline:
"Theory and Methodology of Therapeutic Physical Culture"**

Code and name of specialty	1-03 02 01 Physical Training
Training course	2,3,4
Semester of training	4/5/6/7/8
Number of class hours:	418
Lectures	148
Seminar classes	20
Practical classes	158
Laboratory classes	92
Form of current assessment (credit/differential credit/exam)	Credit/Exam
Number of credits	18
Competencies to be formed	To use various forms, methods and means of therapeutic physical culture to optimize the functional state, restore health disturbed by diseases, injuries or social factors, as well as for the prevention of diseases.

Summary of the content of the academic discipline:

The academic discipline "Theory and methods of therapeutic physical culture" gives an idea of the means of physical culture for the treatment of diseases and injuries, prevention of their exacerbations and complications, restoration of working capacity. As the part of the course, students get acquainted with the anatomical and topographic foundations of therapeutic physical culture, the place of therapeutic physical culture and massage in therapy, pediatrics, traumatology, the clinic of nervous diseases, acquire skills in using natural factors of nature for the purpose of hardening. Much attention is paid to the study of special exercises that are used for various diseases.