

**Academic discipline:
«Biorhythms and their disorders»**

Code and name of specialty	1-03 02 01 Physical education
Training course	3
Semester of training	5
Number of class hours:	40
Lectures	14
Seminar classes	--
Practical classes	26
Laboratory classes	--
Form of current assessment (<i>credit/ differential credit/ exam</i>)	credit
Number of credits	3
Competencies to be formed	To possess the skills and abilities to take into account and to use individual biorhythms of the body structure in planning and controlling the pedagogical process in physical culture and sports
<p>Summary of the content of the academic discipline:</p> <p>The academic discipline «Biorhythms and their disorders» gives an idea of the temporal ordering of interrelated life processes from the subcellular to the biosphere levels as a whole. The course outlines the main theoretical backgrounds of biorhythmological theory, classification of biorhythms, features of their mechanisms and regulation.</p>	