

**Academic discipline:
“Physiology of sports”**

Code and name of specialty	1-03 02 01 Physical education
Training course	3
Semester of training	5
Number of class hours:	54
Lectures	30
Seminar classes	8
Practical classes	-
Laboratory classes	16
Form of current assessment (credit/differential credit/exam)	exam
Number of credits	3
Competencies to be formed	To use theoretical knowledge about the physiological mechanisms and patterns of changes in the functions of the human body in the process of physical education and sports, about the influence of motor activity on the functional capabilities and state of human health to solve practical and research tasks
Summary of the content of the academic discipline:	
<p>The academic discipline “Physiology of sports” gives an idea of the physiological mechanisms of body adaptation to physical activities, about the phenomenology of changes in the functions of various organs and systems that arise as a result of systematic training and provide higher functional capabilities of the body of a training person.</p>	