

**Academic discipline:
“Therapeutic physical education and massage”**

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| Code and name of specialty | 1– 03 02 01 Physical Education |
| Training course | 3/ 4 |
| Semester of training | 5/6/7 |
| Number of class hours: | 130 |
| Lectures | 36 |
| Seminar classes | 24 |
| Practical classes | - |
| Laboratory classes | 70 |
| Form of current assessment (credit/differential credit/exam) | credit/ exam |
| Number of credits | 6 |
| Competencies to be formed | To apply adequate dosages of physical loads based on acquired anatomical knowledge, select means and methods for implementing sports-pedagogical impact on the human body considering age, gender, physical development characteristics, and physical fitness, to apply massage skills for various categories of individuals, fundamentals of theoretical-methodical knowledge of therapeutic physical culture, to conduct physical culture classes with individuals having health deviations, to use various forms, methods, and means of therapeutic physical culture to optimize functional state, to restore health disrupted by diseases, injuries, or social factors, as well as for disease prevention. |
| Summary of the content of the academic discipline: | |
| Therapeutic physical education is an independent scientific discipline aimed at the treatment and prevention of various diseases. The main means of therapeutic physical culture are physical exercises. The therapeutic effect of physical exercises is based on systematic, strictly regulated training, which, in addition to local effects on individual organs and systems, has an effect on the entire body as a whole, which increases the patient's overall resistance to adverse factors, and changes its reactive properties. | |