

**Academic discipline:  
«Physical training»**

<b>Code and name of specialty</b>	1-03 03 01 Logopaedics
<b>Training course</b>	1,2,3
<b>Semester of training</b>	1,2,3,4,5,6
<b>Number of class hours:</b>	358
<b>Lectures</b>	-
<b>Seminar classes</b>	-
<b>Practical classes</b>	358
<b>Laboratory classes</b>	-
<b>Form of current assessment (credit/differential credit/exam)</b>	зачет
<b>Number of credits</b>	0
<b>Competencies to be formed</b>	To master the system of rules, knowledge and norms of behaviour aimed at forming, preserving and strengthening a healthy lifestyle through physical education

**Brief content of the academic discipline:**

The subject of the academic discipline is the system regularities and features of the process of formation of physical culture of the student's personality, the totality of knowledge, skills and abilities of physical and health activity in the interests of strengthening physical and spiritual forces of personality, achieving their life and professional goals. Studying of discipline will promote efficiency of educational process as a whole, success of students in mastering other disciplines due to formation of qualitative health and activation of functional reserves of an organism.