

**Academic discipline:
«Physical training»**

Код и наименование специальности	1-21 05 06 Романо-германская филология
Курс обучения	1,2,3
Семестр обучения	1,2,3,4,5,6
Количество аудиторных часов:	358
Лекции	-
Семинарские занятия	-
Практические занятия	358
Лабораторные занятия	-
Форма текущей аттестации (зачет/ дифференцированный зачет/экзамен)	зачет
Количество зачетных единиц	0
Формируемые компетенции	To know a system of attitudes, knowledge and norms of behaviour aimed at the formation, preservation and strengthening of a healthy lifestyle by means of physical training.

Brief content of the academic discipline:

The subject of the discipline is systematic laws and features of the formation process of physical culture of a student, the totality of knowledge, skills and abilities of physical culture and health activities in the interests of strengthening physical and spiritual forces of personality, to achieve their life and professional goals. The study of the discipline will contribute to the effectiveness of the educational process as a whole, the success of students in the development of other disciplines through the formation of good health and activation of functional reserves of the body.