

**Academic discipline:
«Physical training»**

Code and name of specialty	1-23 01 15 Social Communications
Training course	1/2/3
Semester of training	1/2/3/4/5/6
Number of class hours:	350
Lectures	-
Seminar classes	-
Practical classes	350
Laboratory classes	-
Form of current assessment (credit/differential credit/exam)	credit/credit/credit/credit/credit/credit
Number of credits	-
Competencies to be formed	Studying the discipline « Physical training » is to ensure the formation of universal competencies: to possess health-saving skills.
Brief content of the academic discipline:	
<p>«Physical culture» is an academic discipline that forms the physical culture of an individual, gives a set of knowledge, skills and abilities of physical culture and wellness activities in the interests of strengthening the physical and spiritual strength of the individual, achieving life and professional goals. The content of the discipline includes work in the following areas: the use in life of practical skills and abilities that ensure the preservation and strengthening of health, the development and improvement of psychophysical abilities and qualities; the use of experience in physical culture and sports activities to achieve life and professional goals; the application of rules for the safe conduct of physical exercises and sports; basic knowledge of state policy in the Belarusian Republic in the field of physical culture and sports.</p>	