

**Academic discipline:
«Physical training»**

Code and name of specialty	1-24 01 02 Jurisprudence
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
Number of credits	-
Competencies to be formed	Mastering the discipline “ Physical training ” should ensure the universal competencies formation: to apply the basic methods of health saving.
<p>Brief content of the academic discipline:</p> <p>“Physical training” is an academic discipline that forms the individual’s physical culture, provides a set of knowledge, skills and abilities of physical culture and health-improving activities in the interests of strengthening the individual’s physical and spiritual power, achieving his life and professional goals. The content of the discipline includes work in the following areas: the life use of practical skills that ensure the preservation and health strengthening, the development and improvement of psychophysical abilities and qualities; using the experience of physical culture and sports activities to achieve life and professional goals; the rules application for the safe conduct of physical exercises and sports; the foundations knowledge of the Republic of Belarus state policy in the physical culture and sports field.</p>	