

**Academic discipline:  
«Physical training»**

<b>Code and name of specialty</b>	1-24 01 03 Economic Law
<b>Training course</b>	1/2/3
<b>Semester of training</b>	1/2/3/4/5/6
<b>Number of class hours:</b>	350
<b>Lectures</b>	-
<b>Seminar classes</b>	-
<b>Practical classes</b>	350
<b>Laboratory classes</b>	-
<b>Form of current assessment (credit/differential credit/exam)</b>	credit
<b>Number of credits</b>	-
<b>Competencies to be formed</b>	Mastering the discipline « <b>Physical training</b> » should ensure the universal competencies formation: to apply the basic methods of health saving.
<p><b>Brief content of the academic discipline:</b></p> <p>«<b>Physical training</b>» is an academic discipline that forms the individual's physical culture, provides a knowledge set, 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>	