

**Academic discipline:  
«Physical training»**

<b>Code and name of specialty</b>	1-25 01 12 Economic informatics
<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>	0
<b>Competencies to be formed</b>	To possess a system of attitudes, knowledge and norms of behavior aimed at the formation, preservation and strengthening of a healthy lifestyle by means of physical culture.

**Brief content of the academic discipline:**

The subject of the study of the academic discipline is the systemic patterns and features of the process of forming the physical culture of the student's personality, the totality of knowledge, skills and abilities of physical culture and recreation activities in the interests of strengthening the physical and mental strength of the individual, achieving life and professional goals. The study of the discipline will contribute to improving the efficiency of the educational process as a whole, the success of students in mastering other disciplines through the formation of quality health and activation of functional reserves of the body.