

**Academic discipline:  
"Physical education"**

<b>Code and name of specialty</b>	1-26 03 01 Information Resource Management
<b>Training course</b>	1,2,3
<b>Semester of training</b>	1,2,3,4,5,6
<b>Number of class hours:</b>	358
<b>Lectures</b>	-
<b>Seminar classes</b>	-
<b>Practical exercises</b>	358
<b>Laboratory classes</b>	-
<b>Form of intermediate 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
<b>Summary of the content of the academic discipline:</b>	
The subject of the study is the systemic laws and features of the process of formation of physical culture of the student's personality, a set of knowledge, skills and abilities of physical culture and recreation activities in the interests of strengthening the physical and spiritual forces of the individual, achieving life and professional goals. The study of the discipline will contribute to improvement of the educational process effectiveness as a whole, the success of students in mastering other disciplines through the formation of quality health and activation of functional body reserves.	