**The name of the academic discipline:**

**“Theory and Methodology of Therapeutic Physical Culture”**

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| **Specialty code and name** | 6-05-0115-01 Physical Culture Education |
| **Year of study** | 2, 3, 4 |
| **Semester of study** | 4/5/6/7/8 |
| **Number of in-class academic hours:** | 370 |
| **Lectures**  **Seminar classes**  **Practical classes**  **Laboratory classes** | 110 |
| 20 |
| 150 |
| 90 |
| **Form of the current assessment (*credit/ graded credit /exam*)** | exam / credit / exam / credit / exam |
| **Number of credit points** | 18 |
| **Competences** | To use various forms, methods and means of therapeutic physical culture to optimize functional state, restore health impaired by diseases, injuries or social factors, as well as to prevent diseases. |
| **Summary of the academic discipline:**  The academic discipline “Theory and methods of therapeutic physical culture” gives an idea of ​​the means of physical culture for the treatment of diseases and injuries, prevention of their exacerbations and complications, restoration of working capacity. Within the framework of the discipline, students get acquainted with the anatomical and topographic foundations of therapeutic physical culture, the place of therapeutic physical culture and massage in therapy, pediatrics, traumatology, the clinic of nervous diseases, acquire skills in the use of natural factors of nature for the purpose of hardening. Much attention is paid to the study of special exercises that are used for various diseases. | |