**The name of the academic discipline:**

**“Physiological foundations of muscular activity”**

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| **Specialty code and name** | 7-06-1012-01 Physical Education and Sports |
| **Year of study** | 1 |
| **Semester of study** | 1 |
| **Number of in-class academic hours:** | 32 |
| **Lectures****Seminar classes** **Practical classes****Laboratory classes** | 10 |
| 2 |
| 20 |
| - |
| **Form of the current assessment (*credit/ graded credit /exam*)** | exam |
| **Number of credit points** | 6 |
| **Competences** | Apply systemic and comparative analysis of modern scientific achievements, generate and use new knowledge in solving research and practical problems, including in an interdisciplinary context.Use theoretical knowledge about the patterns and mechanisms of human development, its anatomical and physiological, biomechanical and psychosomatic features of life in the context of sports and physical education and health activities to solve practical research problems. |
| **Summary of the academic discipline:**The academic discipline "Physiological foundations of muscular activity" reveals the mechanisms of regulation of the functions of various organs and systems in the conditions of muscular activity and providing higher functional capabilities of the body of a training person, as well as the features of the influence of motor activity on the functional capabilities and health of children and adolescents. |