**The name of the academic discipline:**

**“Medical and biological aspects of physical education and sports”**

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| **Specialty code and name** | 7-06-1012-01 Physical Education and Sports |
| **Year of study** | 1 |
| **Semester of study** | 2 |
| **Number of in-class academic hours:** | 32 |
| **Lectures**  **Seminar classes**  **Practical classes**  **Laboratory classes** | 16 |
| - |
| 16 |
| - |
| **Form of the current assessment (*credit/ graded credit /exam*)** | exam |
| **Number of credit points** | 3 |
| **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 "Medical and biological aspects of physical education and sports" is an integral part of the module "Medical and biological module", ensuring the correctness and high efficiency of all physical education and sports events, the widespread use of physical education and sports in the interests of comprehensive development, preservation and strengthening of the health of those involved. The academic discipline is an area of scientific knowledge covering the versatility of factors that must be taken into account in order to achieve high athletic achievements, but also to maintain health and athletic longevity; introduces graduate students to the following main issues of the rational use of various types of physical exercises, indications for their use, dosage and effect on various organs and systems of the body. The purpose of the academic discipline: the formation of a system of special medical and biological theoretical knowledge and practical skills in the basics of selecting people for physical education and sports, as well as those necessary in the professional activities of a physical education teacher. | |