

**The name of the academic discipline:**  
**“Physical training”**

<b>Specialty code and name</b>	1- 26 03 01 Information Resource Management
<b>Year of study</b>	1, 2, 3
<b>Semester of study</b>	1, 2, 3, 4, 5, 6
<b>Number of in-class academic hours:</b>	350
<b>Lectures</b>	-
<b>Seminar classes</b>	-
<b>Practical classes</b>	350
<b>Laboratory classes</b>	-
<b>Form of the current assessment (<i>credit/ graded credit /exam</i>)</b>	credit
<b>Number of credit points</b>	0
<b>Competences</b>	Possess health-preserving skills.
<p style="text-align: center;"><b>Summary of the academic discipline:</b></p> <p>The subject of study of the academic discipline is the systemic regularities and features of the process of formation of physical culture of the student's personality, the totality of knowledge, skills and abilities of physical culture and health activities in the interests of strengthening the physical and spiritual strength of the individual, achieving life and professional goals. Studying the discipline will contribute to increasing the effectiveness of the educational process as a whole, the success of students in mastering other disciplines due to the formation of high-quality health and activation of the functional reserves of the body.</p>	