

**Academic disciplines:
“Physical Education”**

Code and name of specialty	6-05-0113-02 Philological education (Russian language and literature)
Training course	1,2,3
Semester of training	1,2,3,4,5,6
Number of class hours:	358
Lectures	-
Seminar classes	-
Practical classes	358
Laboratory classes	-
Form of current assessment <i>(credit/differential credit/exam)</i>	credit
Number of credits	0
Competencies to be formed	To possess a system of attitudes, knowledge and norms of behavior aimed at formation, preservation and strengthening of a healthy lifestyle by means of physical culture
Summary of the content of the academic discipline:	
The subject of study is systemic regularities and peculiarities of the process of formation of physical culture of the student, a set of knowledge, skills and abilities of physical culture and recreational activities in order to strengthen the physical and spiritual strength of the individual, to achieve life and professional goals. The study of the discipline will contribute to 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 reserves of the body	