**The name of the academic discipline:**

**“Biochemistry”**

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| **Specialty code and name** | 6-05 1012 02 Coaching Activities (Athletics) |
| **Year of study** | 1 |
| **Semester of study** | 1 |
| **Number of in-class academic hours:** | 40 |
| **Lectures**  **Seminar classes**  **Practical classes**  **Laboratory classes** | 22 |
| - |
| - |
| 18 |
| **Form of the current assessment (*credit/ graded credit /exam*)** | exam |
| **Number of credit points** | 3 |
| **Competences** | Mastering the academic discipline “Biochemistry” should ensure the formation of basic professional competencies: assessing the functional state of the human body, tolerance to physical activity, and the nature of recovery processes during rest periods using basic biochemical indicators. |
| **Summary of the academic discipline:**  The academic discipline “Biochemistry” is the most important discipline in the system of university biological and sports education. The course is designed to form theoretical knowledge of the biochemical composition and dynamic processes occurring in the body, the main patterns of biochemical adaptation of the body during systematic physical exercise and sports. The content of the academic discipline consists of several sections: structural biochemistry, metabolic and biochemistry of sports. Structural biochemistry is devoted to the study of the biological role and properties of biomolecules that make up the body; metabolic - their biochemical transformations as a result of metabolic processes in the cell. The section on biochemistry of sports examines the features of biochemical processes during physical activity. | |