Name of the discipline (module)	Sports physiology
Code and name of the specialty	1-03 02 01 Physical Training with specialization 1-03 02 01 03 Sports and recreational, tourist and recreational activities
Course	3
Semester	5
The number of academic hours of the discipline (module): Lectures Seminars Practicals Laboratory practicals	120 30 8 16
The form of control	Examination
The number of credits	3
The content of the discipline Physiological classification of physical exercises. Physiological specification of the body conditions while doing physical exercises. Physiological basics of the movement skills development. Physiological ways to form and develop movement skills. Adaptation to physical load. Physiological ways to develop accustomization to trainings. Physical working ability in special environmental conditions. Physiological classification of the age-based movement skills development, formation of the athletes' movement skills during ontogenesis. Physiological basics of the therapeutic physical education.	