Name of the discipline (module)	Biomechanics
Code and name of the specialty	1-88 01 02-01 Recreational and Adaptive Physical Training (recreational)
Course	2
Semester	3
The number of academic hours of the discipline (module): Lectures Seminars Practicals Laboratory practicals	150 20 40
The form of control	Exam
The number of credits	4
The content of the discipline Kinematic, dynamic and energy characteristics of the movement of the athlete's body. Biomechanical components of the internal structure of motor actions: the elements of dynamic posture and movement control. Biomechanical regularities of development of motor actions and the manifestation of motor skills.	