Name of the discipline (module)	Means of Recreational physical Training
Code and name of the specialty	1-03 02 01 03 Sports and recreational, tourist and recreational activities
Course	3-4
Semester	5-7
The number of academic hours of the discipline (module): Lectures Seminars Practicals Laboratory Practicals	 44 28 - 36
The form of control	Credit (5,6,7)
The number of credits	6,5

The content of the discipline

The training program on discipline of "Means of health-giving physical culture" is a theoretical and practical course. The goal of studying of discipline is to prepare a future expert for performance of the professional duties in the sphere of health-giving physical culture (IPC).

The content of a subject matter is stated in the following sections:

1. Orienteering.
2. Hatha Yoga.
3. The fitness programs based on a combination of health-giving types of gymnastics and occupations of power-oriented activities (pilates, callanetics, bodyflex).
4. Aerobics.
5. Billiard sport.
6. Bodybuilding.
7. Helth-giving walks.
8. Running.
9. Breathing exercises.
10. Recreational tourism.