Name of the discipline (module)	Sports genetics
Code and name of the specialty	1-88 01 02-01 Recreational and Adaptive Physical Training (recreational)
Course	4
Semester	8
The number of academic hours of the discipline (module): Lectures Seminars Practicals Laboratory practicals	72 20 18
The form of control	Credit
The number of credits	2

The content of the discipline

Introduction to sport genetics. Methods of sports genetics: basic and special. Material bases of heredity. General characteristics of hereditary influences on the functionality and physical qualities of the body. Hereditary influence on morpho-functional parameters of the organism. Genetic markers morphotype. Hereditary influence on the physical qualities of the body. Genetic markers of speed-power and coordination abilities, flexibility. Hereditary influence on the adaptive capabilities of the organism. Genetic markers of endurance, mental characteristics.