Abstract of the discipline

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| Discipline(Module) | Elective disciplines by physical culture and sports |
| Implemented competencies | UC-6. UC-7  |
| Results of mastering the discipline (module) | UC-6.1 defines its resources and their limits (personal, psychophysiological, situational temporary etc.) for successful completion entrusted work.UC-6-.2. implements knowledge of their own resources and their limits (personal, psychophysiological, situational, temporal, etc.) planning promising goals activities with taking into account conditions, resources, personal capabilities, career growth, temporal development prospects of activities and demands of the labor market.UC-6-3. Builds flexible professional trajectory, using tools continuous education, taking into account the accumulated experience of professional activity and the dynamically changing demands of the labor market.UC-7.1. supports due level physical preparedness for implementation full-fledged social and professional activities, observes the rules and norms of a healthy lifestyle.UC-7.2. uses basics physical cultures for conscious choice health saving technologies taking into account internal and external conditions for the implementation of a specific professionalactivities.UC-7.3. applies health saving technologies for provision due level physical preparedness to implement full social and professionalactivities. |
| Labor intensity,c.u. | 328 |
| Reporting forms (including by semesters) | Credit (2-10 semesters) |