Compulsory disciplines

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| Discipline | Total hours | Total credit points |
| Higher education pedagogy and psychology | 108 | 3 |
| Social and communicative technologies in professional activities | 100 | 3 |
| Information technologies and mathematical statistics in physical culture and sports | 100 | 3 |
| Scientific research seminar | 158 | 4 |
| Medical and biological aspects of physical culture and sports | 160 | 4 |
| Kinesiology as the basis of health-improving and adaptive physical culture | 88 | 3 |
| Complex medical and pedagogical control in health-improving and adaptive physical culture | 84 |
| Business foreign language | 316 | 9 |