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INTRODUCTION TO THE COURSE OF LECTURES

Course is for students enrolled in the bilingual program of training in “physical culture.”

Course of lectures talks about rehabilitation programmes, sets of physical exercises for recovery in various diseases. The manual presents examples of physical exercises for the muscles of the shoulder, back, knee. In the course of lectures on medical physical culture with arthritis and arthritis. In the tutorial, you learn about adaptive sports, Adaptive types of sports games.

Materials handbook will help future specialists in building training to people with disabilities. Through the rehabilitation programmes, aimed at restoring the health of the future specialists in physical culture and sports will be able to restore lost functions of health. Course is written in easily accessible language, concise, well-illustrated.

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