

**Thematic plan of lecture-type classes in the
discipline "Physical Education and Sports" for
students entering in 2025
according to the educational program 31.05.01 General
Medicine, focus (profile) General Medicine (specialty), full-
time form of study for the 2025-2026 academic year.**

No.	Topics of classeslecture type	Hours (academic)
1st semester		
1.	Physical education in medical and pharmaceutical universities Russia. Student sports movement.	2
2.	Psychophysiological foundations of educational work and intellectual activity.	2
3.	Natural scientific foundations of physical education.	2
2nd semester		
4.	Adaptive physical education and sports for people with disabilities.	2
5.	Doping and stimulants in sports.	2
6.	Digital technologies in the field of physical education and sports.	2
Total:		12

Considered at a meeting of the Department of Physical Education and Health
"30" May 2025, protocol No. 18

Head of Department



S.Yu.Maximova