

**Thematic plan of lecture-type classes in the  
discipline "Physical Education and Sports" for  
students entering in 2024  
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 lecture-type classes	Hours (academic)
1st semester		
1.	Physical Education and Sports in Russia	2
2.	Physical education in medical and pharmaceutical universities of Russia	2
2nd semester		
3.	Psychophysiological Basics educational labor and intellectual activity	2
4.	Resources physical cultures in regulation of performance	2
3rd semester		
5.	Natural scientific foundations of physical education	2
6.	Auxiliary hygienic means increases and restoration of functionality	2
7.	VFSK GTO as a program and regulatory basis for physical education of various groups of the population of the Russian Federation	2
4th semester		
8.	Adaptive physical education and sports for people with disabilities	2
9.	Basics of massage. Self-massage	2
10.	Digital technologies in the field of physical education and sports	2
Total:		20

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

Head of Department



S.Yu.Maximova