

**Thematic plan of lecture-type classes in the discipline  
"Physical Education and Sports" for  
students entering in 2023  
according to the educational program 31.05.01 General  
Medicine, focus (profile) General Medicine (specialty),  
full-time education 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.	Medical and biological Basics modern sports training	2
4th semester		
7.	VFSK GTO as a program and regulatory basis for physical education of various groups of the population of the Russian Federation	2
8.	Auxiliary hygienic means increases And restoration of functionality	2
5th semester		
9.	Doping and stimulants in sports	2
10.	Technical means and exercise machines in the service of health	2
11.	Adaptive physical education and sports for people with disabilities	2
6th semester		
12.	Basics of massage. Self-massage	2
13.	Specificity traumatism and morbidity engaged physical education and sports	2
14.	Digital technologies in the field of physical education and sports	2
Total:		28

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

Head of Department



S.Yu. Maximova