

**Thematic plan of lecture-type classes in the
discipline "Physical Education and Sports" for
students entering in 2022
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 for individuals with disabilities. | 2 |
| 6th semester | | |
| 12. | Adaptive physical education and sports for people with disabilities | 2 |
| 13. | Basics of massage. Self-massage | 2 |
| 14. | Methods control for functional and physical the state of the human body | 2 |
| 7th semester | | |
| 15. | Optimization of physical activity of the population | 2 |
| 16. | Motor activity and physical health in gerontology | 2 |
| 8th semester | | |
| 17. | Specificity traumatism and morbidity engaged physical education and sports | 2 |

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| 18. | Physical education of students with health problems | 2 |
| 19. | Digital technologies in the field of physical education and sports | 2 |
| | Total | 38 |

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

Head of Department



S.Yu. Maksimova