

**Thematic plan for independent work of a student 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 education for the 2025-2026 academic year
for the 2025-2026 academic year**

No.	Topic of independent work	Hours (academic)
1st semester		
1.	Course: "Motor regime of different age categories of the population."	14
	Control of independent work:	2
2nd semester		
2.	Course: "Medical and biological foundations of modern sports training".	5
	Control of independent work:	2
	Total SR:	19
	Total KSR:	4

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

Head of Department



S. Yu. Maximova