

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

| No. | Topic of independent works | Watch (academic) |
|---------------------|---|-----------------------------|
| 3rd semester | | |
| 1. | Course: "Optimization of physical activity of the population" | 6.08 |
| | Control of independent work: | 2 |
| | | |
| 4th semester | | |
| 1. | Course: "Myofascial release and its impact on "human body" | 5 |
| | Control of independent work: | 2 |
| | Total SR: | 11.08 |
| | 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