

**Thematic plan for independent work of a student 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.	Topic of independent works	Watch (academic)
5th semester		
1.	Course: "Motor regime of different age categories of the population"	1,12
	Control of independent work:	2
6th semester		
1.	Course: "Myofascial release and its impact on "human body"	2.12
	Control of independent work:	2
	Total SR:	3.24
	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