

**Thematic plan for independent work of a student in the discipline
"Physical training (elective modules)" 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 work | Hours (academic) |
|---------------------|---|---------------------|
| 1st semester | | |
| 1. | Course: General physical training. | 22 |
| 2. | Control of independent work. | 2 |
| 2nd semester | | |
| 1. | Course: Correctional and health-improving technologies of physical education. | 22 |
| 2. | Control of independent work. | 2 |
| 3rd semester | | |
| 1. | Course: Health systems and technologies | 22 |
| 2. | Control of independent work. | 2 |
| 4th semester | | |
| 1. | Course: Medical and biological means of health improvement | 24 |
| 2. | Control of independent work. | 2 |
| 5th semester | | |
| 1 | Course: "Ready for work and defense!" | 24 |
| 2 | Control of independent work. | 2 |
| 6th semester | | |
| 1 | Course: Professional and applied physical training of a doctor. | 17 |
| 2 | Control of independent work. | 2 |
| Total SR: | | 131 |
| Total KSR: | | 12 |

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

Head of Department



S.Yu. Maximova