

**Thematic plan for independent work of a student in the discipline
"Physical training (elective modules)" 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**

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 cultures.	24
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:	133
	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