

Thematic plan of the seminar classes type 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.	Thematic blocks	Hours (academic) ¹
1st semester		
1	Track and field.	10
2	Swimming.	8
3	Athletic gymnastics.	12
	Total:	30
2nd semester		
1	Track and field.	10
2	Swimming.	8
3	Athletic gymnastics.	10
	Total:	28
3rd semester		
1	Track and field.	10
2	Basketball.	6
3	Badminton.	6
4	Athletic gymnastics.	8
	Total:	30
4th semester		
1	Track and field.	6
2	Football.	6
3	Badminton.	6
4	Athletic gymnastics.	6
5	Aerobics.	4
	Total:	28
5th semester		
1	Track and field.	6
2	Volleyball.	6
3	Badminton.	6
4	Aerobics.	6
5	Darts.	6
	Total:	30
6th semester		
1	Track and field.	6
2	Table tennis.	6
3	Badminton.	6
4	Athletic gymnastics.	6
5	Darts.	4
	Total:	28
	Total:	174

1 – one thematic block includes several lessons, the duration of one lesson is 45 minutes, with a break between lessons of at least 5 minutes

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

Head of Department
physical education and health



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