

**Thematic plan of lecture-type classes in the
discipline "Physical Education and Sports" for
students entering in 2022
according to the educational program 31.05.03 Dentistry,
focus (profile) Dentistry (specialty), full-time form of study
for the 2025-2026 academic year**

No.	Topics of lecture-type classes	Hours (academic)
1st semester		
1.	Physical Education and Sports in Russia	2
2.	Physical education in medical and pharmaceutical universities of Russia	2
2nd semester		
3.	Psychophysiological Basics educational labor Andintellectual activity	2
4.	Resources physical cultures V regulation of performance	2
3rd semester		
5.	Natural scientific foundations of physical education	2
6.	Medical and biological Basics modern sports training	2
4th semester		
7.	VFSK GTO as a program and regulatory basis for physical education of various groups of the population of the Russian Federation	2
8.	Auxiliary hygienic means increases Andrestoration of functionality	2
5th semester		
9.	Doping and stimulants in sports	2
10.	Technical means and exercise machines in the service of health	2
11.	Adaptive physical education for individuals with disabilities.	2
6th semester		
12.	Adaptive physical education and sports for people with disabilities	2
13.	Basics of massage. Self-massage	2
14.	Methods control for functional and physicalthe state of the human body	2
7th semester		
15.	Optimization of physical activity of the population	2
16.	Motor activity and physical health in gerontology	2
8th semester		
17.	Specificity traumatism and morbidity engaged physical education and sports	2

18.	Physical education of students with health problems	2
19.	Digital technologies in the field of physical education and sports	2
	Total	38

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

Head of Department



S.Yu. Maksimova