

**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 31.05.03 Dentistry,  
focus (profile) Dentistry (specialty), full-time form of study  
for the 2025-2026 academic year**

<b>No.</b>	<b>Topic of independent works</b>	<b>Hours (academic)</b>
<b>5th semester</b>		
1.	Course: "Motor regime of different age categories of the population"	1,12
	Control of independent work:	2
<b>6th semester</b>		
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