

**Thematic plan for independent work of a student in the
discipline "Physical Education and Sports" for students entering
in 2024 according to the educational program 31.05.03 Dentistry,
focus (profile) Dentistry (specialty), full-time form of study for
the 2025-2026 academic year**

№	Topic of Independent Study	Hours (academic)
3rd Semester		
1.	Course: "Optimization of Physical Activity of the Population"	6,08
	Independent Study Monitoring:	2
4th Semester		
1.	Course: "Myofascial Release and its Influence on human body"	5
	Independent Study Monitoring:	2
	Total ISW:	11,08
	Total SIW	4

Reviewed at the meeting of the Department of Physical Culture and Health
May 30, 2025, protocol No. 18.

Head of Department



S.Yu. Maksimova