

**Thematic plan of seminar-type classes on the subject
"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**

| No. | Thematic blocks | Hours (academic) |
|--------------|--|---------------------|
| 3rd semester | | |
| 1. | Flexibility. Development and control methods | 2 |
| 2. | Endurance. Methods of development and control | 2 |
| 4th semester | | |
| 1. | Methodology for compiling and conducting the UGG complex | 2 |
| 2. | Speed. Methods of development and control | 2 |
| 5th semester | | |
| 1. | Strength. Methods of development and control | 2 |
| 2. | Methodology for passing the GTO standards of the VIII stage | 2 |
| 3. | Dexterity. Methods of development and control | 2 |
| 6th semester | | |
| 1. | Methods for determining human physical performance | 2 |
| 2. | Methodology of express analysis of load tolerance in classes on physical education part 1 | 2 |
| 3. | Methodology of express analysis of load tolerance in classes on physical education part 2 | 2 |
| 4. | Application of the "Stretching" Method in the Classes "Physical Training (Elective Modules)" | 2 |
| 5. | Fundamentals of the Methodology of Psychological Self-Regulation. Autotraining | 2 |
| 6. | Review of the main methods of motor and health systems, part 1 | 2 |
| 7. | Review of the main methods of motor and health systems, part 2 | 2 |
| | Total: | 28 |

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

Head of Department



S. Yu. Maximova