

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

<b>No.</b>	<b>Thematic blocks</b>	<b>Hours (academic)</b>
3rd semester		
1.	Flexibility. Development and control methods	2
2.	Endurance. Methods of development and control	2
3.	Speed. Methods of development and control	2
4.	Methodology for compiling and conducting the UGG complex, part 1	2
5.	Methodology for compiling and conducting the UGG complex, part 2	2
6.	Strength. Methods of development and control	2
7.	Dexterity. Methods of development and control	2
	Total:	14
4th semester		
1.	Methodology for passing the GTO standards of the VIII stage	2
2.	Methods for determining human physical performance	2
3.	Methodology of express analysis of load tolerance in physical education classes, part 1	2
4.	Methodology of express analysis of load tolerance in physical education classes, part 2	2
5.	Application of the "Stretching" Method in the Classes "Physical Training (Elective Modules)"	2
6.	Fundamentals of the Methodology of Psychological Self-Regulation. Autotraining	2
7.	Review of the main methods of motor and health systems	2
	Total:	14

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

Head of Department

S.Yu. Maximova