

**Thematic plan of seminar-type classes on the subject
"Physical Education and Sports" for students
entering in 2025
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	Practical training in the framework of safety	Hours (academic)
1st semester			
1.	Health walking. General characteristics.	PP	2
2.	Technique and rules of health walking. Walking at a medium pace.	PP	2
3.	Technique and rules of health walking. Walking in at a fast pace.	PP	2
4.	Nordic walking. General characteristics.	PP	2
5.	Nordic Walking Technique. Part 1.	PP	2
6.	Nordic Walking Technique. Part 2.	PP	2
7.	Health jogging.	PP	2
	Total:		14 hours
2nd semester			
8.	Swimming. General characteristics.	PP	2
9.	Front crawl swimming technique.	PP	2
10.	Backstroke swimming technique.	PP	2
11.	Breaststroke swimming technique.	PP	2
12.	Starting technique for swimming front crawl and back crawl.	PP	2
13.	Turning and finishing techniques in front crawl and breaststroke.	PP	2
14.	Turning and finishing technique in backstroke swimming.	PP	2
	Total:		14 hours

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

Head of Department



S.Yu. Maximova