

**Thematic plan for independent work of a student in the discipline  
"Physical training (elective modules)" 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**

No.	Topic of independent work	Hours (academic)
<b>1st semester</b>		
1.	Course: General physical training.	22
2.	Control of independent work.	2
<b>2nd semester</b>		
1.	Course: Correctional and health-improving technologies of physical education.	22
2.	Control of independent work.	2
<b>3rd semester</b>		
1.	Course: Health systems and technologies	22
2.	Control of independent work.	2
<b>4th semester</b>		
1.	Course: Medical and biological means of health improvement	24
2.	Control of independent work.	2
<b>5th semester</b>		
1	Course: "Ready for work and defense!"	24
2	Control of independent work.	2
<b>6th semester</b>		
1	Course: Professional and applied physical training of a doctor.	17
2	Control of independent work.	2
Total SR:		131
Total KSR:		12

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

Head of Department



S.Yu. Maximova