

**Thematic plan of seminar-type classes in the discipline “Physical training (elective modules)” for students entering in 2023 according to the educational program 31.05.03 Dentistry, focus (profile) Dentistry (specialty), full-time education for the 2025-2026 academic year**

| No.          | Thematic blocks      | Hours<br>(academic) <sup>1</sup> |
|--------------|----------------------|----------------------------------|
| 1st semester |                      |                                  |
| 1            | Track and field.     | 14                               |
| 2            | Swimming.            | 8                                |
| 3            | Athletic gymnastics. | 12                               |
|              | Total:               | 34                               |
| 2nd semester |                      |                                  |
| 1            | Track and field.     | 14                               |
| 2            | Swimming.            | 8                                |
| 3            | Athletic gymnastics. | 12                               |
|              | Total:               | 34                               |
| 3rd semester |                      |                                  |
| 1            | Track and field.     | 10                               |
| 2            | Basketball.          | 6                                |
| 3            | Badminton.           | 6                                |
| 4            | Athletic gymnastics. | 8                                |
|              | Total:               | 30                               |
| 4th semester |                      |                                  |
| 1            | Track and field.     | 10                               |
| 2            | Football.            | 6                                |
| 3            | Badminton.           | 6                                |
| 4            | Athletic gymnastics. | 8                                |
|              | Total:               | 30                               |
| 5th semester |                      |                                  |
| 1            | Track and field.     | 6                                |
| 2            | Volleyball.          | 6                                |
| 3            | Badminton.           | 6                                |
| 4            | Aerobics.            | 6                                |
| 5            | Darts.               | 6                                |
|              | Total:               | 30                               |
| 6th semester |                      |                                  |
| 1            | Track and field.     | 6                                |
| 2            | Table tennis.        | 6                                |
| 3            | Badminton.           | 6                                |
| 4            | Athletic gymnastics. | 6                                |
| 5            | Darts.               | 4                                |
|              | Total:               | 28                               |
|              | Total:               | 186                              |

1 – one thematic block includes several lessons, the duration of one lesson is 45 minutes, with a break between lessons of at least 5 minutes

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

Head of Department  
physical education and health



S. Yu. Maximova