

**Thematic plan of the seminar classtype in the discipline “Physical training (elective modules)”for students entering in 2025 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 (academic) <sup>1</sup>
1st semester		
1	Track and field.	10
2	Swimming.	8
3	Athletic gymnastics.	12
	Total:	30
2nd semester		
1	Track and field.	10
2	Swimming.	8
3	Athletic gymnastics.	10
	Total:	28
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.	6
2	Football.	6
3	Badminton.	6
4	Athletic gymnastics.	6
5	Aerobics.	4
	Total:	28
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:	174

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