

**Thematic plan of lecture-type classes in the
discipline "Physical Education and Sports" for
students entering in 2022 according to the
educational program
33.05.01 Pharmacy (specialty), focus (profile) Pharmacy, full-time form of study for
the 2025-2026 academic year**

No.	Topics of lecture-type classes	Hours (academic)
7th semester		
1.	Optimization of physical activity of the population	2
2.	Physical activity and physical health in gerontology	2
Total:		4 hours
8th semester		
1.	Specifics of injuries and morbidity among those involved in physical education and sports	2
2.	Physical education of students with health problems	2
3.	Digital technologies in the field of physical education and sports	2
Total:		6 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