

**Thematic plan of lecture-type classes in the
discipline "Physical Education and Sports" for
students entering in 2023
according to the educational program
05/33/01 Pharmacy (specialty),
focus (profile) Pharmacy, full-time education for the 2025-2026
academic year**

| No. | Topics of lecture-type classes | Hours (academic) |
|---------------------|---|---------------------|
| 5th semester | | |
| 1. | Doping and stimulants in sports | 2 |
| 2. | Technical means and exercise machines in the service of health | 2 |
| 3. | Adaptive physical education and sports for people with disabilities | 2 |
| Total: | | 6 hours |
| 6th semester | | |
| 1. | Basics of massage. Self-massage | 2 |
| 2. | Specifics of injuries and morbidity among those involved in physical education and sports | 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