

**Thematic plan of lecture-type classes in the  
discipline "Physical Education and Sports" for  
students entering in 2024  
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)
3rd semester		
1.	Natural sciences Fundamentals of physical education	2
2.	Auxiliary hygienic means for increasing and restoring working capacity	2
3.	Doping and stimulants in sports	2
Total:		6 hours
4th semester		
1.	Adaptive physical education and sports for people with disabilities	2
2.	Basics of massage. Self-massage	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