

Thematic plan for independent work of a student in the discipline “Physical Education and Sports” for students enrolled in the 2024 educational program 33.05.01 Pharmacy (specialty), focus (profile) Pharmacy, full-time education for the 2025-2026 academic year

No.	Topic of independent work	Hours (academic)
3rd semester		
1.	Course: "Motor regime of different age categories of the population"	10.04
	Control of independent work:	2
4th semester		
1.	Course: "Medical and biological foundations of modern sports training"	1.0
	Control of independent work:	2
	Total SR:	11.04
	Total KSR	4

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

Head of Department



S.Yu.Maximova