

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

<b>No .</b>	<b>Topic of independent work</b>	<b>Hours (academic )</b>
<b>1st semester</b>		
1.	Course: "Motor regime of different age categories of the population."	14
	Control of independent work:	2
<b>2nd semester</b>		
2.	Course: "Medical and biological foundations of modern sports training".	5
	Control of independent work:	2
	Total SR:	19
	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