

**Thematic plan of seminar-type classes on the subject “Physical Education and Sports” for students entering in 2023 according to the educational program 33.05.01 Pharmacy (specialty), Focus (profile) Pharmacy, full-time education for the 2025-2026 academic year**

<b>No.</b>	<b>Thematic blocks</b>	<b>Hours (academic)</b>
<b>5th semester</b>		
1.	Strength. Methods of development and control	2
2.	Methodology for passing the GTO standards of the VIII stage	2
3.	Dexterity. Methods of development and control	2
	<b>Total:</b>	<b>6 hours</b>
<b>6th semester</b>		
1.	Methods for determining human physical performance	2
2.	Methodology of express analysis of load tolerance in classes on physical education part 1	2
3.	Methodology of express analysis of load tolerance in physical education classes, part 2	2
4.	Application of the stretching technique in the Physical Education classes preparation (elective modules)»	2
5.	Fundamentals of the Methodology of Psychological Self-Regulation. Autotraining	2
6.	Review of the main methods of motor and health systems, part 1	2
7.	Review of the main methods of motor and health systems, part 2	2
	<b>Total:</b>	<b>14</b>

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

Head of Department

S.Yu.Maximova