

**Thematic plan of seminar-type classes on the subject “Physical Education and Sports” for students entering in 2025 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>1st semester</b>		
1.	Health walking. General characteristics.	2
2.	Technique and rules of health walking. Walking at a medium pace.	2
3.	Technique and rules of health walking. Walking at a fast pace tempo.	2
4.	Nordic walking. General characteristics.	2
5.	Nordic Walking Technique. Part 1.	2
6.	Nordic Walking Technique. Part 2.	2
7.	Health jogging.	2
	<b>Total:</b>	<b>14 hours</b>
<b>2nd semester</b>		
8.	Swimming. General characteristics.	2
9.	Front crawl swimming technique.	2
10.	Backstroke swimming technique.	2
11.	Breaststroke swimming technique.	2
12.	Starting technique for swimming front crawl and back crawl.	2
13.	Turning and finishing techniques in front crawl and breaststroke.	2
14.	Turning and finishing technique in backstroke swimming.	2
	<b>Total:</b>	<b>14 hours</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