

**Thematic plan of lecture-type classes
in the discipline "Physical Culture and Sport"
for students for students enrolled in 2021, 2022, 2023, 2024
on the educational program on 31.05.01 "General Medicine" (level of
specialization),
full-time education
2024- 2025 academic year**

№	Topics of lecture-type classes	Hours (acad.)
1 semester		
1.	Physical culture and sport in Russia	2
2.	Physical education in medical and pharmaceutical universities of Russia	2
2 semester		
3.	Psychophysiological bases of educational labor and intellectual activity.	2
4.	Means of physical culture in regulating working capacity	2
3 semester		
5.	Natural science foundations of physical education	2
6.	Medico-biological bases of sports training	2
4 semester		
7.	All-Russian physical culture and sports complex "Ready for Labor and Defense" as a program and normative basis for physical education of the population of the Russian Federation	2
8.	Auxiliary hygienic means of increasing and restoring work capacity	2
5 semester		
9.	Doping and stimulants in sport	2
10.	Technical means and simulators in the service of health	2
11.	Adaptive physical education of persons with disabilities	2
6 semester		
12.	Adaptive physical culture and sports for the disabled	2
13.	The basics of massage. Self-massage	2
14.	Methods of monitoring the physical and functional state of the human body	2
7 semester		
15.	Professional-applied physical training of a doctor. Physical culture in the system of scientific organization of labor	2
16.	Physical education of students with disabilities in the state of health. Part 1.	2

17.	Physical education of students with disabilities in the state of health. Part 2	2
18.	Optimization of physical activity of the population	2
19.	Motor activity and physical health in gerontology	2
8 semester		
20.	Myofascial release and its effects on the human body. Part 1	2
21.	Myofascial release and its effects on the human body. Part 2	2
22.	Specifics of injuries and morbidity of those involved in physical education and sport	2
23.	Digital technologies in the field of physical culture and sports.	2
	Total	46

Considered at the meeting of the Department of Physical Education and Health
28.05.2024 Protocol № 16.

Head of the Department



S.Y. Maksimova