

**Thematic plan of seminar-type classes in the discipline  
 "Physical education for persons with disabilities and health limitations"  
 for students enrolled in 2024  
 on the educational program on 31.05.01 "General Medicine"  
 (level of specialization),  
 full-time education  
 2024- 2025 academic year**

№	Thematic blocks	Hours (acad.)
1 semester		
1.	Athletics	16
2.	Swimming	12
3.	Volleyball	6
2 semester		
4.	Athletics	16
5.	Swimming	12
6.	Volleyball	6
3 semester		
7.	Athletics	10
8.	Basketball	4
9.	Badminton	4
10.	Athletic Gymnastics	8
11.	Football	4
4 semester		
12.	Athletics	10
13.	Basketball	4
14.	Badminton	4
15.	Volleyball	8
16.	Aerobics	4
5 semester		
17.	Athletics	8
18.	Volleyball	4
19.	Badminton	4
20.	Pilates / Aerobics	6/6
21.	Callanetics	4
22.	Darts	4
6 semester		
23.	Athletics	6
24.	Volleyball	4
25.	Badminton	4
26.	Pilates / Aerobics	6/6

27.	Callanetics	4
28.	Darts	4
29.	Intermediate certification	2
	TOTAL	188

Considered at the meeting of the Department of Physical Culture and Health

Protocol No. 16

28.05.2024

Head of the Department



S.Y. Maksimova