

**Thematic plan of independent work of a student  
in the discipline "Physical training (elective modules)"  
for students enrolled in 2023,2024  
on the educational program on 31.05.01 "General Medicine"  
(level of specialization),  
full-time education  
2024- 2025 academic year**

№	Topic of independent work	Academic hours
	1 semester	
1.	Fulfilling the requirements of weekly physical activity on the track "Endurance"	4
2	Fulfilling the requirements of weekly motor activity on the track "Quickness"	3
3	Fulfilling the requirements of weekly physical activity on the track "Strength"	4
4	Fulfilling the requirements of weekly physical activity on the track "Flexibility"	1
5	The main criteria for the formation of a healthy lifestyle. The forms and methods of its formation, the main hygienic measures of a health-improving nature that promote health and prevent the occurrence of dental diseases, the basics of preventive medicine.	2
6	Principles of a healthy lifestyle in the format of physical education	2
7	Fundamentals of safety and prevention of injuries and diseases in physical culture and sports practitioners	2
8	Knowledge control	2
	Total in the semester	20
	2 semester	
1.	Fulfilling the requirements of weekly physical activity on the track "Endurance"	4
2	Fulfilling the requirements of weekly motor activity on the track "Quickness"	3
3	Fulfilling the requirements of weekly physical activity on the track "Strength"	4

4	Fulfilling the requirements of weekly physical activity on the track "Flexibility"	1
5	Physiological mechanisms of the effect of breathing exercises on the human body	2
6	Influence of health-improving physical education systems on health promotion, prevention of occupational diseases and bad habits	2
7	The role of bathing procedures on the general condition of the human body. Conditions and methods of visiting sauna and steam baths	2
8	Knowledge control	2
	Total in the semester	20
	3 semester	
1.	Fulfilling the requirements of weekly physical activity on the track "Endurance"	8
2	Fulfilling the requirements of weekly motor activity on the track "Quickness"	3
3	Fulfilling the requirements of weekly physical activity on the track "Strength"	4
4	Fulfilling the requirements of weekly physical activity on the track "Flexibility"	1
5	The role of physical culture in the scientific organization of work, features of professional applied physical training of a dentist	2
6	Functional music as a factor of increasing the level of physical and mental efficiency	2
7	Sanitary and hygienic education among the population and medical workers in order to prevent the emergence (or) spread of dental diseases, their early diagnosis, identification of causes and conditions of their emergence and development	2
8	Knowledge control	2
	Total in the semester	24
	4 semester	
1.	Fulfilling the requirements of weekly physical activity on the track "Endurance"	8

2	Fulfilling the requirements of weekly motor activity on the track "Quickness"	3
3	Fulfilling the requirements of weekly physical activity on the track "Strength"	4
4	Fulfilling the requirements of weekly physical activity on the track "Flexibility"	1
5	Rules for drawing up a professionogram for the future professional activity of a dentist	2
6	Features of specific and nonspecific prevention of infectious diseases	2
7	Sanitary and epidemiological norms and requirements, peculiarities of the regime of medical institutions	
8	Knowledge control	2
	Total in the semester	24
	5 semester	
1.	Fulfilling the requirements of weekly physical activity on the track "Endurance"	10
2	Fulfilling the requirements of weekly motor activity on the track "Quickness"	3
3	Fulfilling the requirements of weekly physical activity on the track "Strength"	4
4	Fulfilling the requirements of weekly physical activity on the track "Flexibility"	1
5	Rules for the use of personal protective equipment, principles of asepsis and antisepsis	2
6	Rules for disinfection and sterilization of medical devices, disposal of medical waste	2
7	Means and methods of physical culture in the prevention of ARVI and influenza	2
8	Knowledge control	2
	Total in the semester	26
	6 semester	
1.	Fulfilling the requirements of weekly physical activity on the track "Endurance"	10

2	Fulfilling the requirements of weekly motor activity on the track "Quickness"	3
3	Fulfilling the requirements of weekly physical activity on the track "Strength"	4
4	Fulfilling the requirements of weekly physical activity on the track "Flexibility"	1
5	Methods of application of breathing exercises	2
6	Physiological mechanism of the impact of acupressure on the human body; principles of acupressure use	2
7	Sanitary and hygienic bases of activity in the sphere of physical culture and sport	2
8	Knowledge control	2
	Total in the semester	26
	TOTAL	140

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