

**Thematic plan of seminar-type classes  
in the discipline "Physical training (elective modules) "  
for students enrolled in 2022  
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	6
3.	Athletic gymnastics	12
2 semester		
4.	Athletics	16
5.	Swimming	6
6.	Athletic gymnastics	12
3 semester		
7.	Athletics	10
8.	Basketball	6
9.	Badminton	6
10.	Athletic gymnastics	8
11.	Football	4
4 semester		
12.	Athletics	10
13.	Basketball	6
14.	Badminton	6
15.	Athletic gymnastics	8
16.	Football	4
5 semester		
17.	Athletics	8
18.	Volleyball/Football	6/6
19.	Badminton	6
20.	Athletic gymnastics/aerobics	6/6
21.	Table tennis	4
22.	Darts	4
6 semester		
23.	Athletics	6
24.	Volleyball/Football	6/6
25.	Badminton	6
26.	Athletic gymnastics/aerobics	6/6

27.	Table tennis	4
28.	Darts	4
29.	Intermediate certification	2
	Total	204

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