

**Thematic plan of seminar-type classes
in the discipline "Physical training (elective modules) "
for students enrolled in 2023, 2024
on the educational program on 31.05.03 "Dentistry"
(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	4
9.	Badminton	4
10.	Athletic gymnastics	8
11.	Football	4
4 semester		
12.	Athletics	10
13.	Basketball	4
14.	Badminton	4
15.	Athletic gymnastics	8
16.	Football	4
5 semester		
17.	Athletics	8
18.	Volleyball/Football	4/4
19.	Badminton	4
20.	Athletic gymnastics/aerobics	6/6
21.	Table tennis	4
22.	Darts	4
6 semester		
23.	Athletics	6
24.	Volleyball/Football	4/4
25.	Badminton	4

26.	Athletic gymnastics/aerobics	6/6
27.	Table tennis	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