Thematic plan of independent work of a student in the discipline "Physical education for persons with disabilities and health limitations" for students enrolled in 2024 on the educational program on 33.05.01 "Pharmacy" (level of specialization), full-time education

2024-2025 academic year

N⁰	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	4
	"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
	Knowledge control	2
	Total in the semester	20
	3 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"	4
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"	2
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	
	Knowledge control	2
	Total in the semester	20

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" 4 3 Fulfilling the requirements of weekly physical activity on the track "Strength" 4 4 Fulfilling the requirements of weekly physical activity on the track "Strength" 2 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 of the regime of medical institutions 2 7 Sanitary and epidemiological norms and requirements, peculiarities of the regime of medical institutions 2 8 Knowledge control 2 9 Semester 20 10 Fulfilling the requirements of weekly physical activity on the track "Endurance" 6 11 Fulfilling the requirements of weekly physical activity on the track "Quickness" 3 3 Fulfilling the requirements of weekly physical activity on the track "Guickness" 4 3 Fulfilling the requirements of weekly physical activity on the track "Guickness" 2 3 Fulfilling the requirements of weekly physical activity on the track "Strength" 1 </th <th></th> <th></th> <th></th>			
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Total in the semester 22	7		2
		Knowledge control	2
6 semester		Total in the semester	22
		6 semester	

1.	Fulfilling the requirements of weekly physical activity on the track "Endurance"	6
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
	Knowledge control	2
	Total in the semester	22
	TOTAL	128

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

Protocol No. 16

28.05.2024

Head of the Department

Jauf-

S.Y. Maksimova