

**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 33.05.01 "Pharmacy"
 (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