

**Thematic plan of seminar-type classes  
in the discipline "Physical Culture and Sports"  
for students enrolled in 2021, 2022, 2023, 2024  
on the educational program on 33.05.01 "Pharmacy" (level of specialization),  
full-time education  
2024- 2025 academic year**

№	Thematic blocks	Hours (acad.)
3 semester		
1.	Flexibility. Methods of development and control	2
2.	Endurance. Methods of development and control.	2
4 semester		
3.	The methodology of composing and conducting a complex of morning hygienic gymnastics (MHG).	2
4.	Quickness. Methods of development and control.	2
5 semester		
5.	Strength. Methods of development and control.	2
6.	Methodology of passing the norms of the complex "Ready for Labor and Defense" of stage VII-VIII	2
7.	Methods of determining the physical performance of a person	2
8.	Methodology of express-analysis of load tolerance in physical education classes	2
6 semester		
9.	Dexterity. Methods of development and control.	2
10.	Application of "stretching" methodology in "Physical training (elective modules)" classes	2
11.	Basic techniques of psychological self-regulation	2
12.	An overview of the main techniques of movement and wellness systems	2
8 семестр		
13.	Intermediate certification	2
	Total	2 hours

Considered at the meeting of the Department of Physical Education and Health  
28.05.2024 Protocol № 16.

Head of the Department



S.Y. Maksimova