

**Thematic plan of lecture-type classes
in the discipline "Physical Culture and Sport"
for students 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**

№	Topics of lecture-type classes	Hours (acad.)
1 semester		
1.	Physical culture and sport in Russia	2
2.	Physical education in medical and pharmaceutical universities of Russia	2
2 semester		
3.	Psychophysiological bases of educational labor and intellectual activity.	2
4.	Means of physical culture in regulating working capacity	2
3 semester		
5.	Natural science foundations of physical education	2
6.	Medico-biological bases of sports training	2
4 semester		
7.	All-Russian physical culture and sports complex "Ready for Labor and Defense" as a program and normative basis for physical education of the population of the Russian Federation	2
8.	Auxiliary hygienic means of increasing and restoring work capacity	2
5 semester		
9.	Doping and stimulants in sport	2
10.	Technical means and simulators in the service of health	2
11.	Adaptive physical education of persons with disabilities	2
6 semester		
12.	Adaptive physical culture and sports for the disabled	2
13.	The basics of massage. Self-massage	2
14.	Methods of monitoring the physical and functional state of the human body	2
7 semester		
15.	Professional-applied physical training of a doctor. Physical culture in the system of scientific organization of labor	2
16.	Physical education of students with disabilities in the state of health. Part 1.	2

17.	Physical education of students with disabilities in the state of health. Part 2	2
18.	Optimization of physical activity of the population	2
19.	Motor activity and physical health in gerontology	2
8 semester		
20.	Myofascial release and its effects on the human body. Part 1	2
21.	Myofascial release and its effects on the human body. Part 2	2
22.	Specifics of injuries and morbidity of those involved in physical education and sport	2
23.	Digital technologies in the field of physical culture and sports.	2
	Total	46

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

Head of the Department



S.Y. Maksimova