

Thematic plan of the seminar classestype in the discipline “Physical training (elective modules)” for students enrolled in the 2023 educational program 33.05.01 Pharmacy (specialty), Focus (profile) Pharmacy, full-time education for the 2025-2026 academic year

No.	Thematic blocks	Hours (academic) ¹
1st semester		
1	Track and field.	14
2	Swimming.	8
3	Athletic gymnastics.	12
	Total:	34
2nd semester		
1	Track and field.	14
2	Swimming.	8
3	Athletic gymnastics.	12
	Total:	34
3rd semester		
1	Track and field.	10
2	Basketball.	6
3	Badminton.	6
4	Athletic gymnastics.	8
	Total:	30
4th semester		
1	Track and field.	10
2	Football.	6
3	Badminton.	6
4	Athletic gymnastics.	8
	Total:	30
5th semester		
1	Track and field.	6
2	Volleyball.	6
3	Badminton.	6
4	Aerobics.	6
5	Darts.	6
	Total:	30
6th semester		
1	Track and field.	6
2	Table tennis.	6
3	Badminton.	6
4	Athletic gymnastics.	6
5	Darts.	4
	Total:	28
	Total:	186

1 – one thematic block includes several lessons, the duration of one lesson is 45 minutes, with a break between lessons of at least 5 minutes

Considered at the meeting of the Department of Physical Education and Health on May 30, 2025, protocol No. 18.

Head of Department
physical education and health



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