

**Federal state budgetary educational institution of higher education
"North Ossetian state medical academy"
of the Ministry of healthcare of the Russian Federation**

Department of general hygiene and physical culture

«APPROVED»

Head of the department, professor

A.R. Kusova

« 08 » February 2023 year

Calendar-thematic plan of lectures

Discipline _____ Physical culture and sport _____

Course _____ I _____

The faculty _____ General Medicine (partially implemented in English) _____
for the II semester 2022–2023 academic year

Topic number	Date	Topic title	Lecturer
1.	February 13, 2023	Physical culture in public and professional training of students.	Senior lecturer Tedeveva I.V.
2.	February 27, 2023	Physical culture in public and professional training of students.	
3.	March 13, 2023	Psychophysiological foundations of labor and intellectual activity. Means of physical culture in the regulation of working capacity.	
4.	March 27, 2023	Psychophysiological foundations of labor and intellectual activity. Fundamentals of methods for the development of basic physical qualities	
5.	April 10, 2023	Naturally - the scientific foundations of physical education.	
6.	April 24, 2023	Medico-biological and methodological foundations of modern sports training.	
7.	May 15, 2023	Methods for monitoring the functional and physical state of the human body.	
8.	May 22, 2023	First, first aid for sports injuries, sudden illnesses and exposure to other adverse factors.	
9.	May 29, 2023	Hygienic bases of physical education and sports. Part 1: Technical means and simulators in the service of health.	
10.	June 5, 2023	Hygienic bases of physical education and sports. Part 2: Auxiliary hygienic means of increasing and restoring working capacity.	

Head of the educational part of the department
senior lecturer

« 08 » February 2023 year



E.Yu. Rostiashvili

Note: Lectures on the discipline are given: monday 08.30-10.05 (10 lectures on even weeks, A314 of the educational building No.2 of the academy, from week 12 A311 of the educational building No.2)