

## TOPICS OF REPORTS

the main professional educational program of higher education – specialty program  
in the specialty 31.05.03 Dentistry (partially implemented in English)

1. History of physical culture and sport.
2. The Olympic Games – the largest sports competitions present.
3. Healthy lifestyle criteria of efficiency and its components.
4. General and special principles of physical training of students.
5. Basic rules of hardening of the person.
6. A technique of corrective gymnastics for eyes.
7. Definition of a concept professional and applied physical preparation (PPFP).
8. General physical training, its purposes and tasks.
9. A hypokinesia and a hypodynamia, their adverse influence on organism.
10. Food and control over body weight at various motive activities.
11. Form of physical activity, the general and motor density of occupations.
12. Medical and pedagogical control, its contents and types.
13. The All-Russian sports and recreational complex "Is ready to to work and defense" as package of measures for increase in motive activities of the population.
14. National sports.
15. Modern rules of a balanced diet. Power supply systems.
16. Self-checking methods at occupations physical culture and sport.
17. A technique of corrective gymnastics for eyes.
18. History of the Olympic Movement.
19. Modern recreational systems of occupations of physical culture and sport.
20. Prevention of developing of occupational diseases.
21. Hypokinesia and hypodynamia. A role of physical culture in them to prevention.
22. Physiological bases of medical and recreational trainings.
23. Biorhythms and their value in a day regimen of the student.
24. Obesity and its consequences on various functions of the person. Methods of prevention and fight against obesity.
25. Way to longevity.
26. Influence of nicotine, alcohol and narcotic substances on personal development and state of health of the person.
27. Flexibility – youth of muscles and joints. Stretching.
28. Influence of a stress on a human body.
29. Use of non-drug means for the purpose of prevention of diseases and increase in working capacity.
30. Physical culture and sport as the sphere of maintenance of health of persons with limited opportunities.