**Календарный учебный план-график**

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| № п/п | Содержание занятия | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | Итого часов |
| 1 | Теория | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  | 9 |
| 2 | ОФП | 16 | 16 | 16 | 16 | 16 | 16 | 16 | 16 | 16 |  |  |  | 144 |
| 3 | СФП | 5 | 6 | 3 | 6 | 5 | 3 | 4 | 5 | 4 |  |  |  | 41 |
| 4 | Техническая подготовка | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |  |  |  | 18 |
| 5 | Инструкторская и судейская практика |  | 1 |  | 1 |  |  | 1 |  | 1 |  |  |  | 4 |
| 6 | УТС |  |  |  |  |  |  |  |  |  | 26 | 28 | 26 | 80 |
| 7 | Участие в соревнованиях | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  | 9 |
| 8 | Контрольно-переводные испытания | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  | 9 |
| 9 | Итого часов | 26 | 28 | 24 | 28 | 26 | 24 | 26 | 26 | 26 |  |  |  | 314 |