



MINISTRY OF EDUCATION AND SCIENCE OF THE RUSSIAN FEDERATION
Federal state autonomous educational institution
of higher education
«Far Eastern Federal University»
(FEFU)

SCHOOL OF BIOMEDICINE

«AGREED»

Head of education program
«General medicine»

Yu.S. Khotimchenko



«APPROVED»

Director of the Department of Clinical
Medicine

B.I. Geltser

«13» of January 2020

«13» of January 2020

WORKING PROGRAM OF ACADEMIC DISCIPLINE (WPAD)

«Physical Training and Sport»

Education program

Specialty 31.05.01 «General medicine»

Form of study: full time

year 1, semester 1
lectures 2 hours
practical classes 68 hours
laboratory works not provided
total amount of in-classroom works 70 hours
independent self-work 2 hours
control works ()
credit year 1, semester 1
exam not provided

The working program is drawn up in accordance with the requirements of the Federal state educational standard of higher education (level of training), approved by the order of the Ministry of education and science of the Russian Federation from 09.02.2016 № 95.

The working program of the discipline was discussed at the meeting of the Department of clinical medicine. Protocol No. 5, 13 of January 2020.

Compiler: Ph.D. T.M.Dyakonova, senior lecturer Berbenets O.A

ANNOTATION

The discipline "physical education", is intended for students enrolled in the educational program of higher education 31.05.01 "general medicine", is included in the basic part of the curriculum, is implemented on the 1st year in 1 semester. The total complexity of the discipline is 72 hours, 2 credits. Of these, lectures (2 hours), practical classes (68 hours), independent work (2 hours)

The program of the course is based on the basic knowledge acquired by students in the framework of the secondary education school.

The academic discipline "physical culture and sport" is consistently associated with the following disciplines "safety".

The main content of the discipline "physical culture and sport" is the general theoretical aspects of physical culture, the practical development of funds (exercises) from the basic types of motor activity (athletics, sports (volleyball)) for the formation of physical culture of the individual.

The purpose of studying the discipline is to form the physical culture of the individual and the ability to use the various means of physical culture and sports to preserve and promote health, psychophysical training and self-preparation for future professional activities.

Objectives:

1. The formation of knowledge and skills in the implementation of the basic types of motor activity (athletics, sports (volleyball)), aesthetic and spiritual development of students.

2. The development of physical abilities by means of basic types of motor activity to promote health and maintain physical and mental performance.

3. Education of socially significant qualities and the formation of needs for a healthy lifestyle for effective professional self-realization.

To successfully study the discipline "Physical Culture and Sport", students should have the following preliminary competencies:

- the ability to use the basic forms and types of physical activity for the organization of a healthy lifestyle, active recreation and leisure;

- possession of general methods of strengthening and maintaining health, maintaining health, preventing disease prevention.

Because of studying this discipline, students form the following general cultural competence:

| The code and the wording of competence | Stages of formation of competence | |
|--|-----------------------------------|---|
| - the ability to use the methods and means of physical culture to ensure full social and professional activities (GCC – 6) | Knows | General theoretical aspects of physical culture, the value of physical education in personal and professional development. |
| | Able to | Use the means and methods of physical culture to preserve and promote health, increase efficiency. |
| | Possesses | Traditional forms and types of physical activity for the maintenance and development of physical abilities and the formation of motivation for physical activity. |

I. STRUCTURE AND CONTENT OF THEORETICAL PART OF THE COURSE

Topic 1. Basics of a student's healthy lifestyle. Theoretical and methodological foundations of physical culture. (2 hours)

Healthy lifestyle and its components. The main provisions of the organization of physical education in higher education. Physical culture and sports as a means of preserving and strengthening the health of students, their physical and sports improvement. Safety in physical education classes.

Means, methods, forms of physical culture. The basics of learning movements. The basics of improving physical qualities. General and special physical training its goals and objectives.

II. STRUCTURE AND CONTENT OF PRACTICAL COURSE PRACTICAL EXERCISES (68 HOURS)

Section 1. Athletics.

Term 1 (24 hours)

Lesson 1. Acceptance of control tests for general physical preparedness. (2 hours)

1. Safety in physical education classes.
2. Acceptance of control tests on the general physical preparedness of students.

Topic 1. Methods of teaching the technique of running for short and medium distances. (10 hours)

Lesson 2.

1. Teaching a low, high start technique.
2. Training start acceleration.
3. The development of speed.

Lesson 3.

1. Improving the techniques of low, high start.
2. Improving the start-up overlocking.
3. Development coordination.

Lesson 4.

1. Learning the technique of finishing.
2. Improving the technique of running in general, taking into account the individual characteristics of the students.
3. The development of speed.

Lesson 5.

1. Learning the technique of running in a straight distance.
3. Teaching a jogging technique.
4. Development coordination.

Lesson 6.

1. Improving the technique of running in a straight distance.
2. Improving the technique of running around the corner.
3. The development of endurance.

Topic 2. Methods of teaching the technique of relay running. (4 hours)

Lesson 7.

1. Teaching a low start technique with a baton.
2. Learning the technique of transferring the baton.
3. The development of speed.

Lesson 8.

1. Improving the transmission technology of the baton.
2. Improvement of the low start technique with a baton.
3. Development coordination.

Topic 3. Methods of teaching the technique of long jump with a run. (6 hours)

Lesson 9.

1. Training in preparation for repulsion.
2. Learning repulsion technique.
3. Development of jumping ability.

Lesson 10.

1. Training in flight technique.
2. Learning landing techniques.
3. Improving the repulsion technique.

4. The development of jumping ability.

Lesson 11.

1. Improving the flight technique.
2. Improving the long jump in general.
3. Development of coordination abilities.

Lesson 12. Tests on the special technical preparedness of students. (2 hours)

Acceptance of control tests for special technical readiness of students.

Section 2. Volleyball (44 hours)

Lesson 1. Technique basic racks and movements. (2 hours)

1. Safety in physical education classes.
2. Training in the technique of the main racks in volleyball.
3. Training in combinations of racks and movements in volleyball.
4. Development coordination.

Lesson 2. Technique upper gear. (2 hours)

1. Teaching upper gear technology.
2. Fastening of the equipment of the main racks and movements in volleyball.
3. Development of flexibility.

Lesson 3. Technique upper gear in a jump. (2 hours)

1. Training in the technique of top gear in a jump.
2. Fastening upper gear technology.
3. The development of muscle strength of the legs.

Lesson 4. Technique upper gear for the head. (2 hours)

1. Teaching the upper gear technique for the head.
2. Improving the technique of top gear in a jump.
3. The development of endurance.

Lesson 5. Lower Gear Technique. (2 hours)

1. Teaching a lower gear technique.
2. Fastening the top gear to the head.
3. The development of power.

Lesson 6. Technique of the lower transfer of the ball for the head. (2 hours)

1. Learning the technique of bottom ball transfer for the head.
2. Fastening lower gear technology.
3. The development of starting speed.

Lesson 7. Technique of lower direct ball. (2 hours)

1. Training in the technique of lower direct ball delivery.
2. Improving the technique of lower transmission of the ball for the head.
3. The development of jumping qualities.

Lesson 8. Technique upper ball feed. (2 hours)

1. Learning the technique of the upper direct ball feed.
2. Improving the technique of lower direct ball.
3. The development of muscle strength of the shoulder girdle.

Lesson 9. Technique of receiving the ball with two hands below. (2 hours)

1. Learning the technique of receiving the ball with two hands below.
2. Improving the technique of the upper direct feed.
3. The development of special endurance.

Lesson 10. Technique of receiving the ball with two hands from the bottom in the fall. (2 hours)

1. Learning the technique of receiving the ball with two hands from the bottom in the fall.
2. Fixing the technique of receiving the ball with two hands below.
3. The development of hopping endurance.

Lesson 11. Technique striker hit. (2 hours)

1. Learning the technique of a striking blow.
2. Fixing the technique of receiving the ball with two hands from the bottom in the fall.
3. Development coordination.

Occupation 12. Technique of the attacking blow with the translation. (2 hours)

1. Learning the technique of an attack hit with translation.
2. Fastening an attack hitter.

3. Development of flexibility.

4. Educational game.

Lesson 13. Technique attacking player back line. (2 hours)

1. Learning the technique of attacking the back line player

2. Improving the technique of attacking blow with translation.

3. The development of muscle strength of the legs.

Lesson 14. Technique of blocking. (2 hours)

1. Learning blocking technique.

2. Improving the technique of attacking the back line player.

3. The development of endurance.

Lesson 15. Group blocking technique. (2 hours)

1. Teaching group blocking techniques.

2. Improving the blocking technique.

3. The development of power.

4. Educational game.

Lesson 16. Filing tactics. (2 hours)

1. Training in submission tactics.

2. Consolidation of group blocking tactics.

3. The development of starting speed.

Lesson 17. Transfer tactics. (2 hours)

1. Training the top gear tactics.

2. Consolidating the delivery tactics.

3. The development of jumping qualities.

4. Educational game.

Lesson 18. Tactics of the attacking blow. (2 hours)

1. Learning the tactics of the attacker.

2. Improving the submission tactics.

3. The development of muscle strength of the shoulder girdle.

Lesson 19. Group tactical actions in the attack. (4 hours)

1. Training in tactics of group actions in the attack.

2. Improving the tactics of the attacker.

3. The development of special endurance.

Lesson 20.

1. Improving the tactics of group actions in the attack.

2. Fixing the tactics of the attacker.

3. Development coordination.

4. Educational game.

Lesson 21. Tests on the general physical preparedness of students. (2 hours)

Acceptance of control tests for the general physical training of students.

Lesson 22. Tests on the special technical preparedness of students. (2 hours)

Acceptance of control tests for special technical readiness of students.

**III. TRAINING AND METHODOLOGICAL SUPPORT OF
INDEPENDENT WORK OF STUDENTS**

The educational and methodological support of students' independent work in the discipline "physical culture and sport" is presented in appendix 1 and includes:

- the schedule for the performance of independent work on the discipline, including approximate norms of time for execution for each task;
- characteristics of tasks for independent work of students and methodological recommendations for their implementation;
- requirements for the presentation and presentation of the results of independent work;
- criteria for assessing the performance of independent work.

IV. CONTROL OF ACHIEVEMENT OF COURSE GOALS

| № п/п | Controlled modules / sections / topics of discipline | Codes and stages of the formation of competencies | Evaluation tools - name | | |
|----------|--|---|-------------------------|---|--|
| | | | current control | intermediate certification | |
| 1 | Section 1. Athletics Section 2. Volleyball | - the ability to use the methods and means of physical culture to ensure full social and professional activities (GCC - 6 | Knows | PP-1 Interview | PR-1 Test |
| | | | Able to | Testing for general physical fitness at the beginning of the semester. | Testing on special technical readiness. |
| | | | Possess | Testing for general | Testing on special |

| | | | | | |
|--|--|--|----|--|---------------------|
| | | | es | physical fitness at the beginning of the semester. | technical readiness |
|--|--|--|----|--|---------------------|

Standard control tasks, methodological materials, determining the procedures for assessing knowledge and skills and (or) work experience, as well as the criteria and indicators necessary for evaluating knowledge and skills, and describing the stages of formation of competences in the process of mastering an educational program, are presented in the Appendix 2

V. LIST OF TEXTBOOKS AND METHODOLOGICAL SUPPORT OF THE DISCIPLINE

Main literature

1. Sport and Physical Activity in the Heat / Springer International Publishing AG 2018 <https://link.springer.com/book/10.1007/978-3-319-70217-9#editorsandaffiliations>
2. Elbow and Sport / ESSKA 2016 <https://link.springer.com/book/10.1007/978-3-662-48742-6#editorsandaffiliations>
3. Muscle Injuries in Sport Athletes / Springer International Publishing AG 2017 <https://link.springer.com/book/10.1007/978-3-319-43344-8#editorsandaffiliations>

Additional literature

1. Heat Stress in Sport and Exercise / Springer Nature Switzerland AG 2019 <https://link.springer.com/book/10.1007/978-3-319-93515-7#editorsandaffiliations>
2. Arthroscopy and Sport Injuries / Springer International Publishing Switzerland 2016 <https://link.springer.com/book/10.1007/978-3-319-14815-1#editorsandaffiliations>

The list of resources information and telecommunications network "Internet"

1. Electronic library system "Lan" <http://e.lanbook.com>
2. Sports lessons <http://sport-lessons.com/>

LIST OF INFORMATION TECHNOLOGIES AND SOFTWARE

| The location of the computer equipment on which the software is installed, the number of jobs | List of licensed software |
|--|---|
| <p>Multimedia auditorium Vladivostok Russian island, Ayaks 10, building 25.1, RM. M723 Area of 80.3 m2 (Room for independent work)</p> | <p>Windows Seven enterprise SP3x64 Operating System Microsoft Office Professional Plus 2010 office suite that includes software for working with various types of documents (texts, spreadsheets, databases, etc.); 7Zip 9.20 - free file archiver with a high degree of data compression; ABBYY FineReader 11 - a program for optical character recognition; Adobe Acrobat XI Pro 11.0.00 - software package for creating and viewing electronic publications in PDF; WinDjView 2.0.2 - a program for recognizing and viewing files with the same format DJV and DjVu.</p> |

In order to provide special conditions for the education of persons with disabilities all buildings are equipped with ramps, elevators, lifts, specialized places equipped with toilet rooms, information and navigation support signs

GUIDELINES FOR LEARNING OF THE DISCIPLINE

In the process of studying the discipline "Life safety" various methods and tools for learning the educational content are offered: lecture, practical exercises, tests, testing, independent work of students.

The lecture is the main active form of performing the classroom studies, explaining the fundamental and most difficult theoretical sections of human anatomy, which involves intense mental activity of student and this is especially difficult for first-year students. A lecture should always be informative, educational, and organizing. Lecture notes help to learn the theoretical material of the discipline. Listening to a lecture it is necessary to take note of the most important and preferably by student's own formulations, which allows to memorize the material better. Synopsis is useful when it is written by a student.

Student can develop his/her own word reduction scheme. The name of the paragraphs can be highlighted with colored markers or pens. In a lecture the teacher gives only a small fraction of the material on one or other topics that are given in textbooks. Therefore, when working with the lecture notes, it is always necessary to use the main textbook and additional literature that are recommended in this discipline. It is such serious work of a student with lecture material that allows him to achieve success in mastering new knowledge. For the presentation of the lecture course on the discipline "Life safety", the following forms of active learning are used: lecture-conversation, lecture-visualization, which are made on the basis of knowledge obtained by students in interdisciplinary disciplines: "Human Anatomy", "Normal Physiology" "Pathological anatomy", "Pathological physiology". Presentations, tables, charts on a blackboard are used to illustrate the verbal information. In the course of the presentation of the lecture material posed questions or questions with elements of discussion.

VII. MATERIAL AND TECHNICAL MAINTENANCE OF DISCIPLINE

Sports hall (basketball and volleyball courts with changing rooms and showers), tennis hall, gym, sports equipment. The sports core of the stadium and playgrounds for sports in the sports Park: tennis courts 6 pieces.; 6 volleyball courts; basketball court 4 pieces.



MINISTRY OF EDUCATION AND SCIENCE OF THE RUSSIAN FEDERATION
Federal state autonomous educational institution
of higher education
«Far Eastern Federal University»
(FEFU)

SCHOOL OF BIOMEDICINE

**TRAINING AND METHODOLOGICAL SUPPORT OF INDEPENDENT
WORK OF STUDENTS**

on discipline «Physical Training and Sport»

Education program

Specialty 31.05.01 «General medicine»

Form of study: full time

Vladivostok

2020

Independent self-work includes:

- 1) library or homework with educational literature and lecture notes,
- 2) preparation for practical classes,
- 3) preparation for testing and control interview (credit)

The procedure for the performance of independent self-work by students is determined by the schedule for the performance of independent self-work on the discipline.

Schedule of independent work on the discipline

| No. | Date / Deadline | Type of independent work | Estimated norms of time for execution (hour) | Form of control |
|------------|------------------------|---------------------------------|---|-------------------------------|
| 3 | During semester | Preparation for pass-fail exam | 2 | OA-1-Interview PW-1 - Test |

Characteristics of tasks for independent work of students and methodological recommendations for their implementation

At the initial stage of teaching the discipline, based on the lecture material, during practical exercises, as well as independently studying the recommended literature, students need to master the definitions of basic terms and concepts that will be encountered during the study of the discipline.

To consolidate the information received and expand the scope of knowledge in the discipline, students must complete tasks for independent work in accordance with the curriculum. The result of the performance of independent tasks is held in the form of interviews, testing.

Types of tasks for self-fulfillment:

Questions for the interview:

1. **Human** health as a value and the factors that determine it.
2. Healthy lifestyle and its components.
3. Safety in physical education classes.

4. Methodical principles of physical education.
5. Methods of physical education.
6. Basics of improving physical qualities.
7. General physical training, its goals and objectives.
8. Sports training, its goals and objectives.
9. The value of muscle relaxation.
10. Possibility and conditions for the correction of physical development
11. Forms of exercise.
12. Structure and orientation of the training session.

Test task for the discipline "Physical Culture and Sport"

1. The concept of "Physical Education" is:
 - A) the individual side of the human motor abilities;
 - B) a way to restore human health;
 - C) part of the universal culture, aimed at the versatile strengthening and improvement of the human body, the improvement of its vital activity through the use of physical culture facilities;
 - D) pedagogical process aimed at teaching a person motor actions and education of physical qualities.
2. Specify the main form of physical education in high school:
 - A) morning hygienic gymnastics;
 - B) Sports competitions;
 - C) training sessions;
 - G) classes in the sports sections.
3. The main means of physical culture are:
 - A) sports equipment and inventory;
 - B) exercise;
 - B) hygiene factors;
 - D) health forces of nature.
3. The indicators characterizing the physical development of man include:

- A) indicators of physique, the activity of the functional systems of the body and the development of physical qualities;
 - B) athletic performance and physical fitness;
 - C) the level of formation of motor skills;
 - D) the results of the implementation of standards and programs.
4. The ability to work for a long time without reducing its effectiveness is called:
- A) functional stability;
 - B) fitness;
 - B) endurance.
5. Which of the physical qualities with its excessive development has a negative effect on flexibility?
- A) endurance;
 - B) strength;
 - B) speed;
 - D) agility.
6. For speed-strength exercises include:
- A) push ups
 - B) slopes
 - C) jumping
 - D) running
7. Short-distance running develops:
- A) endurance;
 - B) flexibility;
 - C) speed;
 - D) strength.
8. The main tasks of general physical training are:
- A) achieving the best sports results;
 - B) harmonious physical development and strengthening of individual health.
9. What exercises mainly develop strength?
- A) sprint
 - B) pull-ups

C) long-distance running

D) jumping

10. What kind of sport, mainly developing strength endurance:

A) sprint

B) weight lifting

C) shot put

D) trampoline jumping

11. Which of the indicators are essential in assessing the impact of systematic physical exertion on the human body:

A) growth

B) weight

B) HR

D) VC

12. Self control is:

A) a section of medicine aimed at studying the state of health of those engaged in physical exercises and sports

C) observation of those involved in physical culture and fitness of the state of their health, physical development, physical fitness and assessment of subjective and objective indicators of the state of their body using simple and accessible methods

13. The objective indicators of self-control include:

A) well-being

B) mood

C) desire to train

D) body weight

14. The most important physical qualities for health are:

A) strength

B) flexibility

C) endurance

D) agility

15. Why is motor activity a mandatory component of a healthy lifestyle?

A) movement stimulates the growth and development of the body

B) intense physical training increases mental performance

B) Hypokinesia entails various diseases.

16. Morning hygienic gymnastics is performed with the aim of:

A) development of physical qualities

B) “working in” in the upcoming labor (training) day

C) the formation of motor skills

D) the development of physical qualities

17. What form of independent exercise should be chosen to develop strength?

A) ugg

B) training session

B) physical break

18. Training in order to improve the functionality of the cardiovascular system is most effective for loads that increase heart rate for students who do not have abnormalities in health, to:

A) 90 beats / min

B) 100-110 beats / min

C) 130-150 beats / min

19. What exercise is recommended to use in the final part of the lesson?

A) running

B) attention exercises

C) relaxation exercises

D) exercise to develop strength

20. Specify the optimal number of open switchgear for the preparatory part of the lesson:

A) 10-12 exercises

B) 5-6 exercises

C) 14-15 exercise

21. How many times in one lesson can a special part of the warm-up be repeated?

A) once after the general preparation part

B) in the beginning and in the middle of the main part

C) every time you move to a new type of physical exercise.

22. The content of independent training sessions is determined by:

A) goals

B) power mode

B) the level of general physical fitness involved.

Criteria for evaluating the test task

The test task is considered completed if the student answered no less than 18 questions correctly.

Criteria for assessing the results of independent work

The criteria for evaluating the results of the student's extracurricular independent work are:

- level of mastering students of educational material;
- student's ability to use theoretical knowledge when performing practical tasks.



MINISTRY OF EDUCATION AND SCIENCE OF THE RUSSIAN FEDERATION
Federal state autonomous educational institution
of higher education
« Far Eastern Federal University »
(FEFU)

SCHOOL OF BIOMEDICINE

ASSESSMENT FUND
on discipline «Physical Training and Sport»
Direction of training (specialty) 31.05.01 General medicine
Form of training: full-time

Vladivostok 2020

Passport of Assessment Fund

Completed in accordance with the Regulations on the Funds of Evaluation Assets of Educational Programs of Higher Education - Bachelor programs, specialties, magistracies of FEFU, approved by order of the rector No. 12-13-850 of 12.05.2015.

| | | |
|--|-----------------------------------|---|
| The code and the wording of competence | Stages of formation of competence | |
| the ability to use the methods and means of physical culture to ensure full social and professional activities (GCC – 6) | Knows | General theoretical aspects of physical culture, the value of physical education in personal and professional development. |
| | Able to | Use the means and methods of physical culture to preserve and promote health, increase efficiency. |
| | Possesses | Traditional forms and types of physical activity for the maintenance and development of physical abilities and the formation of motivation for physical activity. |

CONTROL OF ACHIEVEMENT OF COURSE GOALS

| № п/п | Controlled modules / sections / topics of discipline | Codes and stages of the formation of competencies | | Evaluation tools - name | |
|----------|--|--|-----------|--|---|
| | | | | current control | intermediate certification |
| 1 | Section 1. Athletics Section 2. Volleyball | the ability to use the methods and means of physical culture to ensure full social and professional activities (GCC – 6) | Knows | PP-1 Interview | PR-1 Test |
| | | | Able to | Testing for general physical fitness at the beginning of the semester. | Testing on special technical readiness. |
| | | | Possesses | Testing for general physical fitness at the beginning of the semester. | Testing on special technical readiness |

The scale of assessment of the level of formation of competencies

| Competence and its code | Stages of competence formation | | criteria | indicators | points |
|---|--------------------------------|---|---|---|--------|
| ability to use the methods and means of physical culture to ensure full social and professional activities (GCC – 6). | Knows | General theoretical aspects of physical culture, the value of physical education in personal and professional development. | Knows the basic principles of the theory and methodology of physical education; age features involved; organization, content and methods of self-study in physical culture. | Able to formulate the basic concepts of the theory of physical culture, set forth the age characteristics of the students, list the means and methods of physical education | 65-71 |
| | Able to | Use the means and methods of physical culture to preserve and promote health, increase efficiency. | The ability to use basic tools and methods (athletics and volleyball) for individual physical development. | The ability to demonstrate the technique (athletics and volleyball) without significant errors, it is advisable to use physical exercises to develop speed, strength, coordination, flexibility, overall endurance. | 71-84 |
| | Possesses | Traditional forms and types of physical activity for the maintenance and development of physical abilities and the formation of motivation for physical activity. | The main motor actions (athletics and volleyball) ensure the preservation and strengthening of individual health. | Ability to adequately assess the level of physical fitness. The ability to technically correctly demonstrate motor actions (athletics and volleyball) | 85-100 |

Methodical recommendations determining the procedures for evaluating the results of mastering the discipline

Intermediate certification of students

Intermediate certification of students in the discipline "Physical Education" is carried out in accordance with the local regulations of FEFU and is mandatory. For the above discipline intermediate certification is provided in the form of credit in 1 semester.

The credit for the discipline is provided in the form of passing the test of theoretical material and control standards (testing for special technical readiness).

Characteristics of credit

The following assessment tools are used for this discipline:

- Test on the theoretical material.

The test does not count if the student has scored less than 18 points.

- Testing for special technical readiness.

Control standards (testing for special technical readiness) are not counted if a testing student gets less than 1 point in each test (Table 1.2).

Evaluation tools for intermediate certification

Test on discipline "Physical Education and Sport"

1. The concept of "Physical Education" is:

A) the individual side of the human motor abilities;

B) a way to restore human health;

C) part of the universal culture, aimed at the versatile strengthening and improvement of the human body, the improvement of its vital activity through the use of physical culture facilities;

D) pedagogical process aimed at teaching a person motor actions and education of physical qualities.

2. Specify the main form of physical education in high school:

- A) morning hygienic gymnastics;
- B) Sports competitions;
- C) training sessions;
- G) classes in the sports sections.

3. The main means of physical culture are:

- A) sports equipment and inventory;
- B) exercise;
- B) hygiene factors;
- D) health forces of nature.

3. The indicators characterizing the physical development of man include:

- A) indicators of physique, the activity of the functional systems of the body and the development of physical qualities;
- B) athletic performance and physical fitness;
- C) the level of formation of motor skills;
- D) the results of the implementation of standards and programs.

4. The ability to work for a long time without reducing its effectiveness is called:

- A) functional stability;
- B) fitness;
- B) endurance.

5. Which of the physical qualities with its excessive development has a negative effect on flexibility?

- A) endurance;
- B) strength;
- B) speed;
- D) agility.

6. For speed-strength exercises include:

- A) push ups
- B) slopes
- C) jumping
- D) running

7. Short-distance running develops:

- A) endurance;
- B) flexibility;
- C) speed;
- D) strength.

8. The main tasks of general physical training are:

- A) achieving the best sports results;
- B) harmonious physical development and strengthening of individual health.

9. What exercises mainly develop strength?

- A) sprint
- B) pull-ups
- C) long-distance running
- D) jumping

10. What kind of sport, mainly developing strength endurance:

- A) sprint
- B) weight lifting
- C) shot put
- D) trampoline jumping

11. Which of the indicators are essential in assessing the impact of systematic physical exertion on the human body:

- A) growth
- B) weight
- B) HR
- D) VC

12. Self control is:

- A) a section of medicine aimed at studying the state of health of those engaged in physical exercises and sports
- C) observation of those involved in physical culture and fitness of the state of their health, physical development, physical fitness and assessment of subjective and objective indicators of the state of their body using simple and accessible methods

13. The objective indicators of self-control include:

- A) well-being

- B) mood
- C) desire to train
- D) body weight

14. The most important physical qualities for health are:

- A) strength
- B) flexibility
- C) endurance
- D) agility

15. Why is motor activity a mandatory component of a healthy lifestyle?

- A) movement stimulates the growth and development of the body
- B) intense physical training increases mental performance
- B) Hypokinesia entails various diseases.

16. Morning hygienic gymnastics is performed with the aim of:

- A) development of physical qualities
- B) “working in” in the upcoming labor (training) day
- C) the formation of motor skills
- D) the development of physical qualities

17. What form of independent exercise should be chosen to develop strength?

- A) ugg
- B) training session
- B) physical break

18. Training in order to improve the functionality of the cardiovascular system is most effective for loads that increase heart rate for students who do not have abnormalities in health, to:

- A) 90 beats / min
- B) 100-110 beats / min
- C) 130-150 beats / min

19. What kind of exercise is recommended to use in the final part of the lesson?

- A) running
- B) attention exercises
- C) relaxation exercises

D) exercise to develop strength

20. Specify the optimal number of open switchgear for the preparatory part of the lesson:

A) 10-12 exercises

B) 5-6 exercises

C) 14-15 exercise

21. How many times in one lesson can a special part of the warm-up be repeated?

A) once after the general preparation part

B) in the beginning and in the middle of the main part

C) every time you move to a new type of physical exercise.

22. The content of independent training sessions is determined by:

A) goals

B) power mode

B) the level of general physical fitness involved.

The approximate content of the guidelines, determining the procedure for evaluating the results of mastering the discipline

Current student certification.

The current certification for the discipline "Physical Culture and Sport" is carried out in the form of control measures (tests on the general physical preparedness of students) to assess the actual learning outcomes of students and is carried out by a leading teacher.

Objects of evaluation are:

- academic discipline (activity in the classroom, timeliness of performing various types of tasks, attendance of all types of classes in a certified discipline);
- the level of mastery of theoretical knowledge and practical skills in all types of academic work.

Questions for the interview

1. Human health as a value and the factors that determine it.
2. Healthy lifestyle and its components.

3. Safety in physical education classes.
4. Methodical principles of physical education.
5. Methods of physical education.
6. Basics of improving physical qualities.
7. General physical training, its goals and objectives.
8. Sports training, its goals and objectives.
9. The value of muscle relaxation.
10. Possibility and conditions for the correction of physical development.
11. Forms of exercise.
12. Structure and orientation of the training session.

Criteria for evaluating the interview.

When evaluating an answer, it is necessary to consider:

- 1) the completeness and correctness of the answer;
- 2) the degree of awareness, understanding of the studied;
- 3) the language of the answer.

The answer is rated as “excellent” if the student:

- 1) fully expounds the material studied, gives the correct definition of concepts;
- 2) reveals an understanding of the material, can substantiate his judgments, apply knowledge in practice, give the necessary examples not only from a textbook, but also independently compiled;
- 3) sets out the material consistently and correctly in terms of the norms of the literary language.

The answer is rated as “good” is put, if the student gives an answer that meets the same requirements as for the assessment of “excellent”, but makes 1-2 mistakes, which he corrects himself, and 1-2 shortcomings in the sequence and language design of the stated.

"Satisfactory" is put if the student discovers knowledge and understanding of the main provisions of this topic, but:

1) expounds the material incompletely and allows inaccuracies in the definition of concepts or the formulation of theories;

2) does not know how to sufficiently deeply and convincingly substantiate his judgments and give his examples;

3) sets out the material inconsistently and makes mistakes in the language design of the essence of the question.

The threshold level can be considered unachieved if the student discovers ignorance of the most part of the relevant section of the material being studied, makes mistakes in the formulation of definitions and theories distorting their meaning, randomly and uncertainly expounds the material.

Test task
in the discipline "Physical Education"

1. The concept of "Physical Culture" is:

- a) individual aspects of human motor abilities;
- b) a way to restore human health;
- c) +part of the universal human culture, aimed at the versatile strengthening and improvement of the human body, improving its vital activity through the use of physical culture;
- d) pedagogical process aimed at teaching a person motor actions and educating physical qualities.

2. What does not apply to the main form of physical education at the university:

- a) +morning hygienic gymnastics;
- b) sports competitions;
- c) physical education classes;
- d) classes in sports sections.

3. The main means of physical culture are:

- a) sports equipment and inventory;
- b) +physical exercises;
- c) hygienic factors;

- d) the healing powers of nature.
4. Indicators characterizing the physical development of a person include:
- a) +indicators of physique, activity of functional systems of the body and development of physical qualities;
 - b) athletic performance and physical fitness;
 - c) the level of formation of motor skills and abilities;
 - d) results of implementation of standards and programs.
5. The ability to work for a long time without reducing its effectiveness is called:
- a) functional stability;
 - b) fitness;
 - c) +endurance;
 - d) athleticism.
6. Which of the physical qualities with its excessive development negatively affects flexibility?
- a) endurance;
 - b) +strength;
 - c) quickness;
 - d) dexterity.
7. Speed-strength exercises include:
- a) pushups;
 - b) slopes;
 - c) +jumping;
 - d) running.
8. Short-distance running develops:
- a) +endurance;
 - b) flexibility;
 - c) speed;
 - d) force.
9. The main tasks of general physical training are:
- a) achieving the best sports results;

- b) +harmonious physical development and strengthening of individual health;
- c) develop strength;
- d) win competitions.

10. Which exercises predominantly develop strength?

- a) short-distance running;
- b) +pull-ups;
- c) long-distance running;
- d) jumping.

11. Name the sport that mainly develops power endurance:

- a) +running for short distances;
- b) kettlebell sport;
- c) shot put;
- d) jumping on a trampoline.

12. Self-control is:

- a) a section of medicine aimed at studying the state of health of those involved in physical exercises and sports;
- b) +observations of those engaged in FCiS for the state of their health, physical development, physical fitness and assessment of subjective and objective indicators of the state of their body using simple and affordable methods;
- c) self-observation;
- d) restriction.

13. Objective indicators of self-control include:

- a) health;
- b) mood;
- c) desire to train;
- d) +body weight.

14. The most important physical quality for health are:

- a) force;
- b) flexibility;
- c) +endurance;
- d) dexterity.

15. Why is motor activity an indispensable component of a healthy lifestyle?

- a) +movement stimulates the processes of growth and development of the body;
 - b) intensive physical training increases mental performance;
 - c) hypokinesia entails various diseases;
 - d) because movement is life.
16. Morning hygienic gymnastics is performed in order to:
- a) development of physical qualities;
 - b) +"workouts" in the upcoming labor (school) day;
 - c) formation of motor skills;
 - d) development of mental qualities.
17. What form of self-study should I choose to develop strength?
- a) UHG;
 - b) +training session;
 - c) physical education pause;
 - d) Yoga.
18. Training in order to increase the functionality of the cardiovascular system is most effective for loads that increase heart rate, for students who do not have a deviation in the state of health, up to:
- a) 90 beats/min;
 - b) 100-110 beats/min;
 - c) +130-150 beats/min;
 - d) 150 or more beats / min.
19. What exercise is recommended for use in the final part of the lesson?
- a) running;
 - b) attention exercises;
 - c) +relaxation exercises;
 - d) exercise to develop strength.
20. Specify the optimal number of ORU for the preparatory part of the lesson:
- a) +8-10 exercises;
 - b) 5-6 exercises;
 - c) 14-15 exercise;

- d) 16-18 exercises.
21. How many times can a special part of the warm-up be repeated in one lesson?
- a) once after the general preparation part;
 - b) at the beginning and middle of the main part;
 - c) +each time you switch to performing a new type of physical exercise;
 - d) failed.
22. The content of independent training sessions is determined by:
- a) diet;
 - b) +the level of general physical fitness of the participants;
 - c) always in different ways;
 - d) depending on the experience of the coach.
23. Under the technique of physical exercises understand:
- a) +methods of performing motor actions, with the help of which the motor task is solved expediently with a relatively high intensity;
 - b) ways of performing motor action, leaving an aesthetically favorable impression;
 - c) a certain orderliness of processes;
 - d) the visible form of movements.
24. The pedagogical process aimed at the systematic development of rational ways to control one's movements, the acquisition of the necessary motor skills, abilities, as well as the knowledge associated with this process, is called
- a) +physical education;
 - b) physical education;
 - c) physical development;
 - d) physical culture.
25. Physical qualities are
- a) individual characteristics that determine the level of motor capabilities of a person;
 - b) a complex of various manifestations of a person in a certain motor activity;

- c) a complex of abilities engaged in physical culture and sports, expressed in concrete results;
 - d) +congenital morphofunctional qualities, thanks to which human physical activity is possible, which receives its full manifestation in expedient motor activity.
26. An important role in the development of strength is played by hormones that increase the synthesis of contractile proteins in skeletal muscles, -
- a) steroids;
 - b) +androgens;
 - c) anabolics;
 - d) estrogens.
27. The ability to hold the achieved maximum speed for as long as possible is called:
- a) speed index;
 - b) absolute margin of speed;
 - c) +speed endurance;
 - d) the coefficient of manifestation of speed abilities.
28. The number of movements per unit of time characterizes
- a) +pace of movements;
 - b) rhythm of movements;
 - c) speed endurance;
 - d) complex motor reaction.
29. The aerobics program has been specially designed for the development of...
- a) muscle strength and endurance;
 - b) Flexibility;
 - c) +cardiorespiratory system;
 - d) regulation of body composition.
30. A purposeful, systematic and organized process of formation and development in social subjects of the qualities necessary for them to perform any functions is called
- a) teachings;

- b) teaching;
- c) upbringing;
- d) +training.

Criteria for evaluating the performance of test tasks

| Percentage of correct answers | Score |
|--------------------------------------|----------------|
| 86% to 100% | Excellent |
| 85% to 76% | Good |
| 75% to 61% | Satisfactory |
| Less than 61% | Unsatisfactory |