

**Assessment tools for conducting certification in the discipline
"Physical Education and Sports" for students of 2022 admission under the
educational program 31.05.01 General Medicine,
focus (profile) General Medicine (specialty), full-time education
for the 2025-2026 academic year.**

1. Assessment tools for conducting ongoing assessment in the discipline

Current certification includes the following types of tasks: testing, assessment of mastery of practical skills (abilities).

1.1. Assessment tools for conducting certification in seminar-type classes.

1.1.1. Examples of test tasks with a single answer.

Verifiable indicators of competence achievement: UK-7.1.1., UK-7.2.1., UK-7.3.1., OPK-2.1.1., OPK-3.1.1., OPK-3.2.1., OPK-3.3.1.

1. Choose one answer out of four. The process of developing physical qualities and acquiring motor skills is:

- a) physical education
- b) physical development
- c) physical culture
- d) a set of physical exercises

2. Choose one answer out of four. The founder of the national system of student physical education:

- a) P.F. Lesgaft
- b) L.P. Matveev
- c) M.V. Lomonosov
- d) Pierre deCoubertin

3. Choose one answer out of four. The Russian Student Sports Union was formed:

- a) in 1993
- b) in 1957
- c) in 1987
- d) in 1929

4. Choose one answer out of four. In what year in our country was the subject "physical education" introduced into the curriculum as a compulsory subject:

- a) 1993
- b) 1929
- c) 1901
- d) 1910

5. Choose one answer out of three. The recommended weekly physical activity for men and women aged 18-29 is:

- a) 11 o'clock
- b) 5 hours
- c) 8 hours

6. Choose one answer out of two. Doping is:

- a) a pharmacological drug that artificially increases performance and

sports result

b) a pharmacological drug that artificially increases performance, strengthens the immune system and promotes rapid recovery of the body after heavy physical exertion

7. Choose one answer out of three. What type of doping are alcohol and diuretics?

- a) specific types of doping
- b) psychotropic stimulants
- c) narcotic and pain-relieving substances

1.1.2. Examples of multiple choice test questions

Verifiable indicators of competence achievement: UK-7.1.1., UK-7.2.1., UK-7.3.1., OPK-2.1.1., OPK-3.1.1., OPK-3.2.1., OPK-3.3.1.

1. Choose five answers out of eight. Specify the acupuncture points that should be massaged for the prevention of acute respiratory viral infections and flu:

- a) on the tip of the nose
- b) at the upper end of the lateral groove of the ala of the nose
- c) 3 mm outside the corner of the nail bed of the thumb
- d) 2-3 mm towards the nose from the inner corner of the eye
- e) at the beginning of the eyebrows of the inner corner of the eye
- f) at the tragus of the ear
- g) in the middle of the zygomatic bone
- h) on the back of the hand, between the 1st and 2nd metacarpal bones

2. Choose three answers out of six. Absolute contraindications to the use of breathing exercises according to A. Strelnikova are:

- a) myocardial infarction
- b) chronic sinusitis
- c) stroke
- d) leukemia
- e) open form of tuberculosis

3. Choose two answers out of five. Cyclic exercises include:

- a) sports games
- b) swimming
- c) cycling
- d) high jump
- e) figure skating

5. Choose three answers out of five. Acyclic exercises include:

- a) running
- b) martial arts
- c) water skiing
- d) rowing
- e) acrobatic exercises

7. Choose three answers out of five. The physical qualities of a person are:

- a) strength
- b) attentiveness
- c) dexterity

- d) balance
- e) endurance

1.1.2. Examples of tasks for assessing the acquisition of practical skills.

Verifiable indicators of competence achievement: UK-7.1.1., UK-7.2.1., UK-7.3.1., OPK-2.1.1., OPK-3.1.1., OPK-3.2.1., OPK-3.3.1.

1. Create a fragment of a set of exercises for morning hygienic gymnastics (3-4 exercises for one conditional muscle zone).
2. Demonstrate the ability to manage a group of people during a physical education break.
3. Create a set of corrective exercises taking into account one nosological group.

2. Assessment tools for conducting interim assessment in a discipline.

The midterm assessment is conducted in the form of a test. The test includes an interview on control questions.

2.1. Interview Control Questions

Verifiable indicators of competence achievement: UK-7.1.1., UK-7.2.1., UK-7.3.1., OPK-2.1.1., OPK-3.1.1., OPK-3.2.1., OPK-3.3.1.

List of questions for an interview

No.	Questions to prepare for the midterm assessment	Under Verification competencies
1.	What is the reason for developing a separate curriculum for physical education for medical and pharmaceutical universities?	UK - 7.2.1., UK-7.3.1
2.	Give a definition of "Physical Education".	UK-7.1.1., UK - 7.2.1., UK-7.3.1
3.	Give a definition of "Physical Education".	UK-7.1.1., UK - 7.2.1., UK-7.3.1
4.	Name the degrees of fatigue during mental work according to S.A. Kosilov.	UK-7.1.1.
5.	Name the content (sections) of the curriculum for physical science disciplines education for students medical and pharmaceutical universities.	UK-7.1.1., UK-7.3.1
6.	List the forms of physical education classes at a medical university.	UK - 7.2.1., UK-7.3.1
7.	Name it educational departments in physical education.	UK-7.3.1
8.	Name the factors that influence changes in the state of students' mental performance.	UK - 7.2.1., UK-7.3.1
9.	Name it conditions high productivity of students' academic work.	UK-7.1.1., UK - 7.2.1.
10.	List "small forms" physical education, used in the mode of students' educational work.	UK-7.1.1.
11.	Name the features of physical education classes For students of special educational departments	UK-7.1.1., UK - 7.2.1., UK-7.3.1
12.	Give characteristic major biochemical changes V muscular fabrics With growth training.	UK-7.1.1., UK-7.3.1

13.	List main physiological features a trained organism at rest.	UK-7.1.1., UK - 7.2.1.
14.	List main causes of overtraining.	UK-7.1.1., UK - 7.2.1.
15.	List types planning the training process.	UK-7.1.1., UK - 7.2.1.
16.	Give a description of the zone of maximum work power according to V.S. Farfel.	UK-7.1.1.
17.	Provide a description of the submaximal work power zone according to V.S. Farfel.	UK-7.1.1.
18.	Specify main stages creations and implementation VFSK GTO complex.	UK-7.1.1., UK-7.3.1
19.	Disclose the content of the normative testing part of the All-Russian Physical Culture and Sports Complex GTO.	UK-7.1.1., UK-7.3.1
20.	List main hygiene products restoration and improvement of performance.	UK-7.1.1., UK - 7.2.1., UK-7.3.1
21.	Name the factors and principles of hardening.	UK-7.1.1.
22.	Reveal the effects of anabolic steroids on the female body.	UK - 7.2.1.
23.	Reveal the effects of anabolic steroids on the male body.	UK- 7.2.1.
24.	Reveal the effects of anabolic steroids on the adolescent body.	UK - 7.2.1.
25.	List types exercise machines by direction of impact.	UK-7.1.1.
26.	List the types of exercise machines.	UK-7.1.1.
27.	Give characteristic psychophysical conjugation simulators.	UK-7.1.1., UK-7.3.1
28.	List relative And absolute contraindications To classes on exercise machines And training equipment.	UK-7.1.1., UK - 7.2.1., UK-7.3.1
29.	Provide a description of medical groups.	UK - 7.2.1.
30.	Please indicate any restrictions on activities with older adults.	UK-7.3.1
31.	List the methods of recovery after physical exertion.	UK - 7.2.1., UK-7.3.1
32.	List the categories of disabled people.	UK-7.1.1., UK - 7.2.1., UK-7.3.1
33.	Describe the structure of adaptive physical education.	UK-7.1.1., UK - 7.2.1., UK-7.3.1
34.	Provide a definition and describe the content of ride therapy.	UK-7.1.1., UK - 7.2.1., UK-7.3.1
35.	Give a definition of the concepts "massage" and "self-massage".	UK-7.1.1., UK - 7.2.1.,
36.	Specify what effect massage techniques have on the functional state of the human body.	UK-7.1.1., UK - 7.2.1.,
37.	List the forms of massage.	UK-7.1.1., UK - 7.2.1.
38.	Give a definition of the concepts "physical condition" "physical development", "physique".	UK-7.1.1.

39.	List the indicators of self-control of the body during physical activity.	UK-7.3.1
40.	Give a definition of self-control, its purpose and objectives.	UK-7.3.1
41.	What are the goals and objectives of the medical worker's professional development program?	UK-7.3.1
42.	Reveal the specific features of professional work of doctors of various profiles (optional).	UK-7.3.1
43.	Forms of organization of the PFP in a medical university.	UK-7.1.1., UK - 7.2.1., UK-7.3.1
44.	Describe the constitutional types of a person.	UK-7.1.1., UK-7.3.1
45.	What functional training departments are students of the special medical group divided into?	UK - 7.2.1., UK-7.3.1
46.	What are the forms of physical exercise for people with health problems?	UK - 7.2.1., UK-7.3.1
47.	Features of conducting physical education classes with persons classified as having health problems special medical group?	UK-7.1.1., UK - 7.2.1., UK-7.3.1
48.	Give a definition of the concept of "motor activity" "hypokinesia", "hyperkinesia".	UK-7.1.1., UK - 7.2.1.,
49.	List main positive effects impacts motor activity on the human body.	UK-7.1.1.
50.	Name it main criteria, which need to be taken into account when assigning a motor regime engaged.	UK-7.1.1., UK - 7.2.1., UK-7.3.1
51.	Give a definition of the term "trauma".	UK-7.1.1., UK - 7.2.1.
52.	Name the main causes of injuries.	UK-7.1.1., UK - 7.2.1.
53.	List the measures for injury prevention and diseases of the musculoskeletal system during physical education and sports.	UK - 7.2.1., UK-7.3.1
54.	List the general safety requirements for physical education and sports activities.	UK - 7.2.1., UK-7.3.1
55.	Describe subsequence actions for rescuelife and preservation of health of the victim.	UK - 7.2.1., UK-7.3.1
56.	List the components of a health-preserving environment.	UK-7.1.1., UK - 7.2.1.
57.	Reveal the essence of the activities related to doping control.	OPK-3.2.1., OPK-3.3.1.
58.	Definition of doping and classification officially prohibited drugs	OPK-2.1.1., OPK-3.1.1., OPK-3.2.1., OPK-3.3.1
59.	Describe the control of gender differences in sports	OPK-2.1.1., OPK-3.1.1., OPK-3.2.1., OPK-3.3.1
60.	The main methods of using doping agents and the degree of electivity of classical sports in a given track.	OPK-2.1.1., OPK-3.1.1., OPK-3.2.1., OPK-3.3.1
61	Name the sanctions applied to athletes, coaches, to doctors when doping use is detected	OPK-2.1.1., OPK-3.1.1., OPK-3.2.1., OPK-3.3.1

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

Head of Department



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