

**Assessment tools for conducting certification in the discipline  
"Physical Education and Sports" for students of 2023, 2024, 2025 admission under the  
educational program 31.05.03 Dentistry,  
focus (profile) Dentistry (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., OPK-4.1.1., OPK-4.2.1., OPK-4.3.1.

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. Autogenic training at the development stage includes:

- a) 6 standard exercises b) 5 standard exercises c) 7 standard exercises

3. Medical contraindications to performing neuromuscular relaxation are: a) physical pathologies of body parts or internal organs

- b) a tendency to panic attacks
- c) nicotine, alcohol addiction

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

- 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 athletic results
- 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

8. Choose one answer out of three. The main means of physical education in special medical groups (A) are:

- a) dosed physical exercises b) strength exercises on exercise machines
- c) passive exercises under the supervision of an instructor

#### 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-4.1.1., OPK-4.2.1., OPK-4.3.1.

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
- d) at the beginning of the eyebrows of the inner corner of the eye e) at the tragus of the ear
- g) in the middle of the zygomatic bone
- c) 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
- G) hypertension
- nd) 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

4. Select two answers out of five. The psychological effect of using progressive muscle relaxation is:

- a) the level of anxiety decreases
- b) consumption of tobacco products decreases
- c) the muscles of the digestive system relax d) the headache goes away
- d) lower back pain goes away

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

- a) force
- b) attentiveness c)
- dexterity
- d) balance d)
- endurance

6. Choose two answers out of five. The cardiovascular system's response is monitored by the following indicators:

- a)
- Blood
- pressur
- e b)
- Heart
- rate
- c) body mass
- d) number of steps d)
- depth of breathing

7. Choose three answers out of five. To increase the effectiveness of the progressive muscle relaxation complex, you should adhere to the following rules:

- a) remove your watch, glasses, contact lenses before starting relaxation
- b) perform each stage of the exercise for 4 counts
- c) master exercises for different muscle groups one by one, with an interval of 4 days d) put on warm clothes to warm up the muscles before starting relaxation
- d) master exercises for different muscle groups one by one, with an interval of 14 days

#### 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-4.1.1., OPK-4.2.1., OPK-4.3.1.

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.

#### 1.2. Assessment tools for independent work of students

Assessment of independent work includes testing and assignments to master practical skills.

##### 1.2.1. 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-4.1.1., OPK-4.3.1.

1. Adequate physical activity ensures:

- a) gradual weight loss
- b) decrease in the body's physiological reserves
- c) optimal physical and mental performance

2. When running with a child, it is recommended to maintain an interval between eating and the start of training:

- a) 1 hour
- b) 1.5 hours
- c) 2 hours

3. Elderly people are shown: a) walking

- b) running
- c) horse riding

4. Time of work during high intensity physical activity: a) 5 – 30 min  
b) 30 – 40 min  
c) 40 - 90 minutes

5. Disruption of body functions due to limited motor activity and a decrease in the strength of muscle contraction is called:

- a) hypodynamia
- b) hypokinesia c)
- hypertension

6. The full development of the human musculoskeletal system, provided that the norms of motor activity are met, ends by:

- a) 15-18 years old
- b) 20-24 years old
- c) 35-40 years old

7. Which of the tasks includes the formation of personal qualities, general volitional and special psychological training, the formation of special norms of sports ethics?

- a) educational b)
- health-improving c)
- educational

8. Operational regulation of emotional-volitional manifestations during competitions or intense training is one of the tasks:

- a) psychological training b)
- technical training
- c) tactical training

9. The scheme for performing progressive muscle relaxation contains three stages: a)

- tense up – feel – relax
- b) tense up – take a breath – relax c) imagine
- tense up – relax
- d) tense up – exhale – relax

#### 1.2.2. Examples of multiple-choice test questions.

Verifiable indicators of competence achievement: UK-7.1.1., UK-7.2.1., UK-7.3.1., OPK-4.1.1., OPK-4.2.1., OPK-4.3.1.

1. Choose two answers out of four. The health benefits of physical exercise are related to:

- a) with the development of human speed qualities
- b) with an increase in the body's aerobic capacity; c) with
- an increase in muscle strength.
- d) with increased physical performance

2. Choose three answers out of seven. The state of overtraining is characterized by: a)

- lowering blood pressure
- b) disorder fine muscle coordination

- V) increase in heart rate d) deterioration of vision, hearing  
d) amnesia  
e) appearance dyspeptic disorders g) apathy

3. Choose three answers out of five. The reasons for overtraining are: a) improper organization of the training process  
b) unhealthy diet  
c) unjustified increase in training loads d) sudden change in climatic conditions  
d) any illness suffered by the athlete "on his feet"

4. Choose three answers out of five. Hypertrophy of the cardiac muscle is characterized by: a) a decrease in the total volume of the heart  
b) increase in the total volume of the heart  
c) increase in the capacity of the heart cavities  
d) decrease in the capacity of coronary vessels  
d) increase in the capacity of coronary vessels

5. Choose three answers out of five. The main physiological characteristics of a trained organism are:  
a) slow and uniform activation of body functions at the beginning of work b) rational use of body resources  
c) rapid activation of body functions at the beginning of work d) partial use of body resources  
d) rapid reduction of physiological changes to the initial level upon completion of work

6. Choose two answers out of four. Before starting autogenic training: a) find out if there are any contraindications  
b) exclude vascular hypotension below 80/40 mm Hg; c) exclude age 20-25 years.  
d) measure body temperature

1.2.3. Examples of tasks for assessing the acquisition of practical skills (abilities).

Verifiable indicators of competence achievement: UK-7.1.1., UK-7.2.1., UK-7.3.1., OPK-4.1.1., OPK-4.2.1., OPK-4.3.1.

Task 1. Calculate your own average physical activity coefficient (PAC) in a weekly cycle using the tabular method.

Day of the week	Calculation of CFA
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Average for the week	

Task 2. Determine your own threshold of aerobic endurance. Create a personal

a program of aerobic physical activity for a week, taking into account age and level of physical fitness.

## 2. Assessment tools for conducting midterm 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-4.1.1., OPK-4.2.1., OPK-4.3.1., OPK-3.3.1.

List of questions for an interview

No.	Questions to prepare for the midterm assessment	Competencies to be tested
1.	What is the reason for developing a separate curriculum? on physical education for students of medical and pharmaceutical universities?	UK-7.1.1.
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. S.A. Kosilov.	UK-7.1.1., OPK-4.2.1. OPK-4.3.1.
5.	What is autogenic training according to I.P. Pavlov based on?	UK-7.2.1., OPK-4.3.1.
6.	List the forms of physical education classes at a medical university.	UK-7.1.1., UK-7.2.1.
7.	How is it recommended to form groups for classes? autogenic training in the clinic?	UK-7.2.1., OPK-4.2.1., OPK-4.3.1.
8.	Name the factors that influence the change in state mental performance of students.	UK-7.2.1., OPK-4.1.1., OPK-4.2.1. OPK-4.3.1.
9.	Name it conditions high productivity of the educational students' work.	UK-7.2.1., OPK-4.1.1., OPK-4.2.1. OPK-4.3.1.
10.	List "small forms" physical education, used in the mode of students' educational work.	UK-7.1.1., UK-7.2.1., OPK-4.2.1. OPK-4.3.1.
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 basic biochemical changes V muscular fabrics with increasing training.	UK-7.1.1., UK-7.2.1., UK-7.3.1.
13.	List main physiological features a trained organism at rest.	UK-7.1.1., UK-7.2.1., UK-7.3.1.
14.	List main causes of occurrence overtraining.	UK-7.1.1., UK-7.2.1., UK-7.3.1.
15.	List types planning training process.	UK-7.1.1., UK-7.2.1., UK-7.3.1., OPK-4.2.1.
16.	Give a description of the zone of maximum work power according to V.S. Farfel.	UK-7.1.1., UK-7.3.1.,

17.	Describe the submaximal power zone. works by V.S. Farfel.	UK-7.1.1., UK-7.2.1., UK-7.3.1.
18.	Specify main stages creations and implementation VFSK GTO complex.	UK-7.1.1., UK-7.2.1., 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., OPK-4.2.1., OPK-4.3.1.
20.	List main hygiene products restoration and improvement of performance.	UK-7.1.1., UK-7.2.1., UK-7.3.1., OPK-4.1.1.
21.	Name the factors and principles of hardening.	UK-7.1.1., OPK-4.1.1.
22.	Reveal the effects of anabolic steroids on female organism.	UK-7.2.1., OPK-4.1.1., OPK-4.3.1.
23.	Reveal the effects of anabolic steroids on male organism.	UK-7.2.1., OPK-4.1.1., OPK-4.3.1.
24.	Uncover the effects of anabolic steroids on the body teenagers.	UK-7.2.1., OPK-4.1.1., OPK-4.3.1.
25.	List types exercise machines by direction impact.	UK-7.1.1., UK-7.3.1.
26.	List the types of exercise machines.	UK-7.1.1., UK-7.3.1.
27.	Give characteristic psychophysical simulators conjugations.	UK-7.1.1., UK-7.2.1., OPK-4.2.1., OPK-4.3.1.
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-7.3.1., OPK-4.1.1., OPK-4.3.1.
30.	Please indicate any restrictions on activities with older adults.	UK-7.3.1., OPK-4.1.1., OPK-4.2.1.
31.	List the methods of recovery after physical exertion.	UK-7.1.1., UK-7.2.1., UK-7.3.1., OPK-4.1.1.
32.	List the categories of disabled people.	UK-7.1.1., UK-7.2.1., OPK-4.1.1.
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., OPK-4.2.1.
35.	Give a definition of the concepts "massage" and "self-massage".	UK-7.1.1., UK-7.2.1., OPK-4.1.1., OPK-4.3.1.
36.	Please indicate, which impact provide massage techniques on functional state organism human.	UK-7.1.1., UK-7.2.1., OPK-4.1.1., OPK-4.3.1.
37.	List the forms of massage.	UK-7.1.1., UK-7.2.1., OPK-4.1.1., OPK-4.3.1.
38.	Give a definition of the concepts "physical condition" "physical development", "physique".	UK-7.1.1., UK-7.2.1., UK-7.3.1.
39.	List the indicators of self-control of the body during physical activity.	UK-7.2.1., UK-7.3.1., OPK-4.2.1.
40.	Give a definition of self-control, its purpose and objectives.	UK-7.2.1., UK-7.3.1., OPK-4.2.1.
41.	What are the goals and objectives of the medical worker's professional development program?	OPK-4.1.1.

42.	Reveal the specifics of the professional work of doctors various profiles (optional).	OPK-4.1.1.
43.	Forms of organization of the PFP in a medical university.	UK-7.1.1., UK-7.2.1., UK-7.3.1., OPK-4.1.1.
44.	Describe the constitutional types of a person.	UK-7.1.1., UK-7.3.1.
45.	What departments of functional training are they divided into? students of the special medical group?	UK-7.2.1., UK-7.3.1.
46.	Name the forms of physical exercise with people with health problems?	UK-7.2.1., UK-7.3.1., OPK-4.1.1.
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., OPK-4.1.1.
48.	Give a definition of the concept of "motor activity" "hypokinesia", "hyperkinesia".	UK-7.1.1., UK-7.2.1., OPK-4.1.1.
49.	List main positive effects of exposure motor activity on the body human.	UK-7.1.1.
50.	Name it main criteria, which are necessary consider when assigning a physical regimen to those involved.	UK-7.1.1., UK-7.2.1., UK-7.3.1., OPK-4.1.1.
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 activities for the prevention of injuries and diseases of the musculoskeletal system in the classroom 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 rescue life 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., OPK-4.1.1.
57.	Reveal the nature of doping-related activities control.	OPK-4.1.1., OPK-4.3.1.
58.	Definition of doping and classification officially prohibited drugs	OPK-4.1.1., OPK-4.3.1.,
59.	List the basic guidelines for performing progressive muscle relaxation.	UK-7.1.1., OPK-4.2.1. OPK-4.3.1.
60.	The main methods of using doping agents and the degree of electivity of classical sports in a given track.	UK-7.2.1., OPK-4.1.1., OPK-4.3.1.
61	Name the sanctions applied to athletes, coaches, to doctors when doping use is detected	UK-7.2.1., OPK-4.1.1., OPK-4.3.1.

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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