Assessment tools for certification in the discipline "Physical training (elective modules)"for students entering in 2023, 2024, 2025 according to 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 "Physical training (elective modules)"

The current certification includes the following types of tasks: assessment of the level of physical fitness, testing.

1.1. Examples of assessing the level of physical fitness

The teacher systematically monitors the students' mastery of the discipline program and reflects this in the academic progress log in the form of grades. The assessment of the level of physical fitness is represented by exercises that are grouped according to the main physical qualities. The level of physical fitness for acquiring the necessary stock of motor skills and abilities is recorded by the teacher in the form of an average grade in the corresponding section of the academic log.

Verifiable indicators of competence achievement: UK-7.1.1, UK-7.2.1, UK-7.3.1

Types of testing		"5"	"4"	"3"	"2"	"1"	"0"
Run 60 m (sec.)	wives	10.2	10.4	11.0	12.0	12.4	12.5 and □
	husband	8.6	9.0	9.4	9.7	10.0	10.1 and □
2000m run 3000 m run (min, sec)	wives	10.30,0	11.30,0	12.30,0	13.30,0	14.30,0	14.31,0 and □
	husband	12.00,0	13.00,0	14.30,0	16.00,0	17.00,0	17.01.0 and >
Long jump from a standing position (cm)	wives	190	175	160	150	140	139 and <
	husband	250	240	230	210	190	189 and <
Pull-uptorso up high crossbar(number of times)	husband	15	12	9	6	3	2 and <
Raising the torso from a supine position, hands behind the head, legs bent at the knees joints (number once)	wives	60	50	40	35	25	24 and <
10 claps with straight arms overhead (sec.)	wives	6.0	6.5	7.0	7.5	8.0	8.1 and □
	husband	5.0	5.5	6.0	6.5	7.0	7.1 and □

Torso bend from a standing position on a gymnastic bench	wives	20 16	16 12	12 8	8 4	4 0	3 and < - 1 and <
bench (cm)	husband						
Shuttlerun 5x20 m (sec.)	wives husband	23.0 19.5	24.0 20.5	25.0 21.5	26.0 22.5	27.5 24.0	27.6 and □ 24.1 and □

1. 3. Criteria for assessing student independent work

Verifiable indicators of competence achievement: UK-6.3.1, UK-7.1.1, UK-7.2.1, UK-7.3.1.,

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

1.3.1. Examples of test tasks with a single answer.

Verifiable indicators of competence achievement: UK-6.3.1, UK-7.1.1, UK-7.2.1, UK-7.3.1.

1. Indicate in which tissue of the body there are more proprioceptors.
a) in fascial tissue
b) in muscle tissue

2. Which system reacts faster to the environment, mechanical damage and stress?
a) fascial system
b) musculoskeletal system

3. In Thomas Myers' "anatomy trains" all muscles, ligaments, tendons and elastic connective tissue fragments are examined...
a) as a system of complexes of interconnected elements b) as
separately formed sections (parts) of the body

4. A chronic condition associated with the formation of localized seals in muscle tissue in the form of trigger (pain) points is called…
a) myofascial pain syndrome b)
tensegrity
c) radiculopathy

5. Testing for shortening of the pectoral muscle is performed... a)
Wright's test
b) Romberg's test c)
Spielberg's test

6. What types of physical activity are mainly used to develop flexibility?
a) stretching exercisesb) strength
exercises
c) endurance exercisesd) breathing
exercises

7. What role does flexibility play in everyday life?
a) increases the level of human coordination capabilities
b) increases the efficiency of the cardiovascular system c) increases
muscle strength
d) helps to avoid injuries from falls

8. What kind of flexibility is called active?
a) which a person can develop independently without the help of other people b)
which develops when performing exercises with weights
c) manifested in the process of performing sports exercises d)
developing under the influence of external factors

9. Doctors whose work involves performing highly precise actions under time constraints
sometimes develop
a) coordination neuroses
b) psycho-emotional breakdowns

10. Exercises with changes in the pace of execution and the environment, running through
segments in a specified time according to visual and sound signals are related to ...
a) to the development of the attention function
b) to develop strength capabilities; c) to
develop aerobic endurance.

11. Medical contraindication To execution neuromuscular relaxation is:
a) physical pathologies of body parts or internal organs b) tendency
to panic attacks
c) nicotine, alcohol addiction

12. The progressive muscle relaxation method allows a person to learn to voluntarily control:
a) the degree of tension in your body b)
attention
c) imagination d)
muscles

1.3.2. Examples of multiple-choice test questions.

Verifiable indicators of competence achievement: UK-6.3.1, UK-7.1.1, UK-7.2.1, UK-7.3.1.

1. Choose three answers out of five. The health benefits of physical exercise are associated with:
To prevent the "computer neck" syndrome it is necessary to: a)
perform joint gymnastics
b) do eye exercises
c) do breathing exercises
d) engage in hardening procedures d) use
dietary supplements

2. Choose three answers out of six. What does the Text Neck mobile app include a) neck
muscle training
b) training for back muscles

c) posture analysis
d) abdominal muscle training d) nutrition
control
e) assistance in preparing a diet

3. 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

4. Choose two answers out of four. What is stretching?
a) a system of static exercises that develop flexibility and help increase muscle elasticity
b) muscle tension
c) flexibility shown in movements
d) morphofunctional properties of the musculoskeletal system, determining the degree of mobility of its links

5. Choose three answers out of five.Select all types of cycling
aerobicsa) cycle
b) spinning
c) aquasailing d)
salsa
d) aqua aerobics

6. Choose three answers out of five. Choose all types of physical activity that are suitable for people with low levels of physical fitness.
a) callanetics b)
walking
c) Nordic walking d)
Cycling
d) spinning
e) powerlifting

7. 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

8. Choose two answers out of five. The AT exercises correspond to the
formulas: a) "I breathe freely and easily"
b) “I am absolutely calm”
c) “My right hand is colder” d)
“My heart beats restlessly”
d) "The solar plexus is cold"

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

Verifiable indicators of competence achievement: UK-6.3.1, UK-7.1.1, UK-7.2.1, UK-7.3.1.

Task 1. Calculate your ideal weight, body mass index and waist-to-hip ratio. Write the result in the table.

Indicators	Individual results
Ideal weight	
BMI	
Waist to hip ratio (WHR)	

Task No. 2. Study the basic means of professional physical training of a medical specialist and fill out a table of classification of physical exercises for the targeted development of physical qualities, motor skills and abilities.

No.	The task of developing physical qualities, motor skills and abilities.	Physical education facilities, Wellness systems and technologies
	For example: Develop aerobic endurance	*Running 2 km or more, cross-country skiing.*
1	Strengthen your back muscles	
2	Strengthen your abdominal muscles	
3	Improve vestibular stability	
4	Improve coordination skills	
5	Develop strength endurance	
6	Improve mobility in the hips joints	
7	Develop speed qualities	
8	Develop speed-strength qualities	
9	Improve overall flexibility	
10	Improve balance	

Task No. 3. Study the presented sets of exercises and create an individual set of corrective exercises to strengthen the foot muscles in accordance with the recommendations (8-10 exercises). Record the set of exercises in your performance on video in the ".mp4" format and/or make a photo report (one photo for each exercise) in the ".jpeg" or ".png" format.

2. Assessment tools for conducting midterm assessment in the discipline "Physical training (elective modules)"

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-6.3.1, UK-7.1.1., UK-7.2.1., UK-7.3.1.

Interview Question List Interview

Question List

No.	Test questions for midterm assessment	Under Verification competencies
1.	What type of flexibility is demonstrated in movement?	UK-7.1.1., UK-7.3.1.
2.	What is the main method for developing flexibility?	UK-7.1.1., UK-7.3.1.
3.	What are the safety rules for doing stretching exercises?	UK-7.1.1., UK-7.2.1., UK-7.3.1.
4.	Explain the concept of what type of exercise it is stretching.	UK-7.1.1.
5.	Explain the concept of what stretching is.	UK-7.1.1.
6.	Define the two main training complexes stretching.	UK-7.1.1., UK-7.3.1.
7.	Describe the five main components that contribute to regulating the load when performing stretching exercises.	UK-7.1.1., UK-7.2.1., UK-7.3.1.
8.	Explain how flexibility is controlled, what are the two types of flexibility and what the indicators depend on flexibility.	UK-6.3.1., UK-7.1.1., UK-7.2.1., UK-7.3.1.
9.	What principles should be followed when preparing for the exam? GTO standard flexibility?	UK-7.1.1., UK-7.2.1., UK-7.3.1.
10.	What part of the body requires special attention when preparing for passing the GTO standard?	UK-6.3.1., UK-7.1.1., UK-7.2.1., UK-7.3.1.
11.	What types of tests show the level of development speed, are included in the GTO complex?	UK-7.1.1., UK-7.2.1., UK-7.3.1.
12.	What is special endurance?	UK-7.1.1.
13.	What is the repetition training method?	UK-7.1.1., UK-7.2.1., UK-7.3.1.
14.	What types of special endurance are there?	UK-7.1.1.
15.	What determines the level of development and manifestation of special endurance?	UK-7.1.1., UK-7.2.1., UK-7.3.1.
16.	What are the main functions of endurance?	UK-7.1.1.
17.	What determines the level of development and manifestation of the general endurance?	UK-7.1.1., UK-7.2.1., UK-7.3.1.
18.	What is general endurance and why is it important in everyday life? life.	UK-7.1.1., UK-7.2.1., UK-7.3.1.
19.	What factors does endurance depend on and how is it determined?	UK-7.1.1., UK-7.2.1., UK-7.3.1.
20.	How to determine your endurance level.	UK-7.1.1., UK-7.2.1.
21.	What are the criteria for assessing the level of endurance, what do they depend on? depend.	UK-7.1.1., UK-7.2.1., UK-7.3.1.
22.	How to develop general endurance, what methods and exercises are used for this.	UK-7.1.1., UK-7.2.1., UK-7.3.1.
23.	How often should you exercise to improve your endurance, what is duration of one lesson.	UK-7.1.1., UK-7.2.1., UK-7.3.1.
24.	What is speed?	UK-6.3.1., UK-7.1.1., UK-7.2.1., UK-7.3.1.
25.	What is the physiological essence of speed?	UK-7.1.1.
26.	What are the main methods for developing speed?	UK-7.1.1., UK-7.3.1.

27.	What are the main means of developing speed?	UK-7.1.1., UK-7.3.1.
28.	Describe the coordination abilities and factors influencing them.	UK-7.1.1.
29.	Reveal the psychophysiological basis of coordination abilities.	UK-6.3.1., UK-7.1.1., UK-7.2.1.
30.	Specify the means and methods for developing the ability to retain equilibrium.	UK-7.1.1., UK-7.3.1.
31.	Specify the means and methods for developing orientation skills in space.	UK-7.1.1., UK-7.3.1.
32.	After which scientist is the formula for calculation named? ideal weight?	UK-7.2.1.
33.	What body type is characterized by the dominance of longitudinal body dimensions?	UK-6.3.1., UK-7.1.1., UK-7.3.1.
34.	What is the name of the science of healthy nutrition?	UK-7.1.1., UK-7.2.1.
35.	The optimal female body type indicator is called:	UK-6.3.1., UK-7.1.1.
36.	What is the energy content in calories of 500 g of fat?	UK-6.3.1., UK-7.1.1., UK-7.3.1.
37.	Optimal daily human food intake in calories per 1 kg of weight?	UK-6.3.1., UK-7.1.1., UK-7.2.1., UK-7.3.1.
38.	Specify the significance of a fully formed ability to differentiate muscle efforts in professional activities of a doctor, list the means of its development.	UK-6.3.1., UK-7.1.1., UK-7.3.1.
39.	Specify the importance of a fully formed ability to coordinate motor actions in a professional activities of a doctor, list the means of its development.	UK-6.3.1., UK-7.1.1., UK-7.2.1., UK-7.3.1.
40.	Give one example of a health program, necessary to maintain the health worker's ability to work	UK-6.3.1., UK-7.1.1., UK-7.2.1., UK-7.3.1.
41.	Specify the significance of a fully formed ability to differentiate muscle efforts in professional activities of a doctor, list the means of its development.	UK-6.3.1., UK-7.1.1., UK-7.2.1., UK-7.3.1.
42.	Specify the importance of a fully formed ability to coordinate motor actions in a professional activities of a doctor, list the means of its development.	UK-6.3.1., UK-7.1.1., UK-7.2.1., UK-7.3.1.
43.	Provide a description of the main means of professional and applied physical training of a specialist.	UK-6.3.1., UK-7.3.1.
44.	Explain the concept of professional and applied physical preparation, what are its goals and objectives.	UK-6.3.1., UK-7.3.1.
45.	Describe the main factors that determine the content professional and applied physical training.	UK-6.3.1., UK-7.3.1.
46.	Describe additional factors that determine content of professional and applied physical training.	UK-6.3.1., UK-7.3.1.
47.	List and describe the means of physical education used for the prevention of such occupational diseases such as coordination neuroses and asthenopia.	UK-6.3.1., UK-7.1.1., UK-7.2.1., UK-7.3.1.
48.	Describe the incidence of diseases and working conditions specialists.	UK-6.3.1., UK-7.2.1., UK-7.3.1.
49.	What is the main purpose of myofascial release?	UK-7.1.1., UK-7.2.1., UK-7.3.1.

50.	Describe the functional tests that can detect "smartphone neck" and "office worker" syndromes.	UK-6.3.1., UK-7.3.1.
51.	List the physical exercise methods for preventing the “smartphone neck” syndrome.	UK-6.3.1., UK-7.1.1., UK-7.2.1., UK-7.3.1.
52.	List the physical exercise methods for preventing the “office worker” syndrome.	UK-7.1.1., UK-7.2.1., UK-7.3.1.
53.	Explain the concept of "myofascial syndrome" "myofascial release".	UK-7.1.1.
54.	Describe the technique for performing myofascial release.	UK-7.1.1., UK-7.2.1., UK-7.3.1.
55.	List the main indications and contraindications for performing myofascial release.	UK-7.1.1., UK-7.2.1., UK-7.3.1.
56.	What are the main types of postural disorders identified in clinical practice, and how are they characterized?	UK-6.3.1., UK-7.3.1.
57.	What are the main causes of the development of postural pathologies in children and adults?	UK-6.3.1., UK-7.3.1.
58.	What diagnostic methods are used to identify postural disorders and determine their severity?	UK-6.3.1., UK-7.3.1.
59.	How can regular exercise help prevent and correct postural disorders?	UK-7.1.1., UK-7.2.1., UK-7.3.1.
60.	What are the measures for preventing and correcting posture disorders? recommended for students and people with a sedentary lifestyle?	UK-7.1.1., UK-7.2.1., UK-7.3.1.
61.	What are the main types of flat feet in clinical practice? practice, and how do they differ in morphological characteristics?	UK-6.3.1., UK-7.3.1.
62.	What causes and factors contribute to the development of flat feet in children and adults?	UK-6.3.1., UK-7.3.1.
63.	What diagnostic methods are used to determine the degree and type of flat feet?	UK-6.3.1., UK-7.3.1.
64.	How physical education and special exercises help strengthen the foot muscles and correct flat feet?	UK-6.3.1., UK-7.2.1., UK-7.3.1.
65.	What preventive measures and recommendations for strengthening the foot muscles should be given to patients to prevent progression of flat feet?	UK-6.3.1., UK-7.2.1., UK-7.3.1.
66.	Reveal the methodological characteristics of physical rehabilitation	UK-7.1.1.
67.	Give a brief description of the motor techniques rehabilitation used in cases of intellectual disabilities.	UK-6.3.1., UK-7.1.1., UK-7.2.1., UK-7.3.1.
68.	Give a brief description of the motor techniques rehabilitation used in cases of spinal cord injury.	UK-7.1.1., UK-7.2.1.
69.	Give a brief description of the motor techniques rehabilitation used for visual impairment.	UK-7.1.1., UK-7.2.1., UK-7.3.1.
70.	Describe the main mechanisms of action of physical exercises as part of physical rehabilitation.	UK-7.1.1.
71.	Who is the creator of autogenic training?	UK-6.3.1., UK-7.2.1.
72.	How is it recommended to form groups for autogenic training in the clinic?	UK-6.3.1., UK-7.2.1.
73.	What is the goal of sports mental hygiene?	UK-6.3.1., UK-7.2.1.

74.	What is the physiological effect of use progressive muscle relaxation?	UK-6.3.1., UK-7.1.1., UK-7.2.1.
75.	What is autogenic training according to I.P. Pavlov based on?	UK-6.3.1., UK-7.2.1.
76.	What does progressive muscle relaxation teach you to control?	UK-6.3.1., UK-7.2.1.
77.	What tasks does the preparatory part of the training solve? yoga classes	UK-6.3.1., UK-7.1.1., UK-7.2.1., UK-7.3.1.
78.	Give a definition of the term “pose”	UK-6.3.1., UK-7.1.1.
79.	Name the asana that has a tonic effect on subcutaneous muscle of the neck, which gives a good cosmetic effect	UK-7.1.1., UK-7.2.1., UK-7.3.1.
80.	What is the name of the asana in which this is achieved? complete relaxation on a physical level, without immersion indream.	UK-6.3.1., UK-7.1.1., UK-7.2.1., UK-7.3.1.
81.	In what body position is it recommended to perform breathing exercises	UK-6.3.1., UK-7.1.1., UK-7.2.1., UK-7.3.1.

Considered at a meeting of the Department of Physical Education and Health

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