


Ministry of Science and Higher Education of the Russian Federation Ulyanovsk State University	The form	
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### INSTRUMENT OF ASSESSING

Course title	<b>Physical education and sport</b>
Faculty	<b>Faculty of Physical Education and Rehabilitation</b>
Name of Department	<b>Physical Education</b>
Course	<b>1</b>

Direction (specialty): **31.05.01 «General medicine»**

Orientation (profile): is not provided

The form of training: **Full-time**

Date of introduction into the academic process at UISU: «**1**» **September 2019.**


Revised at the Department meeting: record № \_\_\_\_ of \_\_\_\_\_ 20 .


Revised at the Department meeting: record № \_\_\_\_ of \_\_\_\_\_ 20 .

Revised at the Department meeting: record № \_\_\_\_ of \_\_\_\_\_ 20 .

Developers:

Full name	Department	Position, Academic degree, title
Kyptcov I.M.	Physical education	Associate Professor, PhD

AGREED	AGREED
Head of department PE	Head of the Department Hospital surgery
 _____/ Kashirin V.A./ signature	_____/ Vise-Khripunova M.A./ signature
« _____ » _____ 20 ____ .	« _____ » _____ 20 ____ г.


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## 1. LIST OF COMPETENCIES FOR DISCIPLINE (MODULE) FOR TRAINERS IN THE DIRECTION OF TRAINING (SPECIALTY) WITH STATEMENT OF THE STAGES OF THEIR FORMATION IN THE PROCESS OF DEVELOPMENT OF THE SYLLABUS

№ term	Name of discipline (module) /type of practice	Competency Index		
		GC-6		
1	Physical Education and Sport	+		
2	Elective course of Physical Education and Sport	+		
3	Elective course of Physical Education and Sport	+		
4	Elective course of Physical Education and Sport	+		
5	Elective course of Physical Education and Sport	+		
6	Elective course of Physical Education and Sport	+		

## 2. LEARNING OUTCOMES OF DISCIPLINE (MODULE)

№	Competency Index	Competency Content (or parts thereof)	List of planned learning outcomes by discipline (module), correlated with indicators of achievement of competencies		
			Know	Be able to	Skills
1	General competence 6 (GC-6)	The ability to use methods and means of physical education to ensure full social and professional activities	<ul style="list-style-type: none"> <li>- the basics of physical education and a healthy lifestyle;</li> <li>- the impact of wellness systems of physical education on health promotion, prevention of occupational diseases and bad habits;</li> <li>- ways to control and evaluate physical development and physical fitness;</li> <li>- rules and methods of planning individual lessons of various target areas.</li> </ul>	<ul style="list-style-type: none"> <li>- Perform individually selected complexes of health-improving and adaptive physical education;</li> <li>- perform the simplest methods of self-massage and relaxation;</li> <li>- overcome artificial and natural obstacles using a variety of methods of movement;</li> <li>- carry out methods of protection and self-defense, insurance and self-insurance;</li> <li>- carry out creative cooperation in collective forms of physical education;</li> <li>- creatively use the means and methods</li> </ul>	<ul style="list-style-type: none"> <li>- means and methods of strengthening individual health, physical self-improvement;</li> <li>- the values of the physical culture of the individual for successful socio-cultural and professional activities</li> </ul>

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				of physical education for professional and personal development, physical self-improvement, the formation of a healthy lifestyle and lifestyle	
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### 3. PASSPORT OF THE ASSESSMENT FUND FOR THE DISCIPLINE (MODULE)

№	Supervised modules / sections / topics of the discipline	Index of controlled competence (or part thereof)	Evaluation Tools		Assessment technology (control method)
			name	№№ tasks	
1.	Themes 1.1 – 1.11	GC-6 (know)	Tests for monitoring	4.1.1-4.1.40	Written survey
2.	Themes 2.1. – 2.17	GC-6 (be able to, own)	Tasks	4.2.1–4.2.11	Assessment of the practical assignment
	Themes 1.1 – 1.11	GC-6 (know)	Topics for essays	4.3.1-4.3.11	Oral and written survey
	Themes 2.1. – 2.17	GC-6 (be able to, own)	Essay Topics	4.4.1–4.4.40	Assessment of the practical assignment
	Themes 2.1. – 2.17	GC-6 (be able to, own)	Test questions	4.5.1–4.5.135	Assessment of the practical assignment


### 4. ESTIMATED MEANS FOR CURRENT MONITORING AND INTERMEDIATE CERTIFICATION, TRAINING OF INDEPENDENT WORK OF TRAINERS

As criteria for the effectiveness of training sessions are the requirements and indicators based on the use of physical activity not lower than a certain minimum, the regularity of attendance of compulsory classes; mandatory and additional tests developed by the Department of Physical Education for students of different educational groups in general physical training and in sports.


Certification is carried out in the form of an oral survey on the theoretical, methodological and practical content of the program. During the final certification, the final assessment takes into account the student's level of completion of the practical section of the program.

#### 4.1. Tests for monitoring and control of students' independent work

Competence index	No. of task	Test (test task)
GC-6	1.	Posture is called 1) the usual posture of a person in an upright position 2) quality of the spine, ensuring well-being 3) spring characteristics of the spine and feet 4) human silhouette
GC-6	2.	Posture can be considered correct if you, while standing against a wall, touch it 1) the back of the head, shoulder blades, buttocks, heels 2) the back of the head, buttocks, heels 3) shoulder blades, buttocks, heels 4) the back of the head, back, heels
GC-6	3.	The main cause of poor posture is 1) the habit of certain postures 2) muscle weakness 3) lack of movement during school lessons 4) carrying a bag, a briefcase on one shoulder
GC-6	4.	Health is understood as such a comfortable state of a person, in which 1) adverse conditions and factors are easily tolerated 2) it is highly efficient and recovers quickly 3) he is cheerful and cheerful 4) all of the above
GC-6	5.	Compliance with the daily regimen promotes health, because 1) ensures the rhythm of the body 2) allows you to properly plan business throughout the day 3) the distribution of main cases is carried out more or less standardly 4) avoids unnecessary physical stress
GC-6	6.	Systematic and well-organized physical exercises improve health because ... 1) good blood circulation during exercise ensures the supply of nutrients to the organs and systems of the body 2) the capabilities of the respiratory system increase, due to which a large amount of oxygen enters the body 3) help to increase the reserve capacity of the body 4) with sufficient energy supply, the body can more easily resist diseases
GC-6	7.	Tempering means 1) swimming in cold water and walking barefoot 2) the use of the healing forces of nature and hygienic factors 3) adaptation of the body to environmental influences 4) combining air and sun bathing with exercise
GC-6	8.	Correct breathing is characterized by 1) inhaling through the nose and exhaling through the mouth 2) longer inhalation 3) longer exhalation 4) the ratio of the duration of inhalation and exhalation does not matter
GC-6	9.	When doing the exercises, you should not inhale while ... 1) bending the trunk back


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		<p>2) crossing arms and turning the body</p> <p>3) return to the starting position after turning, rotation of the body</p> <p>4) recommendations regarding the time of inhalation or exhalation are not needed</p>
GC-6	10.	<p>Replacing some types of activities with others, regulated by the daily routine, allows you to maintain efficiency throughout the day because</p> <p>1) has a positive effect on the physical and mental state of a person</p> <p>2) rhythmic alternation of work with rest prevents the occurrence of overvoltage</p> <p>3) relieves fatigue of the nerve cells of the brain and dulls the feeling of general fatigue</p> <p>4) the regime of the day does not imply the replacement of some activities with others</p>
GC-6	11.	<p>The state of relaxation, release of tension, achieved spontaneously or under the influence of physiotherapy procedures is designated as</p> <p>1) retardation</p> <p>2) recreation</p> <p>3) reincarnation</p> <p>4) relaxation</p>
GC-6	12.	<p>Hygienic gymnastics</p> <p>1) is carried out in the morning, before breakfast</p> <p>2) is carried out 2-3 hours after the start of work</p> <p>3) is carried out 2-3 hours after lunch</p> <p>3) can be held at any time</p>
GC-6	13.	<p>The tasks of strengthening and maintaining health in the process of physical education are solved on the basis of</p> <p>1) ensuring full physical development</p> <p>2) improving physique</p> <p>3) hardening and physiotherapy procedures</p> <p>4) the formation of motor skills and abilities</p>
GC-6	14.	<p>People who systematically exercise in combination with the use of the healing forces of nature differ</p> <p>1) phagocytic resistance</p> <p>2) bactericidal resistance</p> <p>3) specific resistance</p> <p>4) non-specific resistance</p>
GC-6	15.	<p>A healthy lifestyle is a way of life aimed at</p> <p>1) the development of the physical qualities of people</p> <p>2) maintaining high performance of people</p> <p>3) preserving and improving people's health</p> <p>4) preparation for professional activity</p>
GC-6	16.	<p>The likelihood of injury during exercise is reduced if the practitioners</p> <p>1) overestimate their capabilities</p> <p>2) follow the instructor's instructions</p> <p>3) have the skills to perform movements</p> <p>4) know how to control their emotions</p>
GC-6	17.	<p>The reaction of the cardiovascular system is assessed as normal if the difference in heart rate between sitting and standing is</p> <p>1) less than 12 beats per minute</p> <p>2) up to 16 beats per minute</p>

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		3) up to 20 beats per minute 4) no more than 25 beats per minute
GC-6	18.	A person's attitude to his health, conscious participation in its formation, preservation, strengthening, correction is determined through 1) physical qualities 2) emotional quality 3) volitional qualities 4) intelligence
GC-6	19.	Active means of physical rehabilitation are 1) autogenous training, relaxation 2) forms of medical physical culture 3) massage, manual therapy, physiotherapy 4) pharmacology, psychomuscular training
GC-6	20.	Human health primarily depends on 1) lifestyle 2) heredity 3) environmental conditions 4) activities of healthcare institutions
GC-6	21.	Jogging is a designation 1) jogging 2) the type of "combat" aerobics 3) youth union sports club 4) varieties of traditional martial arts
GC-6	22.	Pump aerobics is characterized by exercise 1) with a lightweight barbell 2) using a spring plate 3) on a special floor covering 4) in the aquatic environment
GC-6	23.	Basketball rules stipulate that the replacement of a player is assigned 1) 10 seconds 2) 20 seconds 25 seconds 30 seconds
GC-6	24.	Basketball rules for a tie in regular time provide for an additional period of 1) 3 minutes 2) 5 minutes 3) 7 minutes 4) 10 minutes
GC-6	25.	Two points in basketball count for a shot to the basket 1) from the attack zone 2) from the protection zone 3) any point of the site 4) from anywhere within the three-point line
GC-6	26.	Volleyball rules stipulate that a team in each set is entitled to a maximum of 1) 3 replacements 2) 5 substitutions 3) 6 substitutions 4) the number of replacements is not limited
GC-6	27.	By the rules of volleyball, each team during the game is given a maximum of ...

		hit (pass) to return the ball to the opponent's side (not counting the touch in the block) 1) two 2) three 3) four 4) five
GC-6	28.	A double step, but only with a flight phase at the end of the movement in volleyball is denoted as 1) horse racing 2) jump 3) step 4) fall
GC-6	29.	A technique that completes attacking actions in handball is called 1) throw 2) transfer 3) feint 4) block
GC-6	30.	A volleyball serve is correct if it is performed 1) 10 seconds after the referee's whistle 2) in the left or right corner of the site 3) back row player 4) hitting the ball in the air with a hand
GC-6	31.	In volleyball, block the serve to the receiving team 1) only libero is allowed 2) not allowed 3) allowed to front row players 4) is not allowed until the ball goes to the blockers' side
GC-6	32.	In volleyball, touching the ball on the block as one of the team's "touches" 1) it is considered 2) it is considered and appointed controversial 3) does not count 4) does not count only in the deciding set
GC-6	33.	One of the ways of the long jump in athletics is designated as a jump 1) "with a running start" 2) "overstepping" 3) "rolls" 4) "scissors"
GC-6	34.	The ability to choose a place and hold a player with and without the ball in basketball is formed when teaching tactical actions in 1) attack 2) protection 3) counteraction 4) interactions
GC-6	35.	A volleyball player passing the ball to partners, choosing the direction of attack for them, is designated as 1) captain 2) receiving 3) breeding 4) free

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GC-6	36.	The sports term "Eiffel" - means 1) a figure in synchronized swimming 2) jump in figure skating 3) combination in gymnastics 4) the technique of conducting a chess game
GC-6	37.	The system of physical exercises (mainly strength) aimed at correcting the figure and the functional state of the woman's body is called 1) callanetics 2) shaping 3) gymnastics 4) stretching
GC-6	38.	The position of the wrestler, in which he is on his knees and rests on the carpet with his hands, is indicated in the competition rules by the term 1) touch 2) parterre 3) half-bridge 4) emphasis
GC-6	39.	"Body counter-movement position" is a technical element in 1) fight 2) diving 3) swimming 4) sports dancing
GC-6	40.	Team that lost the toss before the start of the football match 1) performs the kick-off 2) takes a corner kick 3) take a free kick 4) leaves the field

**Criteria and rating scale:**

- assessment criteria - correct answers to the questions posed;
- assessment indicator - percentage of correct answers to questions;
- assessment scale (assessment) - 4 levels of competency assessment are identified:
  - High (excellent) - more than 80% correct answers;
  - Sufficient (good) - 60 to 80% correct answers;
  - Threshold (satisfactory) - from 50 to 60% of correct answers;
  - Critical (unsatisfactory) - less than 50% of correct answers.

**Key to test items**

Task number with an answer option	1-1	2-1	3-4	4-1	5-1	6-3	7-3	8-3	9-2	10-2
	11-4	12-4	13-1	14-4	15-3	16-3	17-1	18-3	19-2	20-1
	21-1	22-2	23-2	24-2	25-4	26-4	27-2	28-1	29-1	30-3
	31-2	32-3	33-4	34-1	35-3	36-1	37-2	38-2	39-4	40-1



#### 4.2. A set of tasks for monitoring and independent work of students

Competence index	No. of task	Condition of the problem (formulation of the task)
<b>GC-6</b>	1.	Show the technique of running for short, medium, long distances.
	2.	Show the technique of gymnastic exercises.
	3.	Approximate tasks on methods (skills) to carry out physical culture and health-improving activities.
	4.	Make up a set of morning exercises.
	5.	Make up a set of health-improving exercises in accordance with the nosological group.
	6.	Make up a set of exercises using relaxation techniques to relieve psycho-emotional stress.
	7.	To compose a set of industrial gymnastics exercises, taking into account the future profession (specialty) and existing physical and functional disabilities.
	8.	Demonstrate the ability to perform specialized warm-up sets for the chosen sport.
	9.	Show the ability to perform complexes of general developmental exercises.
	10.	Show the ability to perform special physical training complexes.
	11.	Show the ability to perform complexes aimed at developing certain physical qualities (strength, speed, endurance, flexibility, agility).

#### Criteria and rating scale:

- assessment criteria - correct answers to the questions posed;
- assessment indicator - percentage of correct answers to questions;
- assessment scale (assessment) - 4 levels of competency assessment are identified:
  - High (excellent) - more than 80% correct answers;
  - Sufficient (good) - 60 to 80% correct answers;
  - Threshold (satisfactory) - from 50 to 60% of correct answers;
  - Critical (unsatisfactory) - less than 50% of correct answers.

#### Evaluation criteria for showing the technique of a given movement:

Assessment "5" - the motor action is performed correctly (in a given way), exactly at the proper pace, easily and clearly.


Assessment "4" - the motor action was performed correctly, but not easily and clearly enough, some stiffness of movements is observed.

Assessment "3" - the motor action was performed basically correctly, but one gross or several minor mistakes were made, which led to an uncertain or strenuous performance.

Assessment "2" - the motor action was performed incorrectly, with gross errors, uncertainly, indistinctly.

#### Criteria for assessing progress by methods (skills) to carry out physical culture and health-improving activities.

Grade "5" - a student demonstrates a full and varied set of exercises aimed at developing a specific physical (motor) ability, or a set of exercises for morning, athletic or rhythmic gymnastics, can independently organize a place for a lesson, pick up equipment and apply it in specific conditions, control the course completing assignments and assessing it.

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Grade "4" - there are minor errors or inaccuracies in the implementation of independent physical culture and health improvement activities.

Grade "3" - makes gross mistakes in the selection and demonstration of exercises aimed at a specific physical (motor) ability. Experiencing difficulties in organizing places for classes, selecting equipment. Satisfactorily controls the progress and results of the assignment.


Grade "2" - the student does not possess the ability to carry out various types of physical culture and health-improving activities.

#### 4.2. Abstract for monitoring the independent work of students

Competence index	№ theme	Abstract topics
GC-6	1.	Compilation and substantiation of an individual set of physical exercises and available means of physical culture (indicating the approximate dosage).
GC-6	2.	Drawing up an individual self-study program.
GC-6	3.	Compilation and implementation of complexes of morning hygienic gymnastics.
GC-6	4.	Conducting a separate part of a profiled training session with a group of students.
GC-6	5.	Preparation of materials for competitions in the chosen sport.
GC-6	6.	Development of test items for testing theoretical and methodological knowledge in the chosen sport or system of physical exercises.
GC-6	7.	Preparation of multimedia presentations on a selected sport or exercise system.
GC-6	8.	Development of drawings and diagrams for the chosen sport or system of physical exercises.
GC-6	9.	Preparation of video materials for a chosen sport or exercise system.
GC-6	10.	Making posters for a selected sport or exercise system.
GC-6	11.	Participation in educational research work of students.

#### Criteria and rating scale:


- assessment criteria - correct and complete disclosure of questions;
- assessment indicator - the depth and quality of the questions worked out, the design of the abstract;
- assessment scale (assessment) - 4 levels of competency assessment are identified:
  - High (excellent) - all questions are disclosed correctly and completely, the design meets the requirements of the governing documents;
  - Sufficient (good) - the issues are not fully disclosed, the design meets the requirements of the governing documents;
  - Threshold (satisfactory) - the issues have not been disclosed, the design meets the requirements of the guidelines;

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Critical (unsatisfactory) - questions are not disclosed, the design does not meet the requirements of the guidelines.

#### 4.4. Essays for monitoring the independent work of students

Competence index	No. of task	Statement of the assignment
GC-6	1.	The effect of the disease on personal performance and well-being.
GC-6	2.	Medical supervision as a condition for admission to physical exercise.
GC-6	3.	Individual (age, sex, health status, physical capabilities of the body, motivation, etc.) features of the construction of independent exercise.
GC-6	4.	Innovative types of physical exercises (aerobics, shaping, yoga, fitball aerobics, pilates, etc.).
GC-6	5.	Classification of types of skiing.
GC-6	6.	Classification of gymnastics.
GC-6	7.	Classification of single combats.
GC-6	8.	Medical contraindications for physical exercise and the use of other means of physical culture for this disease (diagnosis).
GC-6	9.	Short-distance running technique.
GC-6	10.	Methodology for the development of speed of movements and speed-strength qualities.
GC-6	11.	The method of developing endurance.
GC-6	12.	Flexibility development method.
GC-6	13.	General characteristics and classification of athletics sports.
GC-6	14.	General characteristics, causes and prevention of diseases of the cardiovascular system.
GC-6	15.	General characteristics, causes of occurrence and prevention of diseases of the respiratory system.
GC-6	16.	General characteristics, causes and prevention of diseases of the musculoskeletal system.
GC-6	17.	General characteristics, causes and prevention of diseases of the genitourinary system.
GC-6	18.	General characteristics, causes and prevention of some diseases of the organs of vision.
GC-6	19.	General characteristics, causes and prevention of certain diseases of the digestive system
GC-6	20.	The main legislative acts regulating the scope of physical culture.
GC-6	21.	Fundamentals of the theory and methods of training physical qualities.

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GC-6	22.	Fundamentals of the theory and methods of teaching motional actions.
GC-6	23.	The basics of sprinting technique.
GC-6	24.	Basics of middle and long distance running technique.
GC-6	25.	The basics of athletics jumping technique.
GC-6	26.	The basics of relay race technique.
GC-6	27.	Nutrition while practicing health related physical culture.
GC-6	28.	Prevention, prevention and assistance in the treatment of certain diseases of students who are exempted from practical physical exercises.
GC-6	29.	The development of physical qualities prevailing in athletics sports.
GC-6	30.	Adjustment of body weight in the process of physical education.
GC-6	31.	Self-control of the student's health status, his goals and objectives.
GC-6	32.	Popular modern sports.
GC-6	33.	Compilation and substantiation of an individual set of physical exercises and available means of physical culture (indicating the approximate dosage).
GC-6	34.	Methods of passing the baton.
GC-6	35.	Distance running technique.
GC-6	36.	The technique of performing the long jump from the spot.
GC-6	37.	High start technique and starting acceleration.
GC-6	38.	Start and acceleration technique.
GC-6	39.	Physical culture in general cultural and professional training of students.
GC-6	40.	Physical culture and healthy lifestyle.

**Criteria and rating scale:**

- assessment criteria - correct and complete disclosure of questions;
- assessment indicator - the depth and quality of the questions worked out, the design of the work;

- assessment scale - 4 levels of competency assessment are identified:

High (excellent) - the work is written in a competent and correct language. The goals are set clearly, comprehensively disclosed and fully correspond to the topic, the work has logical coherence and integrity, the conclusions are well substantiated. The choice of sources is carefully thought out, there are qualified references to the literature used. Demonstrates a deep understanding of the essence of the material, logically stated, giving examples from practice or his own experience.

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Sufficient (good) - the text is written in a competent language. The goals and objectives are fully disclosed and basically correspond to the topic. Data and sources are well selected, facts are used correctly. An explanatory style with elements of critical interpretation is applied.

Threshold (satisfactory) - the design meets the requirements of the guidelines. The source database is sufficient, but the topic is not covered. There are superficial judgments. There is no proper argumentation and ability to apply knowledge in your experience.


Critical (unsatisfactory) - the work has separate parts that are not connected into a logical whole. The goals are limited. Lack of understanding of facts and problems. Poorly selected literature. The topic has not been disclosed. The work does not correspond to the volume and quality.

#### 4.5. Questions and assignments for credit


Competence index	No. of task	Formulation of the question
<b>GC-6</b>	1.	Give a definition of the concept of "physical culture" and expand it.
	2.	Give a definition to the basic concepts of the theory of physical culture, its components.
	3.	Formulate the goal, objectives and describe the forms of organization of physical education.
	4.	What are the tasks of physical education of students in the university?
	5.	List the main competencies of the student, formed as a result of mastering the discipline "Physical culture".
	6.	List the basic requirements for a student in the process of mastering the discipline "Physical culture".
	7.	List the basic requirements necessary for the successful certification of a student (receiving "credit") in the discipline "Physical Education".
	8.	The organism. Its functions. Interaction with the external environment. Homeostasis.
	9.	Regulation of functions in the body.
	10.	Motor activity as a biological need of the body.
	11.	Features of a physically trained body.
	12.	The skeletal system. The effect of physical activity on her.
	13.	The muscular system. Skeletal muscles, structure, function.
	14.	Muscle tension and contraction. Isotonic and isometric operation.
	15.	The cardiovascular system. Blood functions. Systolic and minute blood volume. Blood circulation during exercise.
	16.	Heart work, pulse. Blood pressure.
	17.	Respiratory system. Breathing process. Gas exchange. Respiration regulation and its features. Breathing during exercise.
	18.	The vital capacity of the lungs. Oxygen demand and oxygen debt.
	19.	Digestion. Its features during physical exertion.
	20.	Fatigue and recovery. The body's response to physical activity.
	21.	What is health?
	22.	What health determines a person's spiritual potential?
	23.	What environmental factors affect human health?
	24.	What is the sleep rate?

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25.	Indicate the average daily energy consumption of girls.
26.	What is the average daily energy consumption of young men?
27.	How long before physical education should you eat?
28.	Indicate, in hours, the student's minimum physical activity per week.
29.	Indicate an important principle of hardening the body.
30.	Define the basic concepts: performance, fatigue, overwork, fatigue, recreation, relaxation, well-being.
31.	Describe the change in the state of the student's body under the influence of various modes and conditions of learning.
32.	How do external and internal factors affect mental performance? What patterns can be traced in the change in students' performance in the learning process?
33.	What means of physical culture in the regulation of mental performance, psychoemotional and functional state of students do you know?
34.	"Exercise as a means of active recreation" - expand this position.
35.	Give a definition to the concept of "remedial physical culture". Briefly describe its purpose and objectives.
36.	How does physical exercise work on the human body?
37.	List the mechanisms of the therapeutic effect of exercise.
38.	What means are used by medical physical culture?
39.	Classification and characteristics of physical exercises.
40.	Forms of medical physical culture.
41.	Therapeutic physical training in diseases of the cardiovascular system.
42.	Physiotherapy exercises for respiratory diseases.
43.	Physiotherapy exercises for diseases of the digestive system and metabolic disorders.
44.	Indications and contraindications for physical therapy.
45.	What methods of physical education do you know? Briefly describe them.
46.	What is the difference between a motor skill and a motor skill?
47.	List the main physical qualities, give them definitions.
48.	What forms of exercise do you know?
49.	What is GPP? His tasks.
50.	What is the difference between general physical training and special physical training?
51.	What is sports training?
52.	What are the indicators of the intensity of physical activity?
53.	Tell us about the body's energy consumption when performing loads in zones of different power?
54.	What is Muscle Relaxation?
55.	Describe the structure of a person's physical culture.
56.	The operational component of a person's physical culture.
57.	Motivational and value component of personality physical culture.
58.	Practical-activity component of personality physical culture.
59.	Give a definition to the concept of "motivation".
60.	Why is it necessary to form personal motivation for physical culture and recreation activities?
61.	The system of motives in the field of personal physical culture.


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62.	What, in your opinion, should be done in order for a person to have a steady need for physical activity and a healthy lifestyle?
63.	What sports classification systems do you know?
64.	How does your chosen sport (type of physical activity) affect your physical development, physical fitness, your psycho-emotional sphere?
65.	What are the ways to achieve physical, technical, tactical and psychological readiness in the chosen sport?
66.	How to plan the training process in the chosen sport (type of physical activity)?
67.	How to monitor the effectiveness of training sessions?
68.	What is the Student Sports Competition System?
69.	What are the goals and objectives of holding student competitions at various levels?
70.	What educational and recreational functions are performed by sports and outdoor games?
71.	Describe the most interesting sports game for you: its essence and simplified rules.
72.	What is the difference between sports and outdoor games?
73.	List the most popular sports and outdoor games - briefly describe them.
74.	Give an example of an outdoor game, describe its rules.
75.	What types of classification of tourism activities do you know?
76.	Describe recreational and sports trips.
77.	Describe the methodology for developing a hiking route.
78.	Describe the methodology for developing the product layout of the campaign.
79.	Describe the technique for laying out the equipment.
80.	Define the concepts of tourism technology and tactics.
81.	What is the topographic preparation of a tourist.
82.	What types of terrain orientation techniques do you know?
83.	What do you know about travel techniques and insurance?
84.	What is included in the content of the basics of life support for tourists in the natural environment?
85.	Tell us about the technique of transporting the injured person in field conditions and at distances of tourist competitions.
86.	What health-improving effect does active tourism have on the body of the younger generation?
87.	List the basic rules for organizing and conducting a hike.
88.	List the responsibilities of each hike.
89.	What health-improving systems of physical exercises do you know? Give them a brief description.
90.	List and describe the health-improving systems of physical exercises, united in the concept of "traditional".
91.	What modern health-improving systems of physical exercise do you know?
92.	Describe in detail the most interesting and most suitable health-improving system of physical exercises for you personally.
93.	Motivation and focus of self-study.
94.	Morning hygienic exercises.
95.	Physical exercises during the school day: physical education minutes,

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	physical training pauses.
96.	Independent training sessions: structure, requirements for organization and implementation.
97.	Motivation for choosing the types of physical activity.
98.	Self-health jogging.
99.	Independent skiing.
100.	Self-practice sports games.
101.	Independent practice of rhythmic gymnastics.
102.	Self-practice with your chosen type of physical activity (sports).
103.	Describe the subjective and objective indicators of self-control?
104.	What information about the state of the body during physical exercises can a student collect through self-control?
105.	What are the types of diagnostics?
106.	What is the purpose and what does the medical supervision include?
107.	What is the content of pedagogical control?
108.	What are the main indicators that can be used to assess the level of functional state and fitness?
109.	How to assess your physical condition using testing and benchmarks?
110.	Anthropometric signs of physical development. Height, weight, chest circumference, hand dynamometry.
111.	Method for determining blood pressure.
112.	Why are physical culture and sports mass events held?
113.	What tasks are being solved in the process of carrying out mass sports and recreation events (competitions)?
114.	What is the difference in terms of "sporting event" and "sporting event"?
115.	Name the features in the organization and conduct of physical culture and sports mass events.
116.	How do recovery processes proceed during muscular activity?
117.	Briefly describe the features of recovery processes after training loads and competitions.
118.	What means of increasing the efficiency of recovery processes do you know?
119.	What does the concept of "rational nutrition" include?
120.	What are the main vitamins and justify their need for a balanced diet.
121.	List the main minerals and trace elements and justify their need for the body.
122.	Historical background and modern understanding of the PFPF.
123.	Definition of the concept of PFPF, its goals and objectives.
124.	Organization, forms and means of PFPF at the university.
125.	The main factors that determine the specific content of students' PAPP.
126.	The system of monitoring the students' PAPP by the example of your specialty.
127.	Applied knowledge, psychophysical qualities and personality traits, applied skills and abilities, special qualities on the example of your specialty.
128.	Applied sports on the example of your specialty.
129.	The nature of the work of specialists and its impact on the content of the specialty PAPP.



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130.	Industrial physical culture, its goals and objectives.
131.	The influence of the working and living conditions of a specialist on the choice of forms, methods and means of industrial physical culture.
132.	The method of drawing up exercise complexes in various types of industrial gymnastics.
133.	Physical culture and sports activities for active recreation and increased functionality.
134.	Additional tools to improve performance.
135.	Prevention of occupational diseases and injuries by means of physical education.

### Assessment criteria and scales:

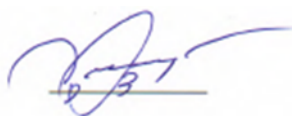
- assessment criteria - correct answers to the questions posed;
- assessment indicator - percentage of correct answers to questions;
- assessment scale (assessment) - 2 levels of competency assessment are identified:  
Sufficient level (credited) - makes an outstanding impression, is accompanied by illustrative material, the author presented a demonstration material and was well-versed in it, the possession of a special apparatus is shown; general scientific and special terms are used; answers the questions.  
Insufficient level (not credited) - tells, but does not explain the essence of the work; has no illustrative material; cannot answer most questions; read out.

### Methodological materials defining procedures for assessing knowledge, skills, skills and (or) experience of activities, characterizing the stages of formation of competencies

During the semester, to assess the knowledge, skills, and abilities acquired in the course of studying the discipline, a point-rating system for assessing student achievements is used. It consists of the following:


1. Indicator of attendance of training sessions.  
The maximum rating is 70 points. One visit - 2 points.
2. Benchmark.  
The standards are handed over by the student without fail, regardless of the attendance rate. The maximum rating is 20 points.
3. Sports indicator. Participation in the competition as part of the national team (faculty, university). The maximum rating is 10 points (2 points for one competition).  
The rating for this indicator is taken into account by the teacher leading the practical classes.  
Summing up the student's progress at the end of the semester:  
The sum of points by indicators, i.e. rating - R. R. max. - 100 points;  
R. min. - 75 points.  
A student who has 75 points and above is positively assessed for the semester as "passed".  
Conversion of rating points into a five-point rating scale:  
75 - 83 points - "passed" (satisfactory);  
84 - 92 points - "passed" (good);  
93 - 100 points "passed" (excellent).

Developer



Associate Professor of the Department of Physical Culture,

Ph.D. Kyptcov I.M.

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### SHEET OF CHANGES

№	The content of the change or a link to the attached text of the change	Full name of the head of the department that implements the discipline	Signature	Date