

**Ministry of Science and Higher Education of the Russian Federation  
Federal State Budgetary Educational Institution of Higher Education**

**"Ulyanovsk State University"**

**Faculty of Physical Education and Rehabilitation**

**Department of Physical Education**

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# *Physical Education and Sport*

*Guidelines*

*for independent work of students*

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

*Ulyanovsk, 2019*

UDC 796 (075.8)  
LBC 75я73  
K 92

*Published by decision of the Academic Council of Institute of Medicine, Ecology and Physical  
Culture Ulyanovsk State University*

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Physical education and sport: Guidelines for independent work of students of medical  
faculty / I.M. Kuptsov, V.A. Kashirin - Ulyanovsk: UISU, 2019 .-- 15 p.

The manual on the discipline "Physical Education and Sports" is intended to help teachers for classes at the designated course. Methodical instructions include requirements for the results of mastering the discipline, a thematic plan of the discipline, a list of recommended literature, and test questions. The methodical manual is intended for students of the medical faculty studying in English in the specialty 31.05.01 "Lechebnoye delo".

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## 1. THE COURSE AIM AND OBJECTIVES

**The purpose** of mastering the discipline: the formation of a physical culture of the individual and the ability to use various means of physical culture, sports and tourism to preserve and strengthen health, psychophysical training and self-training for future professional activities.

**Tasks of mastering the discipline:**

- understanding of the social role of physical education in personality development and its preparation for professional activities;
- knowledge of the scientific, biological and practical foundations of physical education and a healthy lifestyle;
- the formation of a motivational-value attitude to physical education, the attitude towards a healthy lifestyle, physical self-improvement and self-education of the need for regular physical exercises and sports;
- mastery of the system of practical skills that ensure the preservation and strengthening of health, mental well-being, development and improvement of psychophysical abilities, qualities and personality traits, self-determination in physical education and sports;
- acquisition of personal experience in improving motor and functional capabilities, providing general and professionally-applied physical fitness, which determines the student's psychophysical readiness for a future profession;
- gaining experience in the creative use of physical education and sports activities to achieve vital and professional goals.

## 2. PROPOCED RESULTS

The course is aimed at the following competencies:

Code and name of competency	List of planned learning outcomes by discipline (module), correlated with indicators of achievement of competencies
<p style="text-align: center;"><b>GC-6</b></p> <p>The ability to use methods and means of physical education to ensure full social and professional activities</p>	<p><b>Know:</b></p> <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> <p><b>Be able to:</b></p> <ul style="list-style-type: none"> <li>- carry out individually selected complexes of health-improving and adaptive physical education, rhythmic and aerobic gymnastics compositions, athletic gymnastics exercise complexes;</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> </ul> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>- means and methods of strengthening individual health, physical self-improvement;</li> <li>- the ability to increase efficiency, maintain and promote health;</li> <li>- methods of preparation for professional activity and service in</li> </ul>

	<p>the Armed Forces;  - methods of organizing and conducting individual, collective, family vacations and participation in mass sports competitions;  - the basics of the formation of a healthy lifestyle in the process of active creative activity.</p>
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### 3. EDUCATIONAL AND METHODOLOGICAL AND INFORMATION SUPPORT OF DISCIPLINE:

#### a) Required reading:

1. Kalenik E.N., Zayneeva R.Sh. Bases of physical education: tutorial for students / Kalenul E.N., Zayneeva R.Sh. — Ulyanovsk : UISU, 2019. — 26 p.— URL: <https://biblio-online.ru/bcode/431427>
2. Стриханов, М. Н. Физическая культура и спорт в вузах : учебное пособие / М. Н. Стриханов, В. И. Савинков. — 2-е изд. — Москва : Издательство Юрайт, 2019. — 160 с. — (Образовательный процесс). — ISBN 978-5-534-10524-7. — Текст : электронный // ЭБС Юрайт [сайт]. — URL: <https://www.biblio-online.ru/bcode/430716>

#### Additional reading:

1. Guryanov, A. M. Systematic physical education as a condition for maintaining and strengthening the health of students of special medical groups: a training method. allowance / A. M. Guryanov, L. V. Konovalova, S. F. Sokunova; UISU, IMEiFK, Fak. physical education and rehabilitation. - Ulyanovsk: UISU, 2015. -- 30 p.: Ill. - Bibliography: p. 29-30. - b / p. - URL: <http://lib.ulsu.ru/MegaPro/Download/MObject/306/Gurjanov2015.pdf>
2. Kashirin, V. A. Diagnosis and correction of individual health of students [Electronic resource]: electron. textbook. course: textbook.-method. allowance / Kashirin Valery Alexandrovich, E.N. Kalenik, V.K. Fedulov. - The electron. text data - Ulyanovsk: UISU, 2017. - URL: <http://edu.ulsu.ru/courses/818/interface/>
3. Fedulov, V. K. Self-knowledge and self-regulation of individual health of students: textbook. Method. allowance / V.K. Fedulov, V.A. Kashirin; UISU, IMEiFK. - Ulyanovsk: UISU, 2012. -- 142 p. - URL: <http://lib.ulsu.ru/MegaPro/Download/MObject/1020/fedulov-kash.pdf>

#### b) Software:

- Operating system Alt Workstation 8;
- Office suite MyOffice Standard.

#### c) Professional databases, information and reference systems:

1. Electronic library systems:
  - 1.1. IPRbooks [Electronic Resource]: electronic library system / IP Air Media group of companies. - Electronic data - Saratov, [2019]. - Access mode: <http://www.iprbookshop.ru>.
  - 1.2. URIGHT [Electronic resource]: electronic library system / LLC Electronic publishing house URIGHT. - Electronic data - Moscow, [2019]. Access Mode: <https://www.biblio-online.ru>.
  - 1.3. Student Consultant [Electronic Resource]: Electronic Library System / Polytechresurs LLC. - Electronic data - Moscow, [2019]. Access Mode: <http://www.studentlibrary.ru/pages/catalogue.html>.
  - 1.4. Doe [Electronic resource]: electronic library system / ELS Doe LLC. - Electronic data - St. Petersburg, [2019]. Access Mode: <https://e.lanbook.com>.
  - 1.5. Znanium.com [Electronic resource]: electronic library system / Znanium LLC. - Electronic data - Moscow, [2019]. Access Mode: <http://znanium.com>.
2. Database of periodicals [Electronic resource]: electronic journals / IBIS LLC. - Electronic data - Moscow, [2019]. Access Mode: <https://dlib.eastview.com/brows/udb/12>.

3. National Electronic Library [Electronic resource]: electronic library / IBIS LLC. - Electronic data - Moscow, [2019]. Access Mode: <https://neb.rf>.
4. Federal information and educational portals:
  - 4.1. Information system Single window of access to educational resources. Access mode: <http://window.edu.ru>.
  - 4.2. Federal portal Russian education. Access mode: <http://www.edu.ru>.
5. Educational resources of UISU:
  - 5.1. Electronic library of UISU. Access mode: <http://lib.ulsu.ru/MegaPro/Web>.
  - 5.2. Educational portal of UISU. Access mode: <http://edu.ulsu.ru>.

## 4. CONTENT OF DISCIPLINE

### Section 1. Theoretical.

**Theme 1.1.** Physical education in general cultural and vocational training of students.

**Contents:**

Physical culture and sport as social phenomena of society. The current state of physical education and sports. Federal Law “On Physical Culture and Sport in the Russian Federation”. Physical culture of personality. The active nature of physical culture in various areas of life. Physical culture as an educational discipline of higher professional education and holistic development of personality. Value orientations and attitude of students to physical education and sport. The main provisions of the organization of physical education in higher education.

**Theme 1.2.** Socio-biological foundations of physical education.

**Contents:**

The human body as a single self-developing and self-regulating biological system. The impact of natural and socio-environmental factors on the human body and life. Means of physical culture and sports in the management of improving the functional capabilities of the body in order to ensure mental and physical activity. Physiological mechanisms and patterns of improvement of individual body systems under the influence of directed physical training. Motor function and increasing the stability of the human body to various environmental conditions.

**Theme 1.3.** The basics of a healthy student lifestyle. Physical education in providing health.

**Contents:**

Human health as a value and factors determining it. The relationship of the general culture of the student and his lifestyle. The structure of students' life activity and its reflection in the way of life. Healthy lifestyle and its components. Personal attitude to health as a condition for the formation of a healthy lifestyle. Basic requirements for organizing a healthy lifestyle. Physical self-education and self-improvement in a healthy lifestyle. Criteria for the effectiveness of a healthy lifestyle.

**Theme 1.4.** Psychophysiological foundations of academic work and intellectual activity. Physical culture in the regulation of performance.

**Contents:**

Psychophysiological characteristics of intellectual activity and student work. The dynamics of students' performance during the academic year and the factors that determine it. The main causes of changes in the psychophysical state of students during the examination session, the criteria for neuro-emotional and psychophysical fatigue. Features of the use of physical culture to optimize performance, prevention of neuro-emotional and psychophysical fatigue of students, increase the effectiveness of academic work.

**Theme 1.5.** General physical and special training in the system of physical education.

**Contents:**

**Part 1.** Methodological principles of physical education. Methods of physical education. Fundamentals of Motion Learning. Fundamentals of improving physical qualities. The formation of mental qualities in the process of physical education.

**Part 2.** General physical fitness, its goals and objectives. Special physical training. Sports training, its goals and objectives. Athlete preparedness structure. Zones and intensity of physical activity. The value of muscle relaxation. The possibility and conditions of correction of physical development, physique, motor and functional fitness by means of physical education and sports at a student age. Forms of exercise. A training lesson as the main form of training in physical exercises. The structure and focus of the training session.

**Theme 1.6.** Fundamentals of the methodology of independent physical exercises.

**Contents:**

Motivation and focus of independent studies. Forms and content of independent studies. The organization of independent physical exercises of various kinds. The nature of the content of classes depending on age. Features of independent studies for women. Self-study planning and management. The limits of the intensity of loads in the conditions of independent studies in people of different ages. The relationship between the intensity of the loads and the level of physical fitness. Hygiene of independent studies. Self-monitoring of the effectiveness of self-study. Participation in sports competitions.

**Theme 1.7.** Sport. Individual choice of sports or exercise systems.

**Contents:**

Mass sports and sports of the highest achievements, their goals and objectives. Sports classification. Student sport. Features of the organization and planning of sports training at the university. Sports competitions as a means and method of general physical, vocational, sports training of students. The system of student sports. Community student sports organizations. Olympic Games and Universiade. Modern popular exercise systems. Motivation and justification of the student's individual choice of a sport or exercise system for regular classes. Brief psychophysiological characteristics of the main groups of sports and exercise systems.

**Theme 1.8.** Features of practicing your favorite sport or exercise system.

**Contents:**

Brief historical background. Characteristic features of the impact of this sport (system of physical exercises) on physical development and fitness, mental qualities and personality traits. Model characteristics of a high-class athlete. Determining the goals and objectives of sports training (or occupation by the system of physical exercises) in a university.

Possible forms of organization of training at the university.

Promising, ongoing and operational training planning. The main ways to achieve the necessary preparedness structure for students. Monitoring the effectiveness of training sessions. Special credit requirements and standards for years (semesters) of training in a chosen sport or system of physical exercises. Calendar of student competitions. Sports classification and rules of sports competitions in the chosen sport.

**Theme 1.9.** Self-monitoring of exercise and sports.

**Contents:**

Diagnosis and self-diagnosis of the state of the body with regular exercise and sports. Medical supervision, its contents. Pedagogical control, its content. Self-control, its main methods, indicators and a diary of self-control. The use of standard methods, anthropometric indices, nomograms of functional tests, exercise tests to assess physical development, physique, functional state of the body, physical fitness. Correction of the content and methods of physical exercises and sports according to the results of control indicators.

**Theme 1.10.** Professionally-applied physical training (PAPT) students.

**Contents:**

**I part.** General provisions of professionally-applied physical training.

Personal and socio-economic need for special psychophysical preparation of a person for work. The definition of PAPT, its goals, objectives, means. Place PAPT in the system of physical education of students. Factors determining the specific content of PAPT. Methods of selecting PAPT funds. The organization, forms and means of PAPT students at the university. Monitoring the effectiveness of professionally-applied physical fitness of students.

**II part.** Features PAPT students in the chosen direction of training or specialty.

The outline of the section at each faculty: the main factors that determine the PAPT of the future specialist in this profile; additional factors affecting the content of PAPT in the chosen profession; the main content of the PAPT of the future bachelor and specialist; applied sports and their elements. Test requirements and standards for the PAPT by years of study (semesters) for students of the faculty.

**Theme 1.11.** Production physical education. Production gymnastics.

**Contents:**

Features of the choice of forms, methods and means of physical education and sports in working and free time of specialists. Prevention of occupational diseases and injuries by physical culture. Additional tools to enhance overall and professional performance. The influence of individual characteristics, geographic and climatic conditions and other factors on the content of the physical culture of specialists working in production. The role of future specialists in the implementation of physical education in the production team.

## **5. TOPICS OF PRACTICAL AND SEMINAR LESSONS METHODICAL AND PRACTICAL.**

The educational material of the section is aimed at increasing the level of functional and motor abilities, the formation of the necessary qualities and personality traits, at mastering the methods and means of physical culture and sports activities, at acquiring personal experience in the directed use of physical culture and sports.

Methodical and practical classes provide for the development of the basic methods and methods for the formation of educational, professional and life skills and means of physical education and sports.

Each methodical and practical lesson is consistent with the corresponding theoretical theme. When conducting methodical and practical classes, it is recommended to adhere to the following approximate scheme:

-in accordance with the planned topic of the lesson, the teacher gives students an assignment in advance to familiarize themselves with the recommended literature and the necessary instructions for its development;

-the teacher briefly explains the teaching methods and, if necessary, shows the appropriate techniques, methods of performing physical exercises, motor actions to achieve the necessary results by the studied methodology;

-students practically during mutual control reproduce thematic tasks under the supervision of a teacher;

-students are given individual recommendations for practical self-improvement of thematic actions, techniques, methods. Under the guidance of the teacher, the results of the assignment are discussed and analyzed.

The program provides the following list of mandatory methodological and practical classes related to the lecture course.

**Theme 2.1.** Methods of effective and economical ways of mastering vital skills (walking, skiing, swimming).



Running modes (comfort, small effort, hard training, competition). Cross. Walking and skiing. Dosage of exercise intensity. The volume and intensity of classes in the first weeks. Swimming program.

**Theme 2.2.** The simplest methods of self-assessment of working capacity, fatigue, fatigue and the use of physical culture means for their directed correction.

Definition of operability. Factors affecting labor productivity. Fatigue. Health recovery. Autogenic training, mental regulation. Objective and subjective signs of fatigue, fatigue and overwork, their causes and prevention. Features of the rational use of "small forms" of physical education in the educational work of students. Exercise with a recreational focus.

**Theme 2.3.** The methodology for compiling individual programs of physical self-education and classes with health-improving, recreational and restorative orientation (slow running, swimming, skiing, etc.).

**Theme 2.4.** The basics of self-massage techniques.

The concept of massage. The value of massage for the body. Types of massage. Basic techniques of massage and self-massage. Massage recommendations.

**Theme 2.5.** Corrective gymnastics technique for the eyes.

Prevention of eye diseases by physical culture methods. The value of corrective gymnastics for the eyes. Gymnastics technique for the eyes. Complexes of wellness exercises for various eye diseases.

**Theme 2.6.** The methodology for compiling and conducting the simplest independent occupations by physical exercises of a hygienic or training orientation.

Forms of independent studies. The content of independent studies. Age features of the content of classes. Features of independent studies for women. Planning the volume and intensity of exercise, taking into account mental learning activities. Self-study process management. Definition of purpose. Consideration of individual features. Preliminary, current and final accounting of training load and adjustment of training plans. The limit of the intensity of physical activity for students.

**Theme 2.7.** Methods for assessing and correcting posture and physique.

The consequences of incorrect posture. Methods for assessing improper posture, body types. General provisions for the correction of posture and physique. A set of exercises to strengthen the muscles of the back, abdominals. Injury prevention.

**Theme 2.8.** Methods of self-monitoring of the state of health and physical development (standards, indices, programs, formulas, etc.).

Diagnosis of the state of the body with regular exercise and sports. Types of diagnostics, their goals and objectives. Medical control as a condition of admission to physical exercises and sports, its content and frequency. Pedagogical control, its content. Types of pedagogical control. Self-control, its purpose and objectives. The main methods of self-control. Objective and subjective indicators of self-control. Criteria for evaluating self-control. The diary of self-control. Methods of standards, anthropometric indices, nomograms, functional tests, test exercises to assess physical development, physique, functional state of the body, physical fitness. Correction of the content and methods of physical exercises and sports according to the results of control indicators.

**Theme 2.9.** Methods of self-monitoring of the functional state of the body (functional tests).

The main physiological indicators and functional tests. Assessment of the effectiveness of rehabilitation measures. The relationship between exercise intensity and heart rate. Signs of excessive load. Pulse modes of rational training load for students. Heart rate / PANO (heart rate / threshold of anaerobic metabolism) in people of different ages. Self-study hygiene: nutrition, drinking regimen, skin care. Hygienic requirements during classes: training places, clothes, shoes, injury prevention. Self-monitoring of the effectiveness of self-study.

**Theme 2.10.** The methodology of the training session.

Features of the organization of training sessions, special credit requirements and standards. Organizational basis for practicing various wellness systems of physical exercises in students' free time Motivational options and the rationale for the student's individual choice of individual sports or physical exercise systems for regular classes in school and free time. Brief psychophysical characteristics of the main groups of sports and modern systems of physical exercises, developing mainly endurance, strength, speed-strength qualities and speed, flexibility, coordination of movements (dexterity). Types of sports of complex versatile impact on the body of those involved.

**Theme 2.11.** Self-assessment methods of special physical and sports fitness for the chosen sport (tests, control tasks).

Advanced training planning. Ongoing and operational training planning. The main ways to achieve the necessary structure of preparedness: technical, physical, tactical and mental. Types and methods of monitoring the effectiveness of training sessions in this sport and SibFU. Special credit requirements and standards for years (semesters) of study. Calendar of student intra-university and extra-university competitions. The requirements of the sports classification and the rules of the competition in the chosen sport.

**Theme 2.12.** The methodology of an individual approach and the use of tools for the directed development of individual physical qualities.

The concept of the physical qualities of man. Classification, means and methods of development. The directed development of strength, speed, agility, flexibility, endurance. Specialized sets of exercises.

**Theme 2.13.** Fundamentals of the organization of refereeing for a selected sport.

Types of sports competitions. Criteria for assessing the performance of athletes in the competition (physical training, technical training, tactical training, theoretical training, psychological training). Regulation on sports day. Calendar of sports competitions. Preparation and conduct of sports competitions.

**Theme 2.14.** Methods of regulating the psychoemotional state used in physical education and sports.

Objective and subjective factors of learning and the student's reaction to them. A change in the state of the student's body under the influence of various modes and learning conditions. The degree of influence of factors of a physiological, physical, mental nature on the performance of students. Physical culture means in the regulation of the psycho-emotional and functional state of students during the examination session.

**Theme 2.15.** Means and methods of muscle relaxation in sports.

The basic principles of recovery in sports. Leisure. Autogenic training, mental regulation. Massage. Visual relaxation.

**Theme 2.16.** The technique of independent development of individual elements of professionally applied physical training.

Stages of learning the development of the elements of professionally applied physical training (familiarization, learning, fixing and improvement, prevention and correction of errors). Density of occupation (motor, general). Physical activity (intensity, volume). Methods of increasing physical activity.

**Theme 2.17.** The methodology of industrial gymnastics, taking into account the given conditions and nature of work.

Types of industrial gymnastics. The purpose and objectives of occupational gymnastics. Forms, methods and means of conducting industrial gymnastics, taking into account the conditions and nature of work.

## 6. INDEPENDENT WORK OF STUDENTS.

The content, requirements, conditions and procedure for organizing students' independent work, taking into account the form of training, are determined in accordance with the "Regulation on the organization of students' independent work", approved by the Academic Council of UISU (protocol No. 8/268 of 03/26/2019.).

## 7. SCHEDULE OF QUESTIONS

№	Question
1.	Define the concept of "physical education" and expand it.
2.	Define 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 high school.
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 (obtaining a "credit") in the discipline "Physical Culture".
8.	Organism. Its functions. Interaction with the environment. Homeostasis.
9.	Regulation of functions in the body.
10.	Movement activity as a biological need of the body.
11.	Features of a physically trained body.
12.	Bone system. The effect on her of physical activity.
13.	Muscular system Skeletal muscles, structure, functions.
14.	Tension and muscle contraction. Isotonic and isometric mode of operation.
15.	The cardiovascular system. Blood function. Systolic and minute blood volume. Blood circulation during physical exertion.
16.	Heart work, pulse. Blood pressure.
17.	Respiratory system. The process of breathing. Gas exchange. Regulation of respiration and its features. Breathing during exercise.
18.	Life capacity of the lungs. Oxygen demand and oxygen debt.
19.	Digestion. Its features during physical exertion.
20.	Fatigue and recovery. The reaction of the body 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 norm of night sleep?
25.	Indicate the average daily energy intake for girls.
26.	Indicate the average daily energy intake for young men.

27.	How much time should I eat before physical education?
28.	Indicate in hours the minimum rate of student motor activity per week.
29.	Indicate the important principle of hardening the body.
30.	Define the basic concepts: working capacity, 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 learning conditions.
32.	How do external and internal factors affect mental performance? What patterns can be traced in the change in the students' working capacity 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 outdoor activity" - open this position.
35.	Define the concept of "therapeutic physical culture." Briefly describe its purpose and objectives.
36.	How do physical exercises affect the human body?
37.	List the mechanisms of the therapeutic effect of physical exercises.
38.	What funds are used in physical therapy?
39.	Classification and characteristics of exercise.
40.	Forms of physical therapy.
41.	Physiotherapy for 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 motor skill and motor skill?
47.	List the main physical qualities, give them definitions.
48.	What forms of exercise do you know?
49.	What is OFP? His tasks.
50.	What is the difference between physical fitness and special physical training?
51.	What is sports training?
52.	Why do we need indicators of the intensity of physical activity?
53.	Tell us about the energy consumption of the body when performing loads in areas of different capacities?
54.	What is muscle relaxation?
55.	Describe the structure of the physical culture of the individual.
56.	The operational component of the physical culture of the individual.
57.	Motivational and valuable component of the physical culture of the individual.
58.	Practical and activity component of the physical culture of the individual.
59.	Define the concept of "motivation".
60.	Why is it necessary to form a personal motivation for fitness activities?
61.	The system of motives in the field of physical culture of the individual.
62.	What, in your opinion, needs to be done so that a person has 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 motor activity) affect your physical development, physical fitness, your psycho-emotional sphere?
65.	What are the ways to achieve physical, technical, tactical and psychological preparedness in a chosen sport?
66.	How to plan the training process in a chosen sport (a form of physical activity)?
67.	How to control the effectiveness of training sessions?

68.	What is a student sports competition system?
69.	What are the goals and objectives of conducting student competitions at various levels?
70.	What educational and wellness functions do sports and outdoor games perform?
71.	Give a description of 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 a mobile game, describe its rules.
75.	What types of classification of tourism activities do you know?
76.	Characterize recreational and sports trips.
77.	Describe the hiking route development methodology.
78.	Describe the methodology for developing a food campaign layout.
79.	Describe the equipment layout methodology.
80.	Define the concepts of technology and tactics of tourism.
81.	What is a topographic preparation of a tourist?
82.	What types of terrain orienteering techniques do you know?
83.	What do you know about travel vehicles and insurance?
84.	What is included in the content of the basic life support of tourists in the natural environment?
85.	Tell us about the technique of transporting the victim in the field and at the distances of tourist competitions.
86.	What is the health effect of active tourism on the body of the younger generation?
87.	List the basic rules for organizing and conducting a trip.
88.	List the responsibilities of each trip participant.
89.	What kind of wellness exercise system do you know. Give them a brief description.
90.	List and characterize the wellness systems of physical exercises, combined in the concept of "traditional".
91.	What modern wellness systems of physical exercises do you know?
92.	Describe in detail the most interesting and most suitable personal health-improving system of physical exercises for you.
93.	Motivation and orientation of independent studies.
94.	Morning hygienic gymnastics.
95.	Physical exercises during the school day: physical education, physical education pauses.
96.	Independent training sessions: structure, organization and conduct requirements.
97.	Motivation for the selection of types of motor activity.
98.	Independent jogging classes.
99.	Independent skiing.
100.	Independent sports activities.
101.	Self-study rhythmic gymnastics.
102.	Self-study of 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 exercise can a student collect through self-monitoring?
105.	What types of diagnostics are there?
106.	What is directed and what does medical control include?
107.	What is the content of pedagogical control?
108.	What key indicators can be used to assess the level of functional state and fitness?
109.	How to assess physical condition through testing and control standards?

110.	Anthropometric signs of physical development. Height, weight, chest circumference, manual dynamometry.
111.	The technique for determining blood pressure.
112.	Why are sports and mass events held?
113.	What tasks are solved in the process of holding mass physical-health-improving events (competitions)?
114.	What is the difference in terms: "sporting event" and "sporting event"?
115.	What are the features in the organization and conduct of physical education and sports events.
116.	How do recovery processes occur during muscular activity?
117.	Briefly describe the features of the recovery processes after training loads and competitions.
118.	What means of increasing the efficiency of restoration 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 PAPT.
123.	The definition of PAPT, its goals and objectives.
124.	Organization, forms and means of PAPT in the university.
125.	The main factors determining the specific content of PAPT students.
126.	The PAPT control system for students based on the example of your specialty.
127.	Applied knowledge, psychophysical qualities and personality traits, applied skills, special qualities on the example of your specialty.
128.	Applied sports as an example of your specialty.
129.	The nature of the work of specialists and its impact on the content of PAPT specialties.
130.	Production physical education, its goals and objectives.
131.	The influence of working conditions and life of a specialist on the choice of forms, methods and means of industrial physical education.
132.	The technique of compiling exercise complexes in various types of industrial gymnastics.
133.	Sports and athletic activities for outdoor activities and increased functionality.
134.	Additional tools to improve performance.
135.	Prevention of occupational diseases and injuries by physical culture.