

**Assessment tools for the certification  
in the discipline "Physical culture and sport"  
for students enrolled in 2021, 2022, 2023, 2024  
on the educational program on 31.05.01 "General Medicine" (level of specialization),  
full-time education  
2024- 2025 academic year**

1. Assessment tools for current certification of the discipline

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

1.1.Examples of test tasks

Checked indicators of competence achievement: UC-7.1.1, GPC -2.1.1, GPC -3.1.1, GPC-3.1.2.

1. The main physiological features of a trained organism are (specify 3 correct answers):

- a) slow and uniform activation of body functions at the beginning of work;
- b) rational use of body resources;
- c) rapid activation of body functions at the beginning of work;
- d) partial use of body resources;
- e) rapid decrease of physiological shifts to the initial level at the end of work.

2. The theoretical justification for the validity of the PWC<sub>170</sub> test is:

- a) The zone of maximum cardiovascular and respiratory system functioning under conditions close to minimum oxygen consumption;
- b) the zone of optimal functioning of the cardiovascular and respiratory systems under conditions close to the maximum oxygen consumption;
- c) the zone of minimum operation of the cardiovascular and respiratory systems under the conditions close to the optimum oxygen consumption.

3. To improve the performance of students with impaired health, the most pronounced positive effect is seen in:

- 1) 2 one-time classes of 90 minutes each
- 2) 3 one-time classes of 180 minutes each
- 3) 6 one-time classes of 30 minutes each

4. Hydroprocedures that have a tonic effect on the human body (indicate 2 correct answers):

- a) Scotch shower;
- b) pearl bath;
- c) sodium chloride bath;
- d) alkaline bath

5. Quickness is a person's ability to perform:

- a) movements with minimal effort;
- b) movements with maximum amplitude;
- c) movements in the minimum interval of time;
- d) movements in the maximum time interval.

6. First pre-medical emergency care is a set of measures aimed at saving a person's life and preserving human health, carried out (Choose one correct answer):

- a) before the arrival of medical workers
- b) as auxiliary measures to medical workers in providing assistance to the victim
- c) instead of medical workers

7. What injuries are called sports injuries

- 1) thermal
- 2) fractures
- 3) birth injuries
- 4) radiation
- 5) stretching
- 6) wounds

8. Specify the correct procedure for providing first aid:

- a) calling an ambulance team
- b) giving the victim a safe position
- c) eliminating the cause of the impact of threatening factors
- d) taking measures to eliminate life-threatening conditions (resuscitation, stopping bleeding)
- e) urgent assessment of the condition of the victim

9. What are the mandatory components of the first aid kit (4 correct options)?

- a) scissors
- b) tourniquet to stop bleeding
- c) splints for upper and lower extremities
- d) complex multivitamins
- e) sugar
- f) ballpoint pen or pencil
- g) Esmarch mug

10. To stop arterial bleeding from a large artery, it is necessary (2 correct options):

- a) use a pressure bandage
- b) press the artery with your finger above the injury
- c) press the artery with your finger below the injury
- d) apply a tourniquet above the bleeding
- e) apply a tourniquet below the bleeding site

## 1.2. Examples of tasks for assessing the development of practical skills

Checked indicators of competence achievement: UC-7.2.1, UC-7.3.1.

- 1) Calculate the energy cost of the entire activity using the proposed scheme of an express analysis of load tolerance at a particular physical training session.
- 2) Using the suggested data, determine the level of physical performance in absolute value.
- 3) Produce a study of the elements of "motor memory" with the accuracy of reproduction of a given movement in time according to the proposed parameters.

## 2. Assessment tools for Intermediate certification of the discipline

Intermediate attestation is conducted in the form of credit.

Intermediate certification includes the following types of tasks: interview on control questions, assessment of the development of practical skills (abilities).

### 2.1. Examples of control questions for the interview

Checked indicators of competency achievement: UC-7.1.1; GPC -2.1.1; GPC -3.1.1; GPC -3.1.2.

#### 2.1.1 List of interview questions

<b>№</b>	<b>Questions for intermediate certification</b>	<b>Checked competences</b>
1.	Name the forms of leadership of physical culture and sports in Russia	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
2.	Give the definition of "Physical Culture".	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
3.	Give the definition of "Physical Education".	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
4.	Describe the structure of management of physical culture and sports in the Russian Federation.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
5.	Name the founder of the Russian system of university physical education.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
6.	What caused the development of a separate physical education curriculum for students of medical and pharmaceutical universities?	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
7.	Name the content (sections) of the curriculum in the disciplines of physical education for students of medical and pharmaceutical universities.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
8.	List the forms of physical education classes at a medical university	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
9.	Name the training departments for physical education.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
10.	Name the features of the students' time budget as a social group.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.

11.	Name the features of the educational process in a medical school.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
12.	Name the degrees of fatigue in mental work according to S.A. Kosilov.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
13.	Name the factors that affect changes in the state of mental performance of students.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
14.	State the conditions for high productivity of students' work.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
15.	List the "small forms" of physical education used in the mode of educational work of students.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
16.	What are the features of conducting physical education classes for students of a special educational department	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
17.	Give a description of the main biochemical changes in muscle tissue with increasing fitness.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
18.	List the main physiological features of a trained body at rest.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
19.	List the main causes of overtraining.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
20.	List the types of planning of the training process.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
21.	Give a characteristic of the work capacity zone according to V.S. Farfel (optional)	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
22.	Give a characteristic of the work capacity zone according to V.S. Farfel (optional)	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
23.	Specify the main stages of the creation and implementation of the All-Russian physical culture and sports complex "Ready for work and defense"	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
24.	Disclose the content of the normative and testing part of the All-Russian physical culture and sports complex "Ready for work and defense"	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
25.	List the main hygienic means of restoring and improving performance.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
26.	Name the factors and principles of hardening.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
27.	Give a definition of doping and a classification of officially prohibited drugs.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
28.	Discover the effect of anabolic steroids on the female body.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
29.	Discover the effect of anabolic steroids on the male body.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.

30.	Discover the effect of anabolic steroids on the body of teenagers.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
31.	Name the sanctions applied to athletes, coaches, physicians when doping is detected.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
32.	List the kinds of exercise equipment according to their influence.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
33.	List the types of exercise equipment.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
34.	Give a description of the psychophysical coupling simulators.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
35.	List the relative and absolute contraindications to training on simulators and exercise equipment.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
36.	Give a description of the medical groups.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
37.	Specify the limitations of exercise for the elderly.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
38.	List ways to recover from physical activity	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
39.	List the categories of disabled people.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
40.	Describe the structure of adaptive physical education.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
41.	Define and explain the content of ride therapy.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
42.	Define the concepts of "massage" and "self-massage".	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
43.	Specify the impact of massage techniques on the functional state of the human body.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
44.	List the forms of massage.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
45.	Define the concepts of "physical condition", "physical development", "physique".	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
46.	Describe the constitutional types of humans.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
47.	List the indicators of self-monitoring of the body during physical activity.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
48.	Give a definition of self-monitoring, its purpose and objectives.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
49.	State the goals and objectives of the professionally applied physical training of a medical worker.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.

50.	Reveal the peculiarities of the professional work of physicians of various profiles (optional).	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
51.	Reveal the forms of organization of professionally applied physical training in a medical university.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
52.	What groups of functional training are students in the special medical group divided into?	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
53.	What are the forms of physical exercises with people who have health disorders?	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
54.	What are the features of conducting physical education classes for students assigned to a special medical group for health reasons?	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
55.	Define the concepts of "motor activity", "hypokinesia", "hyperkinesia".	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
56.	List the main positive effects of motor activity on the human body.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
57.	State the main criteria that should be considered when prescribing a motor regimen involved.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
58.	Define the concept of "injury".	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
59.	Name the main causes of injury.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
60.	List measures to prevent injuries and diseases of the musculoskeletal system in physical training and sports.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
61.	List the general safety requirements for physical education and sports.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
62.	Describe the sequence of actions to save the life and preserve the health of the victim.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
63.	List the components of a health-preserving environment.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
64.	State the Olympic principle defined by Pierre de Coubertin.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
65.	State the motto of the Olympic Games.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.
66.	Describe the emblem of the Russian Olympic Committee.	UC-7.1.1; GPC-2.1.1; GPC-3.1.1; GPC-3.1.2.

## 2.2. Examples of tasks for assessing the development of practical skills

Checked indicators of competence achievement: UC-7.2.1, UC-7.3.1.

- 1) Using the proposed scheme of the express analysis of the load tolerance at a particular physical training session, calculate the energy cost of the entire session.
- 2) Using the suggested data, determine the level of physical performance in absolute value.

3) Produce a study of the elements of "motor memory" with the accuracy of reproduction of a given movement in time according to the proposed parameters.

Considered at the meeting of the Department of Physical Education and Health  
28.05.2024 Protocol № 16.

Head of the Department

A handwritten signature in blue ink, appearing to read 'S.Y. Maksimova', with a horizontal line extending from the end of the signature.

S.Y. Maksimova