

**Assessment tools for the certification in the discipline
 "Physical education for persons with disabilities and health limitations"
 for students enrolled in 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 certification of students is carried out at classes and includes: assessment of the level of physical fitness, assessment of the fulfillment of independent work.

1.1. Examples of physical fitness assessment.

Assessment of the level of physical fitness is represented by exercises of a particular module selected by the student in the current semester. The level of physical fitness is recorded by the teacher in the form of a grade in the appropriate section of the grade book.

Checked indicators of competence achievement: UC -7.2.1, UC -7.3.1, GPC -2.2.3, PC -5.1.1.

Tests	Rating, point				
	«1»	«2»	«3»	«4»	«5»
Module 1	General physical fitness (men)				
PWC 170, kgm/min/kg	13,56 and below	14,65-13,57	15,75-14,66	16,83-15,75	16,84 and higher
Jumping rope on two legs, number of rebounds per minute	less than 120	120	130	140	150
Push-up lying on the floor (straight body, lower until the chest touches the floor), number of times	less than 21	21-31	32-37	38-43	44 and more
Lifting straight legs to touch the crossbar, number of times	less than 5	5	6-10	11-13	14 and more
Module 1	General physical training (women)				
PWC 170, kgm/min/kg	9,56 and below	10,55-9,57	11,54-10,56	12,53-11,55	12,54 and higher
6 "Mini-burpee" (S.P. – m.s.; 1-squatting emphasis, 2- lying emphasis, 3– squatting emphasis, 4- s.p.), sec.	15 and less	16-18	19-25	26-30	more than 30
Jumping rope on two legs, number of rebounds per minute	less than 90	100	110	120	130
Push-up lying on the floor (straight body, lower until the chest touches the floor), number of times	less than 7	7-11	12-16	17-23	24 and more
Lifting straight legs to touch the crossbar, number of times	less than 4	4	5-7	8-9	10 and more
Module 2	Swimming (men)				
Cooper's 12-minute swimming test, m	less than 350	350-450	450-550	550-650	more than 650

Swimming 25 m crawl on the chest, sec.	more than 24	24	22	20	18
Swimming 25 m back crawl, sec.	more than 27	27	25	22	20
Swimming 25 m breaststroke, sec	more than 33	33	28	24	22
Module 2	Swimming (women)				
Cooper's 12-minute swimming test, m	less than 275	275-350	350-450	450-550	more than 550
Swimming 25 m crawl on the chest, sec.	more than 40	40	35	30	25
Swimming 25 m back crawl, sec.	more than 38	38	32	30	28
Swimming 25 m breaststroke, sec	more than 43	43	38	35	30
Module 3	Sports games				
Volleyball (men)					
Serving the ball from 10 attempts, number of times	1	2-3	4-6	7-8	9-10
Overhead pass, number of times	5 and less	6-8	9-11	12-14	15
Volleyball (women)					
Serving the ball in 5 attempts, number of times	1	2	3	4	5
Overhead pass, number of times	2 and less	4-5	6-7	8-9	10
Basketball (men)					
Penalty shot (out of 30 attempts), number of hits	13 and less	14-15	16-17	18-19	20 and more
Shots from points (out of 40 attempts), number of hits	9 and less	10-12	13-15	16-18	19 and more
Basketball (women)					
Penalty shot (out of 30 attempts), number of hits	13 and less	14-15	16-17	18-19	20 and more
Shots from points (out of 40 attempts), number of hits	9 and less	10-12	13-15	16-18	19 and more
Badminton (men)					
Stuffing (juggling) the shuttlecock with the open side of the racket, number of times	3 and less	4-5	6-9	10-12	13-15
Stuffing (juggling) the shuttlecock with the open side of the racket, number of times	3 and less	4-5	6-9	10-12	13-15
Serving by zones (out of 10 attempts) with the open side of the racket, number of times	3 and less	4-5	6-9	10-12	13-15
Serving by zones (out of 10 attempts) with the closed side of the racket, number of times	3 and less	4-5	6-9	10-12	13-15
Badminton (women)					

Stuffing (juggling) the shuttlecock with the open side of the racket, number of times	2 and less	3	4-6	7-8	9-10
Stuffing (juggling) the shuttlecock with the open side of the racket, number of times	2 and less	3	4-6	7-8	9-10
Serving by zones (out of 10 attempts) with the open side of the racket, number of times	2 and less	3	4-6	7-8	9-10
Serving by zones (out of 10 attempts) with the closed side of the racket, number of times	2 and less	3	4-6	7-8	9-10
Darts (men)					
Big round, points	less than 150	180	200	230	250
Set of points, points	less than 200	240	280	310	350
Darts (women)					
Big round, points	less than 100	120	140	150	180
Set of points, points	less than 150	180	220	260	300
Module 4.	Motor health systems				
Functional strength of rectus abdominis muscles, sec	less than 10 сек	10 - 20	21 – 45	46 – 60	more than 60
Functional strength of oblique abdominal muscles, sec	less than 20 сек	20 - 45	46 – 90 сек	91 – 120 сек	more than 120
Functional strength of spine extensor muscles, sec	less than 10	10 - 20	21 – 45	46 – 60	more than 60
Assessment of physical fitness according to the results of the 12-minute Cooper test, m	less than 1500	1500-1840	1841-2240	2241-2640	higher than 2640

1.2. Criteria for assessing students' independent work

Independent work of students includes compulsory performance of a weekly motor volume with completion of the diary of self-monitoring.

Checked indicators of competence achievement: UC-7.2.1, UC-7.3.1, GPC-2.2.3, PC-5.1.1.

Approximate indicators of the self-control diary in the performance of independent work of the student

	№	Indicators	Date
			01.12.24
Common	1	Sleep rating	Norm
	2	Sleep time, h	7
	3	Heart rate lying down in the morning, bpm	55
		Heart rate standing in the morning, bpm	65
		The difference in beats/min	10
4	Blood pressure in the morning, heart rate	118/78, 65	

	5	Weight, kg	78	
	6	Well-being	Good	
	7	Mood	Good	
	8	Desire to train	Great	
	9	Blood pressure in the evening, pulse	124/80, 70	
	10	Appetite	Norm	
	11	Working capacity	Normal	
	12	Violation of the regime	No	
	13	Painful sensations	No	
Training	1	Training time	Morning	
	2	Training loads	Walking	
	3	Training results	4 км, 40 мин	
	4	Heart rate before training beats/min	70	
	5	Heart rate after training, beats/min		100
		Heart rate in 5 minutes after training, beats/min		90
		Heart rate 30 minutes after training, beats/min.		80
		Heart rate 1 hour after training, beats/min		75
	6	Sweating	Moderate	
7	Muscle pain	No		
8	Assessment of exercise tolerance good	Good		
9	Notes (a set of exercises is given in accordance with the thematic plan of IWS)			

2. Assessment tools for conducting intermediate certification in the discipline

Intermediate certification is conducted in the form of a student's report, which is a defense of the self-control diary.

Checked indicators of competence achievement: UC-7.2.1, UC-7.3.1, GPC-2.2.1, GPC-2.3.1, PC-3.2.1, PC-3.3.1.

The self-control diary is a mandatory reporting document in which the student presents the following sections:

- attendance for the entire period of mastering the discipline;
- assessment of the level of physical fitness for 1-6 semesters of training
- doing independent work for 1-6 semesters.

The report evaluates:

- the quality of the submitted by the student self-control diary by sections
- the final level of physical fitness of the student.

The assessment of the level of physical fitness consists of an analysis of the individual data of the student's preparation for the entire period of study.

Considered at the meeting of the Department of Physical Culture and Health

Protocol No. 16

28.05.2024

Head of the Department



S.Y. Maksimova