

**Assessment tools for certification  
in the discipline "Physical training (elective modules)"  
for students of 2023, 2024, 2025 in the educational program of the specialist degree in  
specialty 33.05.01 Pharmacy,  
focus (profile) Pharmacy, full-time education  
for the 2025-2026 academic year**

1. Assessment tools for conducting ongoing assessment in the discipline  
"Physical Fitness (Elective Modules)"

The current certification includes the following types of tasks: assessment of the level of physical fitness (pedagogical testing), assessment of the acquisition of practical skills and abilities.

1.1. Examples of assessing the level of physical fitness

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

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

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

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

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

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

1. Demonstrate optimal posture for health walking.
2. Perform a set of preparatory exercises before strength-oriented physical activity.
3. Show elements of the technique of game-oriented exercises.

## 1. 3. Criteria for assessing the student's independent work

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

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

### 1.3.1. Examples of test tasks with a single answer.

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

1. Indicate in which tissue of the body there are more proprioceptors.
  - a) in fascial tissue
  - b) in muscle tissue
2. Which system reacts faster to the environment, mechanical damage and stress?
  - a) fascial system
  - b) musculoskeletal system
3. In Thomas Myers' "anatomy trains" all muscles, ligaments, tendons and elastic connective tissue fragments are examined...
  - a) as a system of complexes of interconnected elements
  - b) as separately formed sections (parts) of the body
4. A chronic condition associated with the formation of localized seals in muscle tissue in the form of trigger (pain) points is called...
  - a) myofascial pain syndrome
  - b) tensegrity
  - c) radiculopathy
5. Testing for shortening of the pectoral muscle is performed...
  - a) Wright's test
  - b) Romberg's test
  - c) Spielberg's test
6. What types of physical activity are mainly used to develop flexibility?

- a) stretching exercises
- b) strength exercises
- c) endurance exercises
- d) breathing exercises

7. What role does flexibility play in everyday life?

- a) increases the level of human coordination capabilities
- b) increases the efficiency of the cardiovascular system
- c) increases muscle strength
- d) helps to avoid injuries from falls

8. What kind of flexibility is called active?

- a) which a person can develop independently without the help of other people
- b) which develops when performing exercises with weights
- c) manifested in the process of performing sports exercises
- d) developing under the influence of external factors

9. Doctors whose work involves performing highly precise actions under time constraints sometimes develop

- a) coordination neuroses
- b) psycho-emotional breakdowns

10. Exercises with changes in the pace of execution and the environment, running through segments in a specified time according to visual and sound signals are related to ...

- a) to the development of the attention function
- b) to develop strength capabilities;
- c) to develop aerobic endurance.

### 1.3.2. Examples of multiple-choice test questions.

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

1. Choose three answers out of five. The health benefits of physical exercise are associated with:

To prevent computer neck syndrome, you must:

- a) do joint exercises
- b) do eye exercises
- c) do breathing exercises
- d) engage in hardening procedures
- e) use dietary supplements

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

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

3. Choose two answers out of four. The health benefits of physical exercise are related to:

- a) with the development of human speed qualities
- b) with an increase in the body's aerobic capacity

- c) with increased muscle strength
- d) with increased physical performance

4. Choose two answers out of four. What is stretching?

- a) a system of static exercises that develop flexibility and help increase muscle elasticity
- b) muscle tension
- c) flexibility shown in movements
- d) morphofunctional properties of the musculoskeletal system, determining the degree of mobility of its links

5. Choose three answers out of five. Select all types of cycling

aerobics a) cycle

b) spinning

c) aquasailing d)

salsa

d) aqua aerobics

6. Choose three answers out of five. Select all types of physical activity that are suitable for people with low levels of physical fitness

a) callanetics b)

walking

c) Nordic walking d)

Cycling

d) spinning

e) powerlifting

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

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

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

Indicators	Individual results
Ideal weight	
BMI	
<b>Waist to hip ratio (WHR)</b>	

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

No.	The task of developing physical qualities, motor skills and abilities.	Physical education facilities, Wellness systems and technologies
	<i>For example: Develop aerobic endurance</i>	<i>Running 2 km or more, cross-country skiing.</i>
1	Strengthen your back muscles	
2	Strengthen your abdominal muscles	
3	Improve vestibular stability	
4	Improve coordination skills	

5	Develop strength endurance	
6	Improve mobility in the hips joints	
7	Develop speed qualities	
8	Develop speed-strength qualities	
9	Improve overall flexibility	
10	Improve balance	

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

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

The midterm assessment is conducted in the form of a test. The test includes an interview on control questions.

### 2.1. Interview Control Questions

Verifiable indicators of competence achievement: UK-7.1.1., UK-7.2.1., UK-7.3.1. List of questions for interview

List of questions for an interview

No.	Test questions for midterm assessment	Under Verification competencies
1.	What type of flexibility is demonstrated in movement?	UK-7.2.1., UK-7.3.1
2.	What is the main method for developing flexibility?	UK-7.1.1., UK-7.2.1., UK-7.3.1
3.	What are the safety rules for doing stretching exercises?	UK-7.1.1., UK-7.2.1., UK-7.3.1
4.	What part of the body requires special attention when preparing to pass the GTO standard?	UK-7.1.1.
5.	What is the main purpose of myofascial release?	UK-7.1.1., UK-7.3.1.
6.	What principles should be followed when preparing to pass the GTO flexibility standard?	UK-7.2.1., UK-7.3.1
7.	After which scientist is the formula for calculation named? ideal weight?	UK-7.3.1
8.	What body type is characterized by dominance of longitudinal dimensions of the body?	UK-7.2.1., UK-7.3.1.
9.	What is the name of the science of healthy nutrition?	UK-7.1.1., UK-7.2.1.
10.	Optimal female body type index is called:	UK-7.1.1.
11.	What is the energy content in calories of 500 g of fat?	UK-7.1.1., UK-7.2.1., UK-7.3.1
12.	What is the optimal daily food intake for a person in calories per 1 kg of weight?	UK-7.1.1., UK-7.3.1.

13.	Describe the coordination abilities and factors influencing them.	UK-7.1.1.
14.	Reveal the psychophysiological basis of coordination abilities.	UK-7.1.1.
15.	Specify the means and methods for developing the ability to maintaining balance.	UK-7.2.1.
16.	Specify the means and methods for developing the ability to orientation in space.	UK-7.2.1.
17.	Specify the value of a fully formed the ability to differentiate muscle efforts in the professional activities of a doctor, list the means of its development.	UK-7.3.1.
18.	Specify the value of a fully formed the ability to coordinate motor actions in the professional activities of a doctor, list the means of its development.	UK-7.3.1.
19.	Provide one example of a health program needed to maintain the performance of a medical worker	UK-7.1.1.
20.	Reveal the methodological characteristics of physical rehabilitation	UK-7.1.1.
21.	Give a brief description of the motor techniques rehabilitation used in cases of intellectual disabilities.	UK-7.2.1.
22.	Provide a brief description of the methods of motor rehabilitation used in cases of spinal cord injury. brain.	UK-7.2.1.
23.	Give a brief description of the motor techniques rehabilitation used for visual impairment.	UK-7.2.1.
24.	Describe the main mechanisms of action of physical exercises as part of physical rehabilitation.	UK-7.3.1.
25.	Describe the coordination abilities and factors influencing them.	UK-7.1.1.
26.	Reveal the psychophysiological foundations coordination abilities.	UK-7.1.1.
27.	Specify the means and methods for developing the ability to maintaining balance.	UK-7.2.1.
28.	Specify the means and methods for developing the ability to orientation in space.	UK-7.2.1.
29.	Specify the value of a fully formed the ability to differentiate muscle efforts in the professional activities of a doctor, list the means of its development.	UK-7.3.1.
30.	Specify the value of a fully formed the ability to coordinate motor actions in the professional activities of a doctor, list the means of its development.	UK-7.3.1.
31.	Who is the creator of autogenic training?	UK-7.2.1., UK-7.3.1
32.	How is it recommended to form groups for autogenic training in the clinic?	UK-7.1.1., UK-7.2.1., UK-7.3.1
33.	What is the goal of sports mental hygiene?	UK-7.1.1., UK-7.2.1., UK-7.3.1.

34.	What is the physiological effect of use progressive muscle relaxation?	UK-7.1.1., UK-7.2.1., UK-7.3.1
35.	What is autogenic training according to I.P. based on? Pavlov?	UK-7.1.1., UK-7.2.1.,
36.	What progressive muscle training teaches you to manage relaxation?	UK-7.1.1., UK-7.2.1.,
37.	What is general endurance and why is it important in everyday life.	UK-7.1.1., UK-7.2.1.
38.	What factors does endurance depend on and how does it is being determined.	UK-7.1.1.
39.	How to determine your endurance level.	UK-7.1.1., UK-7.2.1., UK-7.3.1.
40.	What are the criteria for assessing the level of endurance, from what they depend.	UK-7.1.1., UK-7.2.1., UK-7.3.1.
41.	How to develop general endurance, what methods and exercises are used for this.	UK-7.1.1., UK-7.2.1., UK-7.3.1
42.	How often should you practice to improve? endurance, what is the duration of one session.	UK-7.1.1., UK-7.2.1.
43.	Explain the concept of what stretching is.	UK-7.3.1
44.	Explain the concept of what type of exercise stretching is.	UK-7.3.1
45.	Give definitions of two basic stretching training complexes.	UK-7.3.1
46.	Describe the five main components helping to regulate the load when performing stretching exercises.	UK-7.3.1
47.	Explain how flexibility is controlled, what are the two types of flexibility and what they depend on flexibility indicators.	UK-7.1.1., UK-7.2.1., UK-7.3.1.
48.	What is special endurance?	UK-7.1.1., UK-7.3.1.
49.	What is the repetition training method?	UK-7.2.1., UK-7.3.1
50.	What types of special endurance are there?	UK-7.2.1., UK-7.3.1.
51.	What determines the level of development and manifestation special endurance?	UK-7.1.1., UK-7.2.1., UK-7.3.1.
52.	What are the main functions of endurance?	UK-7.1.1., UK-7.2.1.,
53.	What determines the level of development and manifestation of the general endurance?	UK-7.1.1.
54.	What tasks does the preparatory part solve? yoga training session	UK-7.1.1. UK-7.3.1.
55.	Give a definition of the term “pose”	UK-7.1.1.
56.	Name the asana that has a tonic effect on the subcutaneous muscle of the neck, which gives good cosmetic effect	UK-7.1.1. UK-7.3.1.

57.	What is the name of the asana in which this occurs? achieving complete relaxation on the physical level, without falling asleep.	UK-7.1.1. UK-7.2.1.
58.	In what body position is it recommended to perform breathing exercises	UK-7.1.1. UK-7.2.1.; UK-7.3.1.
59.	Provide a description of fixed assets professional and applied physical training of a specialist.	UK-7.3.1.
60.	Explain the concept of professional and applied physical training, what are its goals and objectives.	UK-7.3.1.
61.	Describe the main factors that determine the content of professional and applied physical training preparation.	UK-7.3.1.
62.	Describe additional factors that determine the content of professional-applied physical training.	UK-7.3.1.
63.	List and describe the means of physical education used for the prevention of such occupational diseases as coordination neuroses and asthenopia.	UK-7.1.1. UK -7.2.1. UK-7.3.1.
64.	Describe the incidence of diseases and working conditions specialists.	UK-7.3.1.
65.	Describe the functional tests that allow detect the "smartphone neck" and "office worker" syndromes.	UK-7.3.1.
66.	List the physical exercise methods for preventing the "smartphone neck" syndrome.	UK-7.1.1. UK -7.2.1. UK-7.3.1.
67.	List the means of physical culture for prevention of the "office worker" syndrome.	UK-7.1.1. UK -7.2.1.
68.	Explain the concept of "myofascial syndrome" "myofascial release".	UK-7.1.1.
69.	Describe the technique for performing myofascial release.	UK-7.3.1.
70.	List the main indications and contraindications for performing myofascial release.	UK-7.1.1.
71.	What is speed?	UK-7.1.1., UK-7.2.1., UK-7.3.1.
72.	What is the physiological essence of speed?	UK-7.1.1., UK-7.2.1., UK-7.3.1.
73.	What are the main methods for developing speed?	UK-7.1.1., UK-7.2.1., UK-7.3.1.
74.	What are the main means of developing speed?	UK-7.1.1., UK-7.2.1., UK-7.3.1.
75.	What types of tests show the level development of speed, are included in the GTO complex?	UK-7.1.1.
76.	What are the main types of postural disorders? clinical practice, and what are they characterized by?	UK-7.1.1. UK-7.2.1.; UK-7.3.1.
77.	What are the main causes of the development of postural pathologies in children and adults?	UK-7.1.1. UK-7.2.1.; UK-7.3.1.
78.	What diagnostic methods are used to identify postural disorders and determine their severity?	UK-7.1.1. UK-7.2.1.; UK-7.3.1.



79.	How regular exercise contribute to the prevention and correction of posture disorders?	UK-7.1.1. UK-7.2.1.; UK-7.3.1.
80.	What are the measures for preventing and correcting violations? Are postures recommended for students and sedentary people?	UK-7.1.1. UK-7.2.1.; UK-7.3.1.
81.	What are the main types of flat feet? clinical practice, and how do they differ in morphological characteristics?	UK-7.1.1. UK-7.2.1.; UK-7.3.1.
82.	What causes and factors contribute to the development of flat feet in children and adults?	UK-7.1.1. UK-7.2.1.; UK-7.3.1.
83.	What diagnostic methods are used to determine the degree and type of flat feet?	UK-7.1.1. UK-7.2.1.; UK-7.3.1.
84.	As physical education classes and special Do exercises help strengthen the foot muscles and correct flat feet?	UK-7.1.1. UK-7.2.1.; UK-7.3.1.
85.	What are the preventive measures and recommendations for Should foot muscle strengthening exercises be given to patients to prevent the progression of flat feet?	UK-7.1.1. UK-7.2.1.; UK-7.3.1.

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

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