

**Assessment tools for conducting certification in the discipline  
"Physical Education and Sports" for students of 2022 admission to the  
educational program 33.05.01 Pharmacy,  
focus (profile) Pharmacy (specialty), full-time education for  
the 2025-2026 academic year.**

**1. Assessment tools for conducting ongoing assessment in the discipline**

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

**1.1. Assessment tools for conducting certification in seminar-type classes.**

**1.1.1. 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. Choose one answer out of four. The process of developing physical qualities and acquiring motor skills is:

- a) physical education b) physical development c) physical culture
- d) a set of physical exercises

2. Choose one answer out of four. The founder of the national system of student physical education:

- a) P.F. Lesgaft
- b) L.P. Matveev
- c) M.V. Lomonosov
- d) Pierre de Coubertin

3. Choose one answer out of four. The Russian Student Sports Union was formed:

- a) in 1993 b) in 1957 c) in 1987 d) in 1929

4. Choose one answer out of four. In what year in our country was the subject "physical education" introduced into the curriculum as a compulsory subject:

- a) 1993
- b) 1929
- c) 1901
- d) 1910

5. Choose one answer out of three. The recommended weekly physical activity for men and women aged 18-29 is:

- a) 11 o'clock
- b) 5 hours
- c) 8 hours

6. Choose one answer out of two. Doping is:

- a) a pharmacological drug that artificially increases performance and athletic results

b) a pharmacological drug that artificially increases performance, strengthens the immune system and promotes rapid recovery of the body after heavy physical exertion

7. Choose one answer out of three. What type of doping are alcohol and diuretics?

- a) specific types of doping
- b) psychotropic stimulants
- c) narcotic and pain-relieving substances

#### 1.1.2. 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 five answers out of eight. Specify the acupuncture points that should be massaged for the prevention of acute respiratory viral infections and flu:

- a) on the tip of the nose
- b) at the upper end of the lateral groove of the ala of the nose
- c) 3 mm outside the corner of the nail bed of the thumb
- d) 2-3 mm towards the nose from the inner corner of the eye
- e) at the beginning of the eyebrows of the inner corner of the eye
- f) at the tragus of the ear
- g) in the middle of the zygomatic bone
- h) on the back of the hand, between the 1st and 2nd metacarpal bones

2. Choose three answers out of six. Absolute contraindications to the use of breathing exercises according to A. Strelnikova are:

- a) myocardial infarction
- b) chronic sinusitis
- c) stroke
- d) hypertension
- e) leukemia
- f) open form of tuberculosis

3. Choose two answers out of five. Cyclic exercises include: a) sports games

- b) swimming
- c) cycling
- d) high jump
- e) figure skating

4. Choose three answers out of five. Acyclic exercises include: a) running

- b) martial arts
- c) water skiing
- d) rowing
- e) acrobatic exercises

5. Choose three answers out of five. The physical qualities of a person are: a) strength

- b) attentiveness
- c) dexterity
- d) balance
- e) endurance

1.1.2. 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. Create a fragment of a set of exercises for morning hygienic gymnastics (3-4 exercises for one conditional muscle zone).
2. Demonstrate the ability to manage a group of people during a physical education break.
3. Create a set of corrective exercises taking into account one nosological group.

## 2. Assessment tools for conducting midterm assessment in a discipline.

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

No.	Questions to prepare for the midterm assessment	Competencies to be tested
1.	What is the reason for developing a separate curriculum? on physical education for students of medical and pharmaceutical universities?	UK - 7.2.1., UK-7.3.1
2.	Give a definition of "Physical Education".	UK-7.1.1., UK - 7.2.1., UK-7.3.1
3.	Give a definition of "Physical Education".	UK-7.1.1., UK - 7.2.1., UK-7.3.1
4.	Name the degrees of fatigue during mental work. S.A. Kosilov.	UK-7.1.1.
5.	Name the content (sections) of the curriculum for physical science disciplines education for medical and pharmaceutical universities.	UK-7.1.1., UK-7.3.1
6.	List the forms of physical education classes at a medical university.	UK - 7.2.1., UK-7.3.1
7.	Name it educational departments By physical education.	UK-7.3.1
8.	Name the factors that influence the change in state mental performance of students.	UK - 7.2.1., UK-7.3.1
9.	Name it conditions high productivity of the educational students' work.	UK-7.1.1., UK - 7.2.1.
10.	List "small forms" physical education, used in the mode of students' educational work.	UK-7.1.1.
11.	What are the features of physical training? culture For students of the special educational department	UK-7.1.1., UK - 7.2.1., UK-7.3.1
12.	Give characteristic basic biochemical changes V muscular fabrics with increasing training.	UK-7.1.1., UK-7.3.1
13.	List main physiological features a trained organism at rest.	UK-7.1.1., UK - 7.2.1.

14.	List main causes of overtraining.	UK-7.1.1., UK - 7.2.1.
15.	List types planning training process.	UK-7.1.1., UK - 7.2.1.
16.	Give a description of the maximum power zone works by V.S. Farfel.	UK-7.1.1.
17.	Describe the submaximal power zone. works by V.S. Farfel.	UK-7.1.1.
18.	Specify main stages creations and implementation VFSK GTO complex.	UK-7.1.1., UK-7.3.1
19.	Disclose the content of the normative testing part of the All-Russian Physical Culture and Sports Complex GTO.	UK-7.1.1., UK-7.3.1
20.	List main hygiene products restoration and improvement of performance.	UK-7.1.1., UK - 7.2.1., UK-7.3.1
21.	Name the factors and principles of hardening.	UK-7.1.1.
22.	Reveal the effects of anabolic steroids on female organism.	UK - 7.2.1.
23.	Reveal the effects of anabolic steroids on male organism.	UK- 7.2.1.
24.	Uncover the effects of anabolic steroids on the body teenagers.	UK - 7.2.1.
25.	List types exercise machines by direction impact.	UK-7.1.1.
26.	List the types of exercise machines.	UK-7.1.1.
27.	Give characteristic psychophysical simulators conjugations.	UK-7.1.1., UK-7.3.1
28.	List relative And absolute contraindications To classes on exercise machines And training equipment.	UK-7.1.1., UK - 7.2.1., UK-7.3.1
29.	Provide a description of medical groups.	UK - 7.2.1.
30.	Please indicate any restrictions on activities with older adults.	UK-7.3.1
31.	List the methods of recovery after physical exertion.	UK - 7.2.1., UK-7.3.1
32.	List the categories of disabled people.	UK-7.1.1., UK - 7.2.1., UK-7.3.1
33.	Describe the structure of adaptive physical education.	UK-7.1.1., UK - 7.2.1., UK-7.3.1
34.	Provide a definition and describe the content of ride therapy.	UK-7.1.1., UK - 7.2.1., UK-7.3.1
35.	Give a definition of the concepts "massage" and "self-massage".	UK-7.1.1., UK - 7.2.1.,
36.	Please indicate, which impact provide massage techniques on functional state organism human.	UK-7.1.1., UK - 7.2.1.,
37.	List the forms of massage.	UK-7.1.1., UK - 7.2.1.
38.	Give a definition of the concepts "physical condition" "physical development", "physique".	UK-7.1.1.
39.	List the indicators of self-control of the body during physical activity.	UK-7.3.1
40.	Give a definition of self-control, its purpose and objectives.	UK-7.3.1

41.	What are the goals and objectives of the medical worker's professional development program?	UK-7.3.1
42.	Reveal the specifics of the professional work of doctors various profiles (optional).	UK-7.3.1
43.	Forms of organization of the PFP in a medical university.	UK-7.1.1., UK - 7.2.1., UK-7.3.1
44.	Describe the constitutional types of a person.	UK-7.1.1., UK-7.3.1
45.	What departments of functional training are they divided into? students of the special medical group?	UK - 7.2.1., UK-7.3.1
46.	Name the forms of physical exercise with people with health problems?	UK - 7.2.1., UK-7.3.1
47.	Features of conducting physical education classes with persons classified in a special medical group due to their health status?	UK-7.1.1., UK - 7.2.1., UK-7.3.1
48.	Give a definition of the concept of "motor activity" "hypokinesia", "hyperkinesia".	UK-7.1.1., UK - 7.2.1.,
49.	List main positive effects impacts physical activity on the human body.	UK-7.1.1.
50.	Name it main criteria, which need to be taken into account when assigning a motor regime engaged.	UK-7.1.1., UK - 7.2.1., UK-7.3.1
51.	Give a definition of the term "trauma".	UK-7.1.1., UK - 7.2.1.
52.	Name the main causes of injuries.	UK-7.1.1., UK - 7.2.1.
53.	List the activities for the prevention of injuries and diseases of the musculoskeletal system in the classroom physical education and sports.	UK - 7.2.1., UK-7.3.1
54.	List the general safety requirements for physical education and sports activities.	UK - 7.2.1., UK-7.3.1
55.	Describe subsequence actions for rescue life and preservation of health of the victim.	UK - 7.2.1., UK-7.3.1
56.	List the components of a health-preserving environment.	UK-7.1.1., UK - 7.2.1.
57.	Reveal the essence of the activities related to doping control.	UK - 7.2.1., UK-7.3.1
58.	Definition of doping and classification officially prohibited drugs	UK - 7.2.1., UK-7.3.1
59.	Describe the control of gender differences in sports	UK - 7.2.1., UK-7.3.1
60.	The main methods of using doping agents and the degree of electivity of classical sports in a given track.	UK - 7.2.1., UK-7.3.1
61.	Name the sanctions applied to athletes, coaches, to doctors when doping use is detected	UK - 7.2.1., UK-7.3.1

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Head of Department



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