

**Assessment tools for conducting certification in the
discipline "Physical Education and Sports"
for students of the 2023-2025 academic year in the specialist educational program
in the 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

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 was the subject introduced in our country? "physical education" in the curriculum as compulsory: 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 d)
- endurance

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

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.

1.2. Assessment tools for independent work of students.

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

1.2.1. 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. Adequate physical activity ensures:

- a) gradual weight loss
- b) decrease in the body's physiological reserves
- c) optimal physical and mental performance

2. When running with a child, it is recommended to maintain an interval between eating and the start of training:

- a) 1 hour
- b) 1.5 hours
- c) 2 hours

3. Elderly people are shown:

- a) walking
- b) running
- c) horse riding

4. Time of work during high-intensity physical activity: a) 5 – 30 min

- b) 30 – 40 min
- c) 40 - 90 minutes

5. Disruption of body functions due to limited motor activity and a decrease in the strength of muscle contraction is called:

- a) hypodynamia
- b) hypokinesia c)
- hypertension

6. The full development of the human musculoskeletal system, provided that the norms of motor activity are met, ends by:

- a) 15-18 years old
- b) 20-24 years old

c) 35-40 years old

1.2.2. 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 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 an increase in muscle strength.
- d) with increased physical performance

2. Choose three answers out of seven. The state of overtraining is characterized by: a) lowering blood pressure

- b) disorder of fine muscle coordination c) increase in heart rate d) deterioration of vision, hearing
- d) amnesia
- e) appearance dyspeptic disorders g) apathy

3. Choose three answers out of five. The reasons for overtraining are: a) improper organization of the training process

- b) unhealthy diet
- c) unjustified increase in training loads d) sudden change in climatic conditions
- d) any illness suffered by the athlete "on his feet"

4. Choose three answers out of five. Hypertrophy of the cardiac muscle is characterized by: a) a decrease in the total volume of the heart

- b) increase in the total volume of the heart
- c) increase in the capacity of the heart cavities
- d) decrease in the capacity of coronary vessels
- d) increase in the capacity of coronary vessels

5. Choose three answers out of five. The main physiological characteristics of a trained organism are:

- 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
- d) rapid reduction of physiological changes to the initial level upon completion of work

1.2.3. 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.

Exercise 1. Produce calculation own average coefficient
physical activity (CFA) in a weekly cycle using the tabular method.

| Day of the week | Calculation of CFA |
|----------------------|--------------------|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |
| Average for the week | |

Task 2. Determine your own threshold of aerobic endurance. Create a personal program of motor activity in aerobic mode for a week, taking into account your age and level of physical fitness.

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 | Under Verification competencies |
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| 1. | Name the forms of physical education management and sports in Russia. | UK-7.1.1., 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. | Describe the physical management structure culture and sports in the Russian Federation. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 5. | Name the founder of the Russian higher education system physical education. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 6. | What is the reason for developing a separate curriculum for physical education for medical and pharmaceutical universities? | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 7. | Name the content (sections) of the curriculum for the disciplines physical education For students medical and pharmaceutical universities. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 8. | List forms classes physical culture V medical school | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 9. | Name the educational departments for physical education. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 10. | Name the features of students' time budget as social group. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 11. | Name the features of the organization of the educational process in medical school. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |

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| 12. | Name the degrees of fatigue during mental work according to S.A. Kosilov. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 13. | Name the factors influencing the change states mental performance of students. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 14. | Name the conditions for high productivity of educational work students. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 15. | List "small forms" physical cultures, used in the mode of students' educational work. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 16. | Name it peculiarities conducting classes physical culture for students of the special education department | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 17. | Give characteristic main biochemical changes in muscle tissue with increasing training. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 18. | List main physiological peculiarities a trained organism at rest. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 19. | List main reasons occurrence overtraining. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 20. | List the types of training process planning. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 21. | Give a description of the zone of maximum working power according to V.S. Fafel. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 22. | Describe the submaximal power zone. works by V.S. Fafel. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 23. | Specify the main stages of creation and implementation of the complex VFSK GTO. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 24. | Expand content normative testing parts VFSK GTO. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 25. | List main hygienic means restoration and improvement of performance. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 26. | Name the factors and principles of hardening. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 27. | Give a definition of doping and classification officially prohibited drugs. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 28. | Reveal the effects of anabolic steroids on female organism. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 29. | Reveal the effects of anabolic steroids on male organism. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 30. | Uncover the effects of anabolic steroids on the body teenagers. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 31. | Name the sanctions applied to athletes, coaches, to doctors if doping use is detected. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 32. | List types exercise machines Bydirections impact. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 33. | List the types of exercise machines. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 34. | Give characteristic exercise machines psychophysical conjugations. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 35. | List relative And absolute Contraindications to exercise on exercise machines and training equipment. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 36. | Provide a description of medical groups. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |

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| 37. | Please indicate any restrictions on activities with older adults. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 38. | List the methods of recovery after physical loads. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 39. | List the categories of disabled people. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 40. | Give a description of the structure of adaptive physical cultures. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 41. | Provide a definition and describe the content of ride therapy. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 42. | Give a definition of the concepts "massage" and "self-massage". | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 43. | Specify what effect massage techniques have on the functional state of the human body. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 44. | List the forms of massage. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 45. | Give definition concepts "physical state", "physical development", "physique". | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 46. | Describe the constitutional types of a person. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 47. | List indicators self-control organism at physical activity. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 48. | Give a definition of self-control, its purpose and objectives | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 49. | What are the goals and objectives of the medical worker's professional development program? | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 50. | Reveal the specifics of the professional work of doctors various profiles (optional). | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 51. | Explain the forms of organization of the PFP in a medical university. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 52. | On which groups functional preparations they share students of the special medical group? | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 53. | What are forms classes physical exercises With persons with health problems? | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 54. | What are the features of conducting physical training classes? the culture of students assigned to a special medical group due to their health condition? | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 55. | Give a definition of the concept of "motor activity" "hypokinesia", "hyperkinesia". | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 56. | List main positive effects the impact of physical activity on the human body. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 57. | Name it main criteria, which must be taken into account at appointment motorregime engaged. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 58. | Give a definition of the term "trauma". | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 59. | Name the main causes of injuries. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |

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| 60. | List events By prevention injuries And diseases of the musculoskeletal system during physical education and sports. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 61. | List the general safety requirements on physical education and sports. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |
| 62. | Describe the sequence of actions to save a life and maintaining the health of the victim. | UK-7.1.1., UK-7.2.1., UK-7.3.1. |

Considered at the meeting of the Department of Physical Education and Health on May 30, 2025
g., protocol No.

18.

Head of Department



S.Yu.Maximova