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MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
Federal State Autonomous Educational Institution
Higher Education
"NORTH CAUCASUS FEDERAL UNIVERSITY"

APPROVED BY
Acting Director of the Institute
Advanced Engineering
Cand. Tech. Sci., Associate Professor
A.A. Porokhnya

DISCIPLINE ASSESSMENT TOOLS FUND
Elective Courses (Modules) in Physical Education and Sports

Field of study	11.03.02 Infocommunication Technologies and Communication Systems
Profile	Intelligent Data Processing in Infocommunication Systems and Networks
Year of start of training	2026
Form of study	Full-time
Implemented in a semester	1 – 4

Introduction

1. Purpose

The fund of assessment tools for the discipline "Elective Disciplines (Modules) in Physical Culture and Sports" is intended for an objective assessment of the level of competence formation.

2. The FOS is an appendix to the program of the discipline "Elective disciplines (modules) in physical culture and sports".

3. The developer is M.V. Katrenko, Associate Professor of the Department of Digital, Robotic Systems and Electronics of the Institute of Advanced Engineering.

4. An examination of the FOC was carried out.

Members of the expert group:

Chairman: V.P. Mochalov, Professor of the Department of Digital, Robotic Systems and Electronics of the Institute of Advanced Engineering.

Members of the Commission:

S.V. Yakovlev, Associate Professor of the Department of Digital, Robotic Systems and Electronics of the Institute of Advanced Engineering.

S.V. Melnikov, Senior Researcher of the Interdisciplinary Training and Research Center for Agricultural Technologies, Associate Professor of the Department of Digital, Robotic Systems and Electronics of the Institute of Advanced Engineering.

Representative of the employer's organization:

Mironov V.A., General Director of Orintex LLC.

Expert opinion: The FAT for the discipline allows you to assess the level of competence formation. Start approbation.

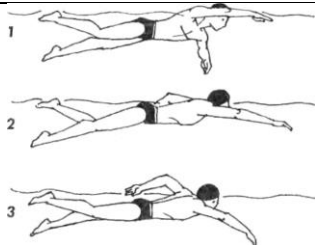
5. The validity period of the FAT is determined by the period of implementation of the educational program.

1. Description of the criteria for assessing competence at various stages of their formation, description of assessment scales

Competence(s), Indicator(s)	Levels of competence formation (s)			
	The minimum level has not been reached (Unsatisfactory) 2 points	Minimum level (satisfactory) 3 points	Intermediate level (good) 4 points	High level (excellent) 5 points
Competency: UK-7				
Learning outcomes in the discipline: ID-1UK-7 chooses health-saving technologies to ensure full-fledged social and professional activities, taking into account the physiological characteristics of the body and living conditions	Has fragmentary knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities	Has a general understanding of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities	Has basic knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities	Fully possesses knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities
ID-2UK-7 plans his working and free time for the optimal combination of physical and mental load and ensuring efficiency in professional activities	Is not able to combine physical and mental load to ensure performance in professional activity	At a low level, it combines physical and mental load to ensure performance in professional activities	Is able to combine physical and mental load at a sufficient level to ensure performance in professional activities	Is able to rationally combine physical and mental load at a high level to ensure performance in professional activities
ID-3UK-7 maintains the proper level of physical fitness to ensure full-fledged social and professional activities and observes the norms of a healthy lifestyle	Is unable to maintain the proper level of physical fitness to ensure full social and professional activities	At a low level, maintains the proper level of physical fitness to ensure full social and professional activities and observes the norms of a healthy lifestyle	Maintains a sufficient level of physical fitness to ensure full social and professional activities and observes the norms of a healthy lifestyle	Is able to maintain a high level of physical fitness to ensure full-fledged social and professional activities

ASSESSMENT TOOLS TO CHECK THE LEVEL OF FORMATION OF COMPETENCIES

Job Number	Correct answer	Content of the question	Competence
Semester 2			
Test tasks			
1.	b f d c a e	Establish the correct sequence of conducting a set of general development exercises: a) squats. b) head tilts. c) circular movements of the pelvis. d) bending the body. e) jumping exercises; f) Hand jerks	UK-7
2.	b	How Long After Waking Up Can I Do Physical Activity? a) Immediately b) After 1.5-2 hours c) It all depends on the characteristics of the body and the biorhythms of a person	UK -7
3.	a, s	Which of the following refers to swimming styles a) Breaststroke b) on the side c) chest crawl (freestyle) d) Backstroke	UK -7
4.	1-c 2-b 3-a	Establish a match: 1) The fastest way to swim 2) the slowest way to swim 3) the most energy-consuming way of swimming (a) Butterfly (b) Breaststroke c) crawl on the chest	UK -7
Interview Questions			
5.	crawl on the chest	Specify your swimming style	

			
6.		Characterize the concept of "Fatigue"	UK -7
7.		Characterize human biorhythms and reveal their impact on the quality of social and professional activities	UK -7
8.		What is the means of physical education?	UK -7
9.		List the factors of a healthy lifestyle	
10.		Give a general description of the technique of the swimming style "Crawl on the chest"	UK -7
11.		Define the concept of "stretching"	UK -7
12.		Define the concept of "Fitness"	UK -7
13.		Define the concept of "Sport swimming"	UK -7
14.		What are the basic rules for observing safety regulations in the gym?	UK -7
15.		Name the option of fitness training for those engaged in a gentle mode, without special loads, which allows you to prepare the body for loads	UK -7
16.		List the stages of teaching the technique of performing movements	UK -7
17.		What is the name of the process aimed at strengthening health and developing the functional capabilities of the body?	UK -7
18.		Name the main assessment tools that determine the procedure for assessing the student's physical fitness	UK -7
19.		Explain the impact of physical education and sports on students' mental performance and academic performance	UK-7
20.		Describe the method of organization and hygienic foundations of independent physical exercises	UK-7
21.		Reveal the impact of exercise on human health.	UK-7
22.		List the main forms of physical education and health classes.	UK-7
23.		Describe the physiological mechanisms and patterns of improvement of the respiratory system under the influence of directed physical training	UK-7

24.		Reveal the role of physical education in the professional activities of a bachelor and a specialist	UK-7
25.		Give a general description of the technique of the swimming style "Breaststroke"	UK -7
26.		Describe the start of swimming by the "Crawl on the back" method	UK -7
Semester 4			
Test tasks			
27.	1-b 2-c 3-a	Establish a match: 1) Low-intensity physical activity 2) Moderate intensity physical activity 3) High-intensity physical activity a) 180-200 bpm; (b) 110-120 bpm; c) 130-140 bpm.	UK-7
28.	b,c	What are the external signs of fatigue during physical exertion? a) increased heart rate; b) redness of the skin; c) staggering gait; d) high blood pressure.	UK-7
29.	a	Which muscles in the human body are the main stabilizers? a) Abdominal muscles b) Leg muscles c) Back muscles	UK -7
30.	b	Aerobic exercise is _____ a) Participation in the work of large muscle groups; Possibility of prolonged performance of the exercise; Rhythmic nature of muscle activity b) Systematic performance of those physical exercises that cover a large group of muscles are long-lasting and provide energy due to aerobic processes c) Cyclic exercises that promote beneficial functional changes in the body	UK -7
31.	a	What are the names of exercises aimed mainly at mastering the technique of movements? a) Leading b) Educational	UK -7

		a) Imitation	
32.	b d e f	A comprehensive assessment of health consists of: a) assessment of the state of the cardiovascular and respiratory systems; b) assessment of the levels and harmony of the student's physical and neuro-psychological development; c) assessment of the level of development of the student's physical qualities; d) the degree of resistance and reactivity of the body; e) the functional state of the main systems of the body; f) the presence or absence of chronic diseases.	UK-7
Interview Questions			
33.		Give a general description of the concept of "sports training"	UK -7
34.		Reveal the essence of the concept of "Industrial gymnastics" and its role in ensuring full-fledged social and professional activities	UK -7
35.		Reveal the importance of the preparatory part of the physical education lesson	UK -7
36.		What is the starting position when performing an exercise and what distinctive characteristics does it have?	UK -7
37.		What are the exercises that have a differentiated effect on the development of special physical abilities and movement techniques necessary for an athlete to be called?	UK -7
38.		Reveal the meaning and correlation of the concepts of "Physical Training" and "Physical Fitness"	UK -7
39.		What concept does the formulation refer to: "when performing physical exercises, it is a part of a motor action; the movement of the human body relative to its environment (environment, support, physical bodies) or some of its parts relative to others, as well as the mechanical movement of sports equipment"?	UK -7
40.		Which complex characteristic of the technique of physical exercises reflects the regular order of distribution of efforts in time and space, the sequence and measure of their change (increase and decrease in the dynamics of action)?	UK -7
41.		Answer the question. What is used to mark the field for sports games (football, volleyball, basketball, etc.)?	UK -7
42.		What concept is defined as "a set of methods of work of a coach and an athlete, with the help of which specific tasks of increasing the level of sports fitness are solved: the	UK -7

		necessary qualities are cultivated, skills and abilities are mastered, and the laws of sports training are cognized"?	
43.		Reveal the meaning and correlation of the concepts of "Motor skill" and "Motor skill"	UK -7
44.		Describe the forms and means of health-improving physical education in the prevention of occupational diseases	UK-7
45.		Rules for the hardening procedure and its impact on the body's performance	UK-7
46.		Reveal the main contraindications for physical education and sports	UK-7
47.		Define the concept of "Health-saving educational technologies"	UK-7
48.		Reveal the content characteristics of the components of a healthy lifestyle.	UK-7
49.		Compare the features of the psychophysical state of a person engaged in physical exercises and those who do not.	UK-7
50.		Algorithm for compiling a self-control diary for regular physical activity	UK-7
51.		Reveal the concepts of "physical self-education" and "improvement" as a condition for a healthy lifestyle.	UK-7
52.		Describe optimal physical activity and its impact on human health and performance	UK-7
Semester 6			
Test tasks			
53.	b	Norm of motor activity of an adult a) 5000-8000 steps/day b) 10000-15000 steps/day c) 3000-5000 steps/day d) 25000-30000 steps/day	UK-7
54.	c	What team sports have a libero player? a) Basketball b) Football c) Volleyball (d) All of the above	UK -7
55.	isotonics	Drinks based on pure water, the task of which during intense muscle work is to quickly replenish the minerals of magnesium, calcium and sodium washed out of the body with sweat, are called	UK -7
56.	Competitive method	The method of physical culture and sports activity involves a specially organized competitive activity, acting in	UK -7

		As a means of increasing the level of preparedness of students, the following are named	
57.	b	What is the method of sports training called the "game method"? a) In which any physical exercises are performed: running, jumping, throwing, etc. b) Providing for the performance of motor actions in the conditions of the game (c) In which the load and the degree of exposure are clearly regulated	UK -7
58.	c	How do sports teams differ from each other on the court? a) By the height of the players b) By the number of forwards c) By the color of the sports uniform	UK -7
59.	BMI = Weight, kg/Height ² ,m	There is a world-famous body mass index (BMI) or Quetelet index. Specify the formula for determining the Quetelet index.	UK-7
Interview Questions			
60.		Reveal the meaning of sports as a social phenomenon.	
61.		What is meant by a motor error?	UK -7
62.		To form an idea of massage and its types.	UK -7
63.		Reveal the meaning of the concept of "Physical activity"	UK -7
64.		Reveal the distinctive features of a motor skill	UK -7
65.		Give a general description of circuit training?	UK -7
66.		Give a classification of sports (one by choice)	UK -7
67.		Define the concept of "health" in the Constitution of the World Health Organization	UK-7
68.		Describe the physiological mechanisms and patterns of improvement of the cardiovascular system under the influence of directed physical training	UK-7
69.		Reveal the method of conducting functional tests for holding the breath on inhalation and exhalation.	UK-7
70.		Describe non-traditional systems of physical exercises	UK-7
71.		Describe the content of health-saving technologies in the system of general and higher education	UK-7
72.		Reveal the combination of labor organization and physical education in the self-education of a future specialist	UK-7
73.		Describe the tasks and forms of professionally applied physical training	UK-7
74.		Uncover the main means of restoring physical performance	UK -7
75.		Define the concept of "Hardening"	UK-7

2. Description of the grading scale

A rating system for assessing student progress is not provided for Elective disciplines (modules) in physical education and sports.

3. Criteria for assessing competencies

3.1. Criteria for assessing competencies when performing test tasks

The grade "excellent" is given to a student who has completed 88-100% of all the proposed test tasks, of different types, independently and consistently navigates the test tasks.

A "good" mark is given to a student if he has correctly completed 87-72% of the proposed test tasks, navigates the test tasks.

A "satisfactory" grade is given to a student if he or she has correctly completed 71-53% of the proposed test tasks, and is fragmentarily oriented in the tasks.

The grade "unsatisfactory" is given to a student if he has completed less than 52% of the proposed test tasks, is poorly oriented in the tasks.

3.2. Criteria for assessing competencies during an interview

An "excellent" grade is given to a student if the answer is if he has a full command of the conceptual apparatus, thinks logically, answers questions fluently, supports his answer with knowledge from related disciplines, gives a detailed answer to the question posed. The formation of competencies is at a high level.

A "good" grade is given to a student if he has basic knowledge, can argue his answer, has independent activity when answering, makes mistakes in the formulated terms. Formation of competencies at the basic level.

A "satisfactory" grade is given to a student if he has scattered knowledge of the discipline being studied, does not have independent activity when answering, makes mistakes in the formulated terms. In general, skills are formed, but not systematized. The formation of competencies is at a satisfactory level.

An "unsatisfactory" grade is given to a student if the basic conceptual apparatus is not mastered, operates with inaccurate wording, irrationally selected examples for the disclosure of the topic, is poorly oriented in the main questions of the interview. The formation of competencies is weak.