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

APPROVED
Assoc. Prof. Kubanov S.I.
PhD in Medical Sciences
Dean
Faculty of Medicine and Biology

ASSESSMENT TOOLS FUND

ELECTIVE DISCIPLINES (MODULES) IN PHYSICAL CULTURE AND SPORTS

Field of Training:	For all fields of training and specialties
Specialization (Profile):	For all profiles and specializations
Year of Commencement:	2026
Type of Training:	Full-time
Delivered in Semester	2-7

Introduction

1. **Aim:** The Assessment Tool Fund (ATF) is designed to evaluate the level of competency among students in the ELECTIVE DISCIPLINES (MODULES) IN PHYSICAL CULTURE AND SPORTS across all fields of study and specialties.
2. The ATF is an appendix to the syllabus of ELECTIVE DISCIPLINES (MODULES) IN PHYSICAL CULTURE AND SPORTS.
3. **Developer:** Katrenko M.V., Associate Professor, Department of Physical Culture.
4. **Examination of the ATF has been completed.**

Members of the expert group:

- **Chair:** Kubanov S.I., Associate Professor of the Department of Surgery, Orthopedics, and Traumatology
- **Commission members:**
 - Ivchenko G.S., Acting Head of the Department of Internal Medicine Propaedeutics.
 - Kotelevets S.M., Professor of the Department of Internal Medicine Propaedeutics.

Employer organization representative: Vilensky I.L., Chief Physician of Independent CDL, LLC

Expert conclusion – the ATF allows evaluating the level of competency levels and is recommended to be employed in the educational process.

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

1. Competency Evaluation Criteria at Various Stages of Their Development; Rating Scales

Competency(ies), Indicator(s)	Competency Development Levels
Competency: UC-7	
Minimum level not reached (Unsatisfactory) – 2 points	Has fragmented ideas of health-saving technologies and physiological characteristics of the body to ensure full social and professional activity
Minimum level (Satisfactory) – 3 points	Has only general understanding of health-saving technologies and physiological characteristics of the body to ensure full social and professional activity.
Intermediate level (Good) – 4 points	Has basic knowledge of health-saving technologies and physiological characteristics of the body to ensure full social and professional activity.
Advanced level (Excellent) – 5 points	Fully possesses knowledge of health-saving technologies and physiological characteristics of the body to ensure full social and professional activity.

- **AI-1 UC-7:** Selects health-saving technologies to ensure full social and professional activity, taking into account the physiological characteristics of the body and living conditions.
 - *Unsatisfactory (2):* Has fragmentary knowledge of health-saving technologies and physiological characteristics of the body to ensure full social and professional activity.
 - *Satisfactory (3):* Has a general understanding of health-saving technologies and physiological characteristics of the body to ensure full social and professional activity.
 - *Good (4):* Has basic knowledge of health-saving technologies and physiological characteristics of the body to ensure full social and professional activity.
 - *Excellent (5):* Fully possesses knowledge of health-saving technologies and physiological characteristics of the body to ensure full social and professional activity.
- **AI-2 UC-7:** Plans their working and free time for an optimal combination of physical and mental load and ensuring working capacity in professional activity.
 - *Unsatisfactory (2):* Incapable of combining physical and mental load to ensure working capacity in professional activity.
 - *Satisfactory (3):* Combines physical and mental load at a low level to ensure working capacity in professional activity.
 - *Good (4):* Capable of combining physical and mental load at a sufficient level to ensure working capacity in professional activity.
 - *Excellent (5):* Capable of rationally combining physical and mental load at a high level to ensure working capacity in professional activity.
- **AI-3 UC-7:** Maintains the proper level of physical fitness to ensure full social and professional activity and adheres to the norms of a healthy lifestyle.
 - *Unsatisfactory (2):* Incapable of maintaining the proper level of physical fitness to ensure full social and professional activity.
 - *Satisfactory (3):* Maintains the proper level of physical fitness at a low level to ensure full social and professional activity and adheres to the norms of a healthy lifestyle.
 - *Good (4):* Maintains the proper level of physical fitness at a sufficient level to ensure full social and professional activity and adheres to the norms of a healthy lifestyle.
 - *Excellent (5):* Capable of maintaining the proper level of physical fitness at a high level to ensure full social and professional activity.

ASSESSMENT TOOLS FOR CHECKING THE LEVEL OF COMPETENCY DEVELOPMENT

Task Number	Correct Answer	Content of the Question	Competency
SEMESTER 2			
Test Tasks			
1	Correct Answer: b, f, d, c, a, e	Establish the correct sequence for conducting a complex of general developmental exercises: a) squats b) head tilts c) circular movements of the pelvis d) torso bends e) jumping exercises f) arm jerks	UC-7
2	Correct Answer: b	How much time after waking up can one engage in physical activity? a) Immediately b) After 1.5–2 hours c) Everything depends on the characteristics of the body and human biorhythms	UC-7
3	Correct Answer: front crawl	Indicate the swimming style: [front crawl]	UC-7
4	Correct Answer: 1-c, 2-b, 3-a	Establish the matching: 1) the fastest swimming method 2) the slowest swimming method 3) the most energy-consuming swimming method a) butterfly b) breaststroke c) front crawl	UC-7
5	Correct Answer: b	Choose the correct answer. Number of participants in a relay swim: a) 2 b) 4 c) 6 d) 8	UC-7
6	Correct Answer: b, d	Choose the correct answer. Which swimming methods are considered applied styles: a) front crawl b) side crawl c) breaststroke d) inverted breaststroke (on the back)	UC-7
7	Correct Answer: a	Choose the correct answer. Sequence of styles in individual medley: a) butterfly, backstroke, breaststroke, freestyle (front crawl) b) freestyle (front crawl), backstroke, breaststroke, butterfly c) backstroke, butterfly, breaststroke, freestyle (front crawl)	UC-7
8	Correct Answer: a, b	Choose the correct answer. In pools of what length are official swimming competitions held: a) 25m b) 50m c) 100m d) 150m	UC-7

Task Number	Correct Answer	Content of the Question	Competency
9	Correct Answer: a	Choose the correct answer. To which group of sports does swimming belong: a) acyclic b) cyclic c) mixed d) repetitive	UC-7
10	Correct Answer: d	Choose the correct answer. Currently, the following variations of the crawl are distinguished: a) 4-beat and 6-beat crawl b) 4-beat and 8-beat crawl c) 2-beat, 4-beat, 10-beat crawl d) 2-beat, 4-beat, 6-beat crawl	UC-7
11	Correct Answer: c	Choose the correct answer. In which swimming method is the start executed from the water: a) butterfly b) front crawl c) backstroke d) breaststroke	UC-7
12	Correct Answer: c	Choose the correct answer. A swimmer has the right to swim underwater after the start and after turns for: a) 5m b) 10m c) 15m d) 20m	UC-7
13	Correct Answer: a	Choose the correct answer. A drowning person must be approached: a) from behind b) it does not matter c) from the side d) face to face	UC-7
14	Correct Answer: d	Choose the correct answer. Types of applied swimming: a) speed swimming, diving b) lifesaving c) ability to stay on the water, crossings d) ability to stay on the water, crossings, lifesaving, diving	UC-7
15	Correct Answer: b	Choose the correct answer. After which whistle must the swimmer execute the start from the starting block: a) 1 b) 2 c) 3 d) all answers are correct	UC-7
16	Correct Answer: a, b, d, e, g	Which of the following are components of a person's general fitness: a) mental activity and curiosity b) positive emotional sensations c) comfortable rest d) meaningful relationships with other people e) awareness of social problems and participation in their resolution f) material wealth g) physical abilities for energetic actions aimed at achieving personal goals	UC-7
17	Correct Answer: b, d	Which of the following relates to the goals of achieving a healthy lifestyle:	UC-7

Task Number	Correct Answer	Content of the Question	Competency
		a) physical activity b) disease prevention c) rational nutrition d) life extension	
18	Correct Answer: functional	Write in the missing word in the correct case: As the [functional] fitness increases, the capacity for physical activity rises.	UC-7
19	Correct Answer: b, c	A high level of physical fitness is accompanied by such physiological adaptations as: a) regular physical exercises; b) decrease in heart rate under standard load; c) increased ability to mobilize and utilize body energy resources under maximum load; d) safe living conditions.	UC-7
20	Correct Answer: a, b, c	Prevention of sports injuries and diseases of the musculoskeletal system includes: a) a full warm-up b) compliance with sanitary and hygienic standards of sessions c) compliance with methodical principles of sessions d) forcing loads e) unfavorable climatic conditions f) early start of training after injuries and illnesses	UC-7
21	Correct Answer: b	List the primary tasks of first aid provided to a victim: a) temporary stoppage of bleeding, application of a hemostatic tourniquet b) carrying out measures to eliminate threats to life, preventing complications, ensuring favorable conditions for transportation c) application of artificial respiration techniques, chest compressions, application of bandage dressings, tourniquets, immobilization d) improving or restoring cardiac activity and breathing	UC-7
22	Correct Answer: a	Medical physical culture (Physical Therapy) is: a) a method that uses the means of physical culture for therapeutic and prophylactic purposes b) a set of mechanical techniques through which an effect is exerted on superficial tissues c) a complex of medical, pedagogical, and social measures aimed at restoring impaired body functions, social functions, and working capacity d) a complex of measures that increase the body's resistance to the unfavorable action of environmental factors by systematic dosed exposure to these factors e) a responsive motor reaction of a muscle to stimulation	UC-7
23	Correct Answer: b	Massage is: a) a method that uses the means of physical culture for therapeutic and prophylactic purposes b) a set of mechanical techniques through which an effect is exerted on superficial tissues c) a complex of medical, pedagogical, and social measures aimed at restoring impaired body functions, social functions, and working capacity d) a complex of measures that increase the body's resistance to the unfavorable action of environmental factors by systematic dosed exposure to these factors	UC-7

Task Number	Correct Answer	Content of the Question	Competency
		e) a responsive motor reaction of a muscle to stimulation	
24	Correct Answer: a, b, d	Indications for the prescription of medical physical culture: a) scoliosis b) flat feet c) cramps d) rehabilitation after myocardial infarction e) high body temperature f) bleeding	UC-7
25	Correct Answer: c, e, f	Contraindications to the prescription of medical physical culture: a) scoliosis b) flat feet c) cramps d) rehabilitation after myocardial infarction e) high body temperature f) bleeding	UC-7
Interview Questions			
26		Characterize the concept of Fatigue	UC-7
27		Characterize human biorhythms and reveal their impact on the quality of social and professional activities	UC-7
28		What applies to the means of physical education?	UC-7
29		List the factors of a healthy lifestyle	UC-7
30		Give a general characterization of the technique of the Front Crawl swimming style	UC-7
31		Define the concept of Stretching	UC-7
32		Define the concept of Fitness	UC-7
33		Define the concept of Competitive Swimming	UC-7
34		Name the basic rules for compliance with safety regulations in the gym	UC-7
35		Name a variant of fitness training for those exercising in a gentle mode, without significant loads, allowing the body to be prepared for loads	UC-7
36		List the stages of teaching the technique of executing movements	UC-7
37		What is the name of the process aimed at strengthening health and developing the functional capabilities of the body?	UC-7
38		Name the primary assessment tools that determine the procedure for evaluating a student's physical fitness	UC-7
39		Explain the impact of physical culture and sports sessions on the mental working capacity and academic performance of students	UC-7
40		Describe the methodology of organization and hygienic bases of independent physical exercise sessions	UC-7
41		Reveal the impact of physical exercises on human health.	UC-7
42		List the main forms of physical culture and health-improvement sessions.	UC-7
43		Describe the physiological mechanisms and regularities of improving the respiratory system under the influence of targeted physical training	UC-7
44		Reveal the role of physical culture in the professional activity of a bachelor and a specialist	UC-7

Task Number	Correct Answer	Content of the Question	Competency
45		Give a general characterization of the technique of the Breaststroke swimming style	UC-7
46		Characterize the start when swimming with the Backstroke method	UC-7
SEMESTER 4			
Test Tasks			
47	Correct Answer: 1-b, 2-c, 3-a	Establish the matching: 1) Low-intensity physical load 2) Medium-intensity physical load 3) High-intensity physical load a) 180–200 bpm; b) 110–120 bpm; c) 130–140 bpm.	UC-7
48	Correct Answer: b, c	What are the external signs of fatigue during physical load: a) increase in heart rate; b) redness of the skin; c) staggering gait; d) high blood pressure.	UC-7
49	Correct Answer: a	Which muscles in the human body are the main stabilizers? a) Abdominal muscles b) Leg muscles c) Back muscles	UC-7
50	Correct Answer: b	Load of aerobic orientation is _____ a) Involvement of large muscle groups in work; possibility of long-term exercise execution; rhythmic character of muscular activity b) Systematic execution of those physical exercises that cover a large group of muscles with work, are long-term, and are provided with energy through aerobic processes c) Cyclic exercises that contribute to favorable functional changes in the body	UC-7
51	Correct Answer: a	What are exercises aimed mainly at mastering the technique of movements called? a) Lead-up (introductory) b) Developing c) Imitation	UC-7
52	Correct Answer: b, d, e, f	A comprehensive health assessment consists of: a) assessment of the state of the cardiovascular and respiratory systems; b) assessment of the levels and harmony of the physical and neuropsychic development of the student; c) assessment of the level of development of the student's physical qualities; d) degree of resistance and reactivity of the organism; e) functional state of the main systems of the body; f) presence or absence of chronic diseases.	UC-7
53	Correct Answer: 1-b, 2-a, 3-e, 4-c, 5-d	Establish the matching between the main components of physical fitness: 1) muscular strength, 2) muscular endurance, 3) cardiovascular or cardiorespiratory endurance; 4) flexibility, 5) body composition.	UC-7

Task Number	Correct Answer	Content of the Question	Competency
		a) the ability of a muscle or muscle group to exert effort, overcoming resistance over a long period of time; b) the maximum effort produced by a muscle or muscle group during contraction. c) the ability to perform movements in the joints with maximum range of motion; d) body constitution, which can be represented in the form of a two-component model: lean body mass and body fat; e) the ability of the heart, blood vessels, and lungs to deliver oxygen and nutrients to working muscles and tissues during prolonged physical activity, as well as to remove metabolic end products from them that can lead to fatigue.	
54	Correct Answer: 1-c, 2-b, 3-a	Establish the matching of the types of health fitness: 1) pilates, 2) children's fitness classes, 3) pump aerobics a) health-improving aerobics of a pronounced athletic orientation using a barbell, which does not prevent, however, developing endurance as well. Special barbells of various weights in the form of gymnastic sticks are used, as well as regular barbells for weightlifting; b) built according to special methodologies that take into account the characteristics and needs of the child's body. All lessons are sessions that include balanced complexes of exercises for the formation of physical skills and abilities, for maintaining the child's health, and also represent exciting educational games; c) one of the most fashionable trends of recent times. It is a modernized program of a well-known specialist in the field of medical physical culture of the late 19th — early 20th century. The method is especially good for simultaneously improving physical shape and mental state	UC-7
55	Correct Answer: 1-b, 2-a, 3-c, 4-d	Establish the matching of the principles of health-improving training: 1) principle of accessibility, 2) program-targeted principle, 3) principle of integration, 4) principle of the relationship and interaction of psychic and physical forces of a person, a) in-depth knowledge of the physiological mechanisms of training, in particular health-improving training, allows representing the process as a monolithic, multi-level whole, differentiating into parts; b) aerobics programs must be accessible to participants both in coordination and functional plans, meeting the spiritual and intellectual demands of people; c) the high efficiency of health-improving technologies and, in particular, aerobics, is explained by the fact that the technology of creating fitness programs and aerobics programs accepts and integrates all the best that is developed in related scientific disciplines; d) the integrity of the human personality manifests itself primarily in the interconnectedness of psychic (the sphere of	UC-7

Task Number	Correct Answer	Content of the Question	Competency
		emotions, feelings, and thinking) and physical forces of the organism;	
56	Correct Answer: d	Which of the following does not belong to free weights? a) dumbbells b) barbell c) weight plates d) exercise machines (trainers)	UC-7
57	Correct Answer: a	A key methodological aspect in biceps training is: a) keeping the elbow joint stationary b) maximum muscle stretching at the lowest point c) involving synergist muscles in the work d) performing a stop in the middle of the trajectory	UC-7
58	Correct Answer: c	The main exercise for the development of the calf muscles is: a) barbell squat b) dumbbell lunges c) calf raises (standing on toes) d) wide-stance squats	UC-7
59	Correct Answer: c	How many heads does the deltoid muscle have: a) 1 b) 2 c) 3 d) 4	UC-7
60	Correct Answer: d	Which parameters do not determine the amount of load during an athletic gymnastics session a) weight of the load b) number of sets and repetitions c) rest intervals d) number of exercise machines in the gym	UC-7
61	Correct Answer: a	What is a system called where two exercises are executed one after another without a pause? a) superset b) bi-set c) megaset d) compound set	UC-7
62	Correct Answer: b	Exercises for the development of chest muscles include: a) pull-ups on the bar b) bench press c) barbell squats d) bent-over barbell row	UC-7
63	Correct Answer: a, b, c, d	In therapeutic gymnastics, the load is dosed by: a) choice of the starting position b) tempo of execution c) number of repetitions d) range of motion e) number of participants f) gender of participants	UC-7
64	Correct Answer: a, b, c	The conditions for achieving the health-improving effect of medical physical culture are: a) regularity of sessions b) duration of exercise execution in life activities c) gradual increase in load d) young age of participants	UC-7

Task Number	Correct Answer	Content of the Question	Competency
		e) a certain number of participants f) gender of participants	
65	Correct Answer: a, b, c	Types of physical load in therapeutic gymnastics: a) without restrictions b) with restrictions c) weak d) group e) special	UC-7
66	Correct Answer: a, b, c	Methods of conducting therapeutic gymnastics: a) individual b) group c) consultative d) regular e) systemic f) long-term	UC-7
67	Correct Answer: a, b, c	Motor regimens in medical physical culture: a) bed rest b) ward regimen c) free regimen d) individual e) group f) weakened	UC-7
68	Correct Answer: a, b, c	Orientation of conducting medical physical culture during static deformations of the spine: a) reduction of static load on the spine b) developing the correct posture c) formation of the muscular corset of the back d) relaxation of the muscles of the lower extremities e) increase of static load on the spine f) relaxation of the abdominal muscles	UC-7
Interview Questions			
69		Give a general characterization of the concept of Sports Training	UC-7
70		Reveal the essence of the concept of Workplace Gymnastics and its role in ensuring full social and professional activity	UC-7
71		Reveal the significance of the preparatory part of a physical culture study session	UC-7
72		What is the starting position when executing an exercise and what distinctive characteristics does it possess?	UC-7
73		What are exercises called that have a differentiated effect on the development of special physical abilities and movement techniques required by an athlete?	UC-7
74		Reveal the meaning and correlation of the concepts Physical Preparation and Physical Fitness	UC-7
75		To which concept does the formulation belong: when performing physical exercises – this is a part of a motor action; movement of the human body relative to its surroundings (environment, support, physical bodies) or some of its parts relative to others, as well as mechanical movement of sports equipment?	UC-7
76		What complex characteristic of physical exercise technique reflects the regular order of effort distribution in time and	UC-7

Task Number	Correct Answer	Content of the Question	Competency
		space, the sequence and measure of their change (increase and decrease in the dynamics of action)?	
77		Answer the question. With the help of what is the marking of the field for sports games (football, volleyball, basketball, etc.) produced?	UC-7
78		Which concept is defined as a set of methods of work of a coach and an athlete, with the help of which specific tasks of raising the level of sports preparedness are solved: necessary qualities are brought up, skills and abilities are mastered, cognition of the regularities of sports training occurs?	UC-7
79		Reveal the meaning and correlation of the concepts Motor Skill (Umenie) and Motor Habit/Automated Skill (Navyk)	UC-7
80		Describe the forms and means of health-improving physical culture in the prevention of occupational diseases	UC-7
81		Rules for conducting the hardening procedure and its impact on the working capacity of the body	UC-7
82		Reveal the main contraindications for physical culture and sports sessions	UC-7
83		Define the concept of Health-Saving Educational Technologies	UC-7
84		Reveal the substantive characteristics of the components of a healthy lifestyle.	UC-7
85		Compare the features of the psychophysical state of a person who engages and does not engage in physical exercises.	UC-7
86		Algorithm for compiling a self-monitoring diary during regular physical activity	UC-7
87		Reveal the concepts of physical self-education and improvement as a condition for a healthy lifestyle.	UC-7
88		Describe optimal physical activity and its impact on human health and working capacity	UC-7
Task Number	Correct Answer	Content of the Question	Competency
SEMESTER 6			
Test Tasks			
89	Correct Answer: d	Diameter of a basketball hoop: a) 50cm.; b) 40cm. c) 60cm.; d) 45cm.;	UC-7
90	Correct Answer: b	Official sizes of a basketball court: a) 30x20. b) 28x15; c) 9x18; d) 45x60;	UC-7
91	Correct Answer: b	Sizes of a basketball backboard: a) 100x200; b) 105x180; c) 150x170 d) 120x180;	UC-7
92	Correct Answer: a, e	Choose group interactions in basketball relating to the interaction of three players: a) triangle; b) screen; c) moving to an open space	UC-7

Task Number	Correct Answer	Content of the Question	Competency
		d) large figure-eight; e) small figure-eight;	
93	Correct Answer: b	The Basketball Federation of Europe is called... a) UEFA; b) FIBA; c) FISA; d) MLF	UC-7
94	Correct Answer: c	A timeout in basketball lasts... a) 2 min. b) 5 min. c) 1 min. d) 30 sec. e) 10 sec.	UC-7
95	Correct Answer: c	The time given to bring the ball from the backcourt (defense zone) to the frontcourt (attack zone) in basketball is equal to... a) 24 sec. b) 30 sec. c) 8 sec. d) 5 sec. e) 16 sec.	UC-7
96	Correct Answer: a	The time of an extra period (overtime) in basketball is equal to... a) 5 min. b) 10 min. c) 1 min. d) 20 min. e) 15 min.	UC-7
97	Correct Answer: c	In basketball, they play ... periods of 10 minutes a) 2 b) 3 c) 4 d) 5 e) 1	UC-7
98	Correct Answer: d	Diameter of a basketball hoop: a) 50cm.; b) 40cm. c) 60cm.; d) 45cm.;	UC-7
99	Correct Answer: b	Official sizes of a basketball court: a) 30x20. b) 28x15; c) 9x18; d) 45x60;	UC-7
100	Correct Answer: b	Sizes of a basketball backboard: a) 100x200; b) 105x180; c) 150x170; d) 120x180;	UC-7
101	Correct Answer: a, e	Choose group interactions in basketball relating to the interaction of three players: a) triangle; b) screen; c) moving to an open space d) large figure-eight;	UC-7

Task Number	Correct Answer	Content of the Question	Competency
		e) small figure-eight;	
102	Correct Answer: b	The Basketball Federation of Europe is called... a) UEFA; b) FIBA; c) FISA; d) MLF	UC-7
103	Correct Answer: c	A timeout in basketball lasts... a) 2 min. b) 5 min. c) 1 min. d) 30 sec. e) 10 sec.	UC-7
104	Correct Answer: b	Norm of physical activity for an adult person: a) 5000-8000 steps/day b) 10000-15000 steps/day c) 3000-5000 steps/day d) 25000-30000 steps/day	UC-7
105	Correct Answer: c	In which team sports is there a libero player? a) Basketball b) Football c) Volleyball d) All of the listed	UC-7
106	Correct Answer: isotonics	Drinks based on pure water, whose task during intensive muscular work is to quickly replenish magnesium, calcium, and sodium minerals washed out of the body with sweat, are called [isotonics]	UC-7
107	Correct Answer: competitive method	A method of physical culture and sports activity involving specially organized competitive activity, acting as a means of increasing the level of preparedness of participants, is called the [competitive method]	UC-7
108	Correct Answer: b	Which method of sports training is called the game method? a) In which any physical exercises are performed: running, jumping, throwing, etc. b) Providing for the execution of motor actions in the conditions of a game c) In which the load and the degree of impact are clearly regulated	UC-7
109	Correct Answer: c	In what way do sports teams differ from each other on the court? a) By the height of the players b) By the number of attackers c) By the color of the sports uniform	UC-7
110	Correct Answer: BMI=Weight, kg/Height ² ,m	There is a world-famous body mass index (BMI) or Quetelet index. Indicate the formula for determining the Quetelet index. [BMI=Weight, kg/Height ² ,m]	UC-7
111	Correct Answer: a, b, f	Physical exercises used in the introductory part of a therapeutic gymnastics session for posture defects: a) walking b) jogging c) corrective d) for holding a posture e) relaxing f) respiratory (breathing)	UC-7

Task Number	Correct Answer	Content of the Question	Competency
112	Correct Answer: c, d	Physical exercises used in the main part of a therapeutic gymnastics session for posture defects: a) walking b) jogging c) corrective d) for holding a posture e) respiratory (breathing)	UC-7
113	Correct Answer: a, e, f	Physical exercises used in the final part of a therapeutic gymnastics session for posture defects: a) walking b) hangs c) corrective d) for holding a posture e) relaxing f) respiratory (breathing)	UC-7
114	Correct Answer: a, b	Rules for the application of medical physical culture for flat feet: a) training of foot muscles b) training of lower leg muscles c) relaxation of lower leg muscles d) relaxation of foot muscles e) training of thigh muscles f) relaxation of thigh muscles	UC-7
115	Correct Answer: a, b, c	List special exercises for the correction of flat feet: a) walking on toes b) walking on heels c) walking on the outer edge of the feet d) breathing exercises e) balance exercises f) coordination exercises	UC-7
116	Correct Answer: a, b, c	Tasks of medical physical culture in case of injuries to the musculoskeletal system: a) prevention of muscle atrophy b) prevention of contractures c) normalization of the supporting function of the limb d) development of hypotrophy of the limb e) development of contractures f) preservation of pain syndrome	UC-7
Interview Questions			
117		Reveal the significance of sport as a social phenomenon.	UC-7
118		What is understood by a motor error?	UC-7
119		Form a concept of massage and its types.	UC-7
120		Reveal the meaning of the concept Physical Load	UC-7
121		Reveal the distinctive features of a motor habit (automated skill)	UC-7
122		Give a general characterization of circuit training	UC-7
123		Provide a classification of sports (one by choice)	UC-7
124		Give the definition of the concept of health in the preamble of the World Health Organization Constitution	UC-7
125		Describe the physiological mechanisms and regularities of improving the cardiovascular system under the influence of targeted physical training	UC-7

Task Number	Correct Answer	Content of the Question	Competency
126		Reveal the methodology for conducting functional tests with breath-holding during inhalation and exhalation.	UC-7
127		Characterize non-traditional systems of physical exercises	UC-7
128		Describe the content of health-saving technologies in the system of general and higher education	UC-7
129		Reveal the combination of labor organization and physical culture in the self-education of a future specialist	UC-7
130		Describe the tasks and forms of sessions of professional-applied physical preparation	UC-7
131		Reveal the main means of restoring physical working capacity	UC-7
132		Define the concept of Hardening	UC-7
Task Number		Content of the Question	Competency
SEMESTER 7			
Test Tasks			
133	Correct Answer: b)	A sports game where an mandatory condition is the presence of six players on the court: a) basketball b) volleyball c) football d) handball	UC-7
134	Correct Answer: b)	A non-contact collective sports game in which competitive activity takes place on a court divided by a net: a) hockey b) volleyball c) football d) basketball e) handball	UC-7
135	Correct Answer: a)	Volleyball translates as: a) flying ball b) hand ball c) basket ball d) foot ball	UC-7
136	Correct Answer: 1 - b, 2 - d, 3 - a, 4 - e, 5 - c	Bring into matching the name of the volleyball technical element and its definition: 1) Service (Serve) 2) Pass (Set) 3) Attack hit (Spike) 4) Reception (Dig/Pass) 5) Block a) a technical element that completes attacking actions b) a technical element allowing to put the ball into play c) a technical element blocking the path of the ball after the opponent's attacking actions d) a technical element directing the ball above the top edge of the net for an attack hit e) a defensive technical element allowing to keep the ball in play after the opponent's attacking actions	UC-7
137	Correct Answer: 1 - c, 2 - d, 3 - e, 4 - a, 5 - b	Bring into matching the name of the volleyball technical element and its definition: 1) Movement 2) Transition (Rotation) 3) Service (Serve)	UC-7

Task Number	Correct Answer	Content of the Question	Competency
		4) Stance 5) Attack hit (Spike) a) a player's position convenient for executing movement and technical elements b) a technical element completing an attack with one hand c) a player's action when choosing a place on the court d) the alternate movement of players on the court clockwise when the team wins the right to serve e) a technical element allowing to put the ball into play [Note in text: Methods of teaching a technical element used at the beginning of the process of teaching volleyball technical elements]	
138	Correct Answer: d)	Sports technique in volleyball includes: a) the arsenal of motor actions of an athlete b) a complex of motor actions of an athlete c) methods of executing motor actions d) methods of executing motor actions aimed at an expedient and effective solution of the game tasks	UC-7
139	Correct Answer: a)	Methods of teaching motor actions include: a) whole b) part (segmented) c) interval d) repetitive e) continuous (stream)	UC-7
140	Correct Answer: a)	A specialized activity that allows identifying the level of preparedness of athletes, weak and strong sides of their preparation, and ensuring the formation of experience in competitive activity is called [competition] options provided: - competition - sports preparation - training process - sports training	UC-7
141	Correct Answer: b)	The main specific means of sports training are: a) technical means b) physical exercises c) exercise equipment d) ideomotor exercises	UC-7
142	Correct Answer: c)	The time given to bring the ball from the backcourt to the frontcourt in basketball is equal to... a) 24 sec. b) 30 sec. c) 8 sec. d) 5 sec. e) 16 sec.	UC-7
143	Correct Answer: a)	The time of an extra period in basketball is equal to... a) 5 min. b) 10 min. c) 1 min. d) 20 min. e) 15 min.	UC-7
144	Correct Answer: c)	In basketball, they play ... periods of 10 minutes a) 2 b) 3	UC-7

Task Number	Correct Answer	Content of the Question	Competency
		c) 4 d) 5 e) 1	
145	Correct Answer: d	Diameter of a basketball hoop: a) 50cm.; b) 40cm. c) 60cm.; d) 45cm.;	UC-7
146	Correct Answer: b	Official sizes of a basketball court: a) 30x20. b) 28x15; c) 9x18; d) 45x60;	UC-7
147	Correct Answer: b	Sizes of a basketball backboard: a) 100x200; b) 105x180; c) 150x170; d) 120x180;	UC-7
148	Correct Answer: a, e	Choose group interactions in basketball relating to the interaction of three players: a) triangle; b) screen; c) moving to an open space d) large figure-eight; e) small figure-eight;	UC-7
149	Correct Answer: b	The Basketball Federation of Europe is called... a) UEFA; b) FIBA; c) FISA; d) MLF	UC-7
150	Correct Answer: c	A timeout in basketball lasts... a) 2 min. b) 5 min. c) 1 min. d) 30 sec. e) 10 sec.	UC-7
151	Correct Answer: c	The time given to bring the ball from the backcourt to the frontcourt in basketball is equal to... a) 24 sec. b) 30 sec. c) 8 sec. d) 5 sec. e) 16 sec.	UC-7
152	Correct Answer: a	The time of an extra period in basketball is equal to... a) 5 min. b) 10 min. c) 1 min. d) 20 min. e) 15 min.	UC-7
153	Correct Answer: c	In basketball, they play ... periods of 10 minutes a) 2 b) 3 c) 4 d) 5	UC-7

Task Number	Correct Answer	Content of the Question	Competency
		e) 1	
154	Correct Answer: a, b, c, d, e	Tasks of medical physical culture in respiratory diseases: a) improve the function of external respiration b) accelerate the resolution of inflammation in the lungs c) prevent the development of pleural adhesions d) reduce bronchospasm e) increase sputum production f) increase bronchospasm g) decrease sputum production h) slow down the resolution of inflammation in the lungs i) accelerate the formation of pleural adhesions	UC-7
155	Correct Answer: a, b, c, d, e, f, g	Tasks of medical physical culture in diseases of the gastrointestinal tract: a) improve blood circulation in the abdominal organs b) strengthen the abdominal muscles c) increase venous outflow from the abdominal organs d) improve metabolic processes in the digestive organs e) normalize the secretory function of the digestive organs f) normalize the motor function of the digestive organs g) normalize the absorptive function of the digestive organs h) relax the abdominal muscles	UC-7
156	Correct Answer: d, e, f	Influence of moderate physical loads on the function of the gastrointestinal tract of the human body: a) inhibit the motor function of the intestine b) inhibit the secretory function of the intestine c) inhibit the absorptive function of the intestine d) stimulate the motor function of the intestine e) stimulate the secretory function of the intestine f) stimulate the absorptive function of the intestine	UC-7
157	Correct Answer: a, b, c	Tasks of medical physical culture in diseases of the genitourinary system of the human body: a) improve blood circulation in the pelvic organs b) strengthen the abdominal muscles c) restore the function of the genitourinary organs d) relax the abdominal muscles	UC-7
158	Correct Answer: a	Indicate the direction of massage movements: a) from the periphery to the center b) from the center to the periphery c) depending on the localization of the massaged area d) in the direction from the lymph nodes to the periphery	UC-7
159	Correct Answer: a	The mechanical factor of the physiological mechanism of massage action on the body manifests itself in the form of: a) stretching, displacement, pressure leading to increased circulation of lymph, blood, intertissue fluid b) formation in the skin and entry into the blood of tissue hormones c) improving the protective functions of the skin	UC-7
160	Correct Answer: a	Massage techniques are executed in the following sequence: a) stroking, friction (rubbing), kneading, percussion (striking) techniques b) kneading, stroking, friction, wringing c) stroking, kneading, friction, wringing d) friction, stroking, wringing, kneading	UC-7

Task Number	Correct Answer	Content of the Question	Competency
161	Correct Answer: a, b, c	The effectiveness of massage can be achieved if a number of conditions are met: a) correct position of the body of the patient and the massage therapist b) technical readiness of the massage therapist c) duration of the procedure and course of massage d) time of day e) time of year	UC-7
Interview Questions			
162		Analysis of the execution technique of the overhand set (pass with two hands from above). Typical errors.	UC-7
163		Analysis of the execution technique of the underhand pass (pass with two hands from below). Typical errors.	UC-7
164		Types of serves and features of their execution technique.	UC-7
165		Analysis of the execution technique of the underhand front serve. Typical errors.	UC-7
166		Analysis of the execution technique of the underhand front serve. Typical errors.	UC-7
167		Analysis of the execution technique of the straight attack hit (spike). Typical errors.	UC-7
168		Analysis of the execution technique of blocking. Typical errors.	UC-7
169		History of the development of Physical Therapy (LFK) and massage. Mechanisms of action of physical exercises and massage on the human body. Analytical view on the development of Physical Therapy and massage as a science in an historical aspect.	UC-7
170		Indications, contraindications for conducting medical physical culture and massage. Features of prescribing complexes of Physical Therapy and massage depending on the level of health and individual characteristics of participants	UC-7
171		Characterization of physical exercises. The main means of Physical Therapy. Types of training in Physical Therapy. Conditions for achieving fitness in medical physical culture	UC-7
172		Principles of correction of foot pathology using physical exercises. Forms of Physical Therapy and massage for foot pathology. Rules for compiling complexes of Physical Therapy for foot pathology	UC-7
173		Methods of dosing physical exercises. Types of training in medical gymnastics. Principles of dosage of physical load in Physical Therapy sessions	UC-7
174		Methods of conducting therapeutic gymnastics. Motor regimens when organizing the therapeutic process. Characterization of motor regimens at the stages of clinical recovery (gentle and tonic regimens)	UC-7
175		Define the concept of massage, characterize the techniques of classical massage, hygienic requirements for conducting massage. List and characterize modern types of massage	UC-7
176		Give a characterization of static deformations of the spine. Tasks and methodologies of Physical Therapy and massage for static deformations of the spine. Rules for compiling complexes of Physical Therapy and massage for this pathology	UC-7

Task Number	Correct Answer	Content of the Question	Competency
177		Arthrosis, arthritis. Joint contractures. Definition. Principles of pathology correction using physical exercises. Rules for compiling complexes of Physical Therapy and massage for this pathology	UC-7
178		Posture. Definition. Characteristics of normal human posture. Tasks of massage and Physical Therapy methodology. Types of posture defects. Causes of occurrence. Tasks and methodology of Physical Therapy and massage for posture defects	UC-7
179		Scoliosis. Definition. Classification of scoliosis. Tasks and methodology of Physical Therapy and massage for scoliosis. Rules for compiling complexes of Physical Therapy for this pathology	UC-7
180		Main functions of the foot. Arches of the feet. Types of flat feet, causes of its development. Tasks and methodology of Physical Therapy and massage. Rules for compiling complexes of Physical Therapy for this pathology.	UC-7
181		Main functions of the human nervous system. Osteochondrosis of the spine. Definition. Causes of development. Tasks and methodology of Physical Therapy and massage. Rules for compiling complexes of Physical Therapy for this pathology.	UC-7
182		Tasks and methodology of Physical Therapy and massage for bone fractures and joint dislocations. Rules for compiling complexes of Physical Therapy for this pathology	UC-7
183		Damage to tendons, ligaments, and muscles of the limbs. Tasks and methodology of Physical Therapy and massage in various periods of the disease. Rules for compiling complexes of Physical Therapy for this pathology	UC-7
184		Joint dislocations. Tasks and methodology of Physical Therapy and massage in various periods of the disease. Rules for compiling complexes of Physical Therapy for this pathology	UC-7
185		Deformation of the lower extremities (X -, O - shaped legs, pathological antetorsion of the hips). Principles of pathology correction using physical exercises and massage. Rules for compiling complexes of Physical Therapy for this pathology	UC-7
186		Instability of the lumbar spine. Principles of pathology correction using physical exercises and massage. Rules for compiling complexes of Physical Therapy for this pathology	UC-7
187		Anatomical and physiological features of the cardiovascular system (CVS). Indications and contraindications for conducting Physical Therapy and massage in diseases of the CVS. Impact of physical exercises on the cardiovascular system	UC-7
188		Anatomical and physiological features of the respiratory organs. Types of breathing. Indications and contraindications for conducting Physical Therapy and massage in diseases of the respiratory organs. Impact of physical exercises on the respiratory organs	UC-7
189		Methodology of Physical Therapy and massage for joint injuries. Compose a lesson plan-outline of Physical Therapy	UC-7

Task Number	Correct Answer	Content of the Question	Competency
		for body recovery after damage to bones, tendons, ligaments of the upper extremities	
190		Methodology of Physical Therapy and massage for bone fractures of limbs. Compose a lesson plan-outline of Physical Therapy after a suffered bone fracture of the lower extremity using modern health technologies	UC-7
191		Methodology of Physical Therapy and massage for muscle and tendon strains. Compose a lesson plan-outline of Physical Therapy for recovery after damage to tendons, ligaments, and muscles of the lower extremities using modern health technologies	UC-7
192		Methodology of Physical Therapy and massage for arterial hypertension. Compose a complex of Physical Therapy for mild arterial hypertension using modern health technologies	UC-7
193		Methodology of Physical Therapy and massage for arterial hypotension. Compose a complex of Physical Therapy for mild arterial hypertension using modern health technologies	UC-7
194		Methodology of Physical Therapy and massage for pneumonia. Compose a complex of Physical Therapy for pneumonia using modern health technologies.	UC-7
195		Methodology of Physical Therapy and massage for bronchitis. Compose a complex of Physical Therapy for bronchitis using modern health technologies	UC-7
196		Methodology of Physical Therapy and massage for bronchial asthma. Compose a complex of Physical Therapy for bronchial asthma using modern health technologies	UC-7
197		Methodology of Physical Therapy and massage for instability of the cervical spine. Compose a complex of Physical Therapy for instability of the cervical spine using modern health technologies.	UC-7
198		Methodology of Physical Therapy and massage for instability of the lumbar spine. Compose a complex of Physical Therapy for instability of the lumbar spine using modern health technologies	UC-7
199		Methodology of Physical Therapy and massage for flat posture. Compose a complex of Physical Therapy for flat posture using modern health technologies	UC-7
200		Methodology of Physical Therapy and massage for slouched posture. Compose a complex of Physical Therapy for slouched posture using modern health technologies	UC-7
201		Methodology of Physical Therapy and massage for varus deformation of knee joints. Compose a complex of Physical Therapy for varus deformation of knee joints using modern health technologies.	UC-7
202		Methodology of Physical Therapy and massage for valgus deformation of knee joints. Compose a complex of Physical Therapy for valgus deformation of knee joints using modern health technologies.	UC-7
203		Methodology of Physical Therapy and massage for obesity. Compose a complex of Physical Therapy for obesity using modern health technologies.	UC-7
204		Methodology of Physical Therapy and massage for osteochondrosis of the spine. Compose a complex of Physical	UC-7

Task Number	Correct Answer	Content of the Question	Competency
		Therapy for osteochondrosis of the spine using modern health technologies.	
205		Methodology of Physical Therapy and massage for spinal injuries. Compose a complex of Physical Therapy for spinal injuries using modern health technologies.	UC-7
206		Methodology of Physical Therapy and massage for flat feet. Compose a complex of Physical Therapy for flat feet using modern health technologies.	UC-7

2. Rating Scale

The pass/fail test procedure as a separate control event is not conducted; the evaluation of the student's knowledge in Elective disciplines in physical culture and sports within the rating system of academic performance assessment takes place based on the results of current control.

3. Competency Evaluation Criteria

3.1. Competency evaluation criteria when executing test tasks

An excellent grade is given to a student who has completed 88-100% of all proposed test tasks of different types, independently and consistently orienting themselves in the test tasks.

A good grade is given to a student if they have correctly completed 87-72% of the proposed test tasks, orienting themselves in the test tasks.

A satisfactory grade is given to a student if they have correctly completed 71-53% of the proposed test tasks, fragmentarily orienting themselves in the tasks.

An unsatisfactory grade is given to a student if they have completed less than 52% of the proposed test tasks, poorly orienting themselves in the tasks.

3.2. Competency evaluation criteria during an interview

An excellent grade is awarded to a student if the answer demonstrates that they fully possess the conceptual apparatus, think logically, freely answer questions, back up their answer with knowledge from related disciplines, and give a detailed answer to the question asked. Competency development is at an advanced level.

A good grade is awarded to a student if they have basic knowledge, can argue their answer, possess independent activity when answering, but allow mistakes in the formulated terms. Competency development is at a basic level.

A satisfactory grade is awarded to a student if they have scattered knowledge on the studied discipline, do not possess independent activity when answering, and allow mistakes in the

formulated terms. In general, skills are formed but not systematized. Competency development is at a satisfactory level.

An unsatisfactory grade is awarded to a student if the main conceptual apparatus has not been mastered, they operate with inaccurate formulations, examples for revealing the topic are chosen irrationally, and they orient themselves poorly in the main questions of the interview. Competency is poorly developed.