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MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION

Federal State Autonomous Educational Institution

higher education

NORTH CAUCASIAN FEDERAL UNIVERSITY

I APPROVED BY

Acting Dean of the Faculty

physical education and sports

Candidate of Pedagogical Sciences, Associate Professor

K.M. Smyshkov

ASSESSMENT TOOLS FUND

for discipline

Physical Education and Sports

Direction of training

11.03.02 Infocommunication technologies and
communication systems

Profile

Intelligent Data Processing in Infocommunication
Systems and Networks

Year of commencement of studies

202 6

Form of study

full-time

Implemented in a semester

____ 1-2 ____

Introduction

1. Purpose: The assessment tools fund is intended to assess the level of development of students' competencies in the discipline "Physical Education and Sports" studying in the field of training 11.03.02 Infocommunication Technologies and Communication Systems , Profile "Intelligent Data Processing in Infocommunication Systems and Networks".

2. FOS is an appendix to the program of the discipline "Physical Education and Sports"

3. Developer: Senior Lecturer of the Department of Educational Technologies of Physical Education and Sports Kochergin M.I.

4. An examination of the organophosphorus compounds was carried out.

Members of the expert group:

Chairman: Grudnitskaya N.N. – Chairman of the Teaching and Methodological Committee of the Faculty of Physical Education and Sports.

Members of the commission:

Magin V.A. – Head of the Department of Educational Technologies of Physical Education and Sports.

Kochergin M.I. – Senior Lecturer, Department of Educational Technologies of Physical Education and Sports.

The employer's representative is Marina Vasilievna Kabdieva , head of the regional resource center for the development of additional education for children in physical education and sports of the Ministry of Education of the Stavropol Territory.

Expert opinion: the fund of assessment tools corresponds to the educational program of higher education in the field of training 11.03.02 Infocommunication technologies and communication systems, Profile "Intelligent data processing in infocommunication systems and networks" for assessing the level of development of students' competencies in the discipline "Physical education and sports".

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

Description of the criteria for assessing competence at various stages of its development, description of assessment scales

Competence (ii), indicator (s)	Levels formation competencies (y)			
	The minimum level has not been reached (Unsatisfactory) 2 points	Minimum level (satisfactorily) 3 points	Intermediate level (Fine) 4 points	High level (excellent) 5 points
<i>Competence: UK-7</i>				
Learning outcomes for the course (module): <i>Indicator:</i> ID-1 UK-7 selects health-saving technologies to ensure full social and professional activity, taking into account the physiological characteristics of the body and living conditions;	Does not apply knowledge of the fundamentals of physical education and sports	Applies knowledge of the fundamentals of physical education, selects health-preserving technologies to maintain the proper level of physical fitness, taking into account the physiological characteristics of the body and the conditions for the implementation of social and professional activities at a minimum level	Applies knowledge of the fundamentals of physical education, selects health-preserving technologies to maintain the proper level of physical fitness, taking into account the physiological characteristics of the body and the conditions for the implementation of social and professional activities at an average level, uses them in professional activities	Demonstrates knowledge of health-preserving technologies and physiological characteristics of the body to ensure full social and professional activity activities
ID-2 UK-7 plans his work and free time to optimally combine physical and mental stress and ensure performance and professional activity	Does not plan his work and free time to optimally balance physical and mental stress and ensure productivity in his professional activities	In certain cases, he/she applies planning of his/her working and free time for the optimal combination of physical and mental workload and ensuring efficiency in professional activities.	Uses planning of his work and free time to optimally combine physical and mental workload and ensure performance at an average level, uses it in professional activities	Rationally combines physical and mental stress and ensures efficiency in professional activities
ID-3 UK-7 maintains the appropriate level of physical fitness to ensure full social and professional activity	Does not adhere to or promote healthy lifestyle norms in	Applies in individual cases the principles of a healthy lifestyle in various life situations and in	Applies the principles of a healthy lifestyle in various life situations and in professional	Demonstrates knowledge of healthy lifestyle standards and maintains an adequate level

and adheres to healthy lifestyle standards	various life situations and in professional activities	professional activities	activities , promotes its norms	of physical fitness to ensure full social and professional functioning
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ASSESSMENT TOOLS FOR CHECKING THE LEVEL OF DEVELOPMENT OF COMPETENCIES

Task number	Correct answer	Contents of the question	Competence
Full-time Semester 1, Part-time, part-time Semester 1			
Test tasks			
1.	c, d	Note the principles of sports training a) - Variability b) - Discontinuities and unavailability c) - Systematicity d) - Awareness and activity	UK-7
2.	b	According to the WHO, quality of life is: a) - individuals' perception of their position in society in the context of culture and a system of values that depend on lifestyle, material wealth, and health status b) - an individual's perception of his or her position in life in the context of the culture and value system in which the individual lives, and in relation to the goals, expectations, standards, and interests of that individual c) - individuals' perception of their position in life in the context of a system of values dependent on their state of health	UK-7
3.	d	The effects of exercise on the human body: a) - neutral, even if you exercise hard b) - positive, only if you exercise at the limit of your physical capabilities c) - neutral, if these exercises are performed regularly, at the right pace, in the right sequence, and the person doing the exercises has no contraindications that exclude these exercises d) - positive, if these exercises are performed regularly, at the right pace, in the right sequence, and the person doing them has no contraindications that exclude these exercises.	UK-7
4.	a,d	What effect does physical activity have on the body? a) - allows you to burn more calories to maintain optimal weight b) - reduces the number of years c) - increases vitality and functionality d) - reduces endurance and performance	

5.	c	Physical education is a) - a part of universal human culture, a set of material and spiritual values produced and used by society for the purposes of physical development of a person, strengthening his health and improving motor skills; b) - the process of physical education and upbringing, expressing a high degree of physical preparedness for life, work and defense of the Motherland; c) - a pedagogically organized process of developing physical qualities, teaching motor actions and forming specialized knowledge. d) - an integral part of physical culture that has historically developed in the form of competitive activity and special practice of preparing a person for competitions;	UK-7
6.	b	The purpose of professional and applied physical training of university students is: a) - the formation of professionally important properties and qualities of a physician's personality through various means of physical culture and sports b) - assistance in mastering a specific medical profession, achieving the required level of professional competence and psychophysical readiness for highly productive work c) - ensuring the formation and improvement of personal characteristics and qualities that are essential for specific professional activities	UK-7
	c	Definition of the concept of "physical development" a) - use of means and methods of physical education b) - the process of changing the physical abilities of the body c) - the process of changing the natural morphofunctional properties of an organism during an individual's life d) - development of motor skills and abilities	UK-7
7.	c	The process of psychophysical preparation for future professional activity is called: a) - professional and applied training b) - professional training c) - professional and applied physical training, sports and technical training	UK-7
8.	b	Select the two correct answers. Auxiliary hygiene products that ensure rapid recovery and stimulation of general, professional, and athletic performance are: a) - exposure to ionized air b) - nutrition c) - biologically active additives d) - baths	UK-7

9.	d	What is meant by the term "physical education" a) - development of physical qualities of student youth b) - the process of developing motor skills c) - formation of physical culture of the student's personality d) - a pedagogical process aimed at the formation of a healthy, physically perfect, socially active person	UK-7
10.	b	List the main physical qualities: a) - speed-strength, specialized, general endurance; b) - speed, strength, endurance, flexibility, agility; c) - running, throwing a ball, jumping, push-ups (pull-ups); d) - motor, strength, physiological, biomechanical.	UK-7
11.	a	Flexibility as a physical quality of a person is a) - the ability to perform movements with a large amplitude b) - the ability to perform muscular work for a long time, overcoming the onset of fatigue c) - the ability to control one's movements in time and space, to restructure motor activity in accordance with the requirements of a changing environment, and to quickly master new movements d) - the ability to perform movements in the minimum amount of time given the given conditions	UK-7
12.	d	Speed as a physical quality of a person is a) - the ability to perform movements with a large amplitude b) - the ability to perform muscular work for a long time, overcoming the onset of fatigue c) - the ability to control one's movements in time and space, to restructure motor activity in accordance with the requirements of a changing environment, and to quickly master new movements d) - the ability to perform movements in the minimum amount of time given the given conditions	UK-7
13.	b, c, d	Physical exercise affects the musculoskeletal system in the form of (indicate several correct answers) a) - reduction in the number of muscle cells b) - increasing the elasticity of ligaments c) - increase in muscle mass d) - increasing bone mass	UK-7
14.	c	In chronic gastritis with increased acidity of gastric juice, the following contribute to the normalization of function: a) - acyclic exercises	UK-7

		b) - auto-training c) - cyclic exercises at a slow pace and lasting for a long time	
15.	a,b	The means of physical education include: a) - physical exercises b) - ideomotor exercises c) - circuit training d) - training devices	UK-7
16.	a	What is meant by the term "physical education"? a) - an area of general culture and human history that represents a historically determined level of material, spiritual, scientific, theoretical and practical achievements of society b) - the process of changing the functions and forms of the body to achieve high results c) - a type of preparation for professional activity d) - activities within the framework of the process of physical education and self-education for general physical development and health improvement	UK-7
17.	a	Assessing a person's physical condition is: a) - assessment of morphological and physical indicators b) - assessment of blood supply functions c) - assessment of physical fitness	UK-7
18.	d	The basis and foundation of the professional development of students of any specialty are: a) - ski training classes b) - athletics c) - general physical fitness d) - special physical training	UK-7
19.	c	The main elements of a healthy lifestyle are: a) - a normal psychosomatic state of a person, reflecting his complete physical, mental and social well-being and ensuring the full performance of work, social and biological functions; b) - a section of medicine, part of the physical education system, the purpose of which is to study the state of health, develop functional fitness, and participate in planning physical activity; c) - compliance with the regime of work and rest, nutrition and sleep, hygiene requirements, organization of an individual regime of physical activity, refusal of bad habits, the culture of interpersonal communication and behavior in a team, the culture of sexual behavior, meaningful leisure that has a developing effect on the individual.	UK-7
20.	b	Give a definition of the concept of "self-control":	UK-7

		a) - to promote the correct use of physical education and sports to strengthen health, increase the level of physical development, and achieve high athletic results; b) - a system for monitoring one's health, physical development, functional state, and tolerance to training and competitive loads; c) - disease prevention; patient rehabilitation; physical education and health work.	
21.	d	In what organizational forms are physical education and sports classes conducted for active recreation and the improvement of functional capabilities? a) - independent physical education classes and sports training in individual sports; b) - health groups and general physical fitness groups; c) - sports sections by sport; d) - in all of the above.	UK-7
Interview questions			
22.		Qigong health system to restore the body's energy potential.	UK-7
23.		Choose respiratory and physical exercise programs to restore your health after an acute respiratory viral infection.	UK-7
24.		Justify the rationality of using the "Yoga" health system to restore lost body functions.	UK-7
25.		Is the system of exercise complexes from the popular Collanetics system suitable for forming a muscular corset ?	UK-7
26.		Justify the harmful effects of drug use on the body.	UK-7
27.		Describe how alcohol consumption affects the human body.	UK-7
28.		Reveal the specific impact of vaping on human health.	UK-7
29.		How does practicing the health system " Stretching " contribute to the development of flexibility?	UK-7
30.		List and explain the essence of modern health-saving technologies.	UK-7
31.		Reveal the basic principles of hardening.	UK-7
32.		Choose a set of exercises to develop flexibility.	UK-7
33.		Choose exercise routines to develop endurance.	UK-7
34.		Select exercise routines to develop speed.	UK-7
35.		Choose exercise routines to build strength.	UK-7
36.		Choose sets of exercises to develop agility.	UK-7
37.		Describe the main patterns of development of physical qualities.	UK-7
38.		What is the purpose of physical education and sports?	UK-7
39.		What are the goals of physical education?	UK-7
40.		What can be considered physical education tools and how to use them	UK-7

41.		Explain the differences between cyclic and acyclic movements.	UK-7
42.		Give examples of why physical education is used to improve health?	UK-7
43.		Justify the complex impact of swimming lessons on a student's health	UK-7
44.		What physical exercises help prevent postural disorders?	UK-7
45.		What are the ways to strengthen, maintain and improve your health?	UK-7
46.		Describe the impact of physical exercise on a student's body.	UK-7
47.		Describe the main functions of physical education	UK-7
48.		Describe the four main forms that physical education has.	UK-7
49.		List the main types of health training. Explain one of them in more detail.	UK-7
50.		Reveal the key indicators of human health	UK-7
51.		Reveal objective indicators of self-control in physical education classes.	UK-7
52.		Provide subjective indicators of self-control in physical education classes.	UK-7
53.		Reveal the basic principles of hygiene factors	UK-7
54.		Tell us about the special features of health running.	UK-7
55.		Prevention of bad habits	UK-7
56.		Describe the general physical training in the educational process of students	UK-7
57.		Describe the professional and applied physical training of students	UK-7
58.		Describe the psychological preparation of students	UK-7
59.		Psychophysical causes of fatigue development in physical labor	UK-7
60.		Psychophysical causes of fatigue development in mental work	UK-7
61.		Give an example of modern training systems and sets of physical exercises related to regulating body composition.	UK-7
62.		Give an example of what needs to be done if you are overweight.	UK-7
63.		Prevention of diseases of the musculoskeletal system	UK-7
64.		Describe how to provide first aid for a closed fracture.	UK-7
65.		Describe how to provide first aid for an open fracture.	UK-7
66.		What are the individual hardening procedures? How are they performed?	UK-7
67.		The place of student self-education in the system of scientific organization of labor	UK-7
68.		Tell us about the importance of a healthy lifestyle for students.	UK-7
69.		Discover the technique of self-massage.	UK-7
70.		Describe how swimming affects human health?	UK-7
71.		Discover the principles of longevity	UK-7

72.		Professional and applied physical training: its importance.	UK-7
73.		Tell us about the forms of independent activities recommended for the prevention of vision improvement.	UK-7
74.		Reveal the hygienic and natural factors of nature in the structure of a student's healthy lifestyle	UK-7
75.		Describe the impact of physical exercise on a student's health.	UK-7
76.		List the main forms of physical education and health activities	UK-7
77.		What is meant by "correct posture"? What exercises are used to develop it?	UK-7
78.		What preventative measures should be taken to prevent the development of flat feet?	UK-7

3. Competency assessment criteria

Criteria for assessing competencies when completing test tasks

An “excellent” grade is awarded to a student who has completed 88-100% of all proposed test tasks of various types and who navigates the test tasks independently and consistently.

A student is given a “good” grade if he or she has completed 87-72% of the proposed test tasks correctly and is able to navigate the test tasks.

A student is given a “satisfactory” grade if he/she has completed 71-53% of the proposed test tasks correctly and is able to navigate the tasks in a fragmented manner.

A student is given a grade of “unsatisfactory” if he/she has completed less than 52% of the proposed test tasks and has poor understanding of the tasks.

Competency assessment criteria during interviews

A student receives an "excellent" grade if their answer demonstrates a full understanding of the concepts, thinks logically, answers questions fluently, supports their answer with knowledge from related disciplines, and provides a detailed answer to the question posed. Competence is developed at a high level.

A "good" grade is awarded to a student if they possess basic knowledge, can justify their answer, are independent in their responses, and make no mistakes in the formulated terms. This indicates a basic level of competence.

A "satisfactory" grade is given to a student if they have fragmented knowledge of the subject being studied, lack independent thinking when answering questions, and make errors in the wording of the questions. Overall, skills are developed but not systematized. Competency development is at a satisfactory level.

A student is given a grade of "unsatisfactory" if they have not mastered the basic concepts, use imprecise wording, use inappropriate examples to illustrate the topic, and have a poor understanding of key interview questions. Their competency is weak.