

Документ подписан простой электронной подписью
Информация о владельце:
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Должность: и.о. декана медико-биологического факультета
Дата подписания: 20.10.2026 10:11:25
Уникальный программный идентификатор:
bbc0243907972fc80f279c67afb4501106451a7d

**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

PHYSICAL CULTURE AND SPORT

Field of Training:	31.05.01 General Medicine
Year of Commencement:	2026
Type of Training:	Full-time
Delivered in Semester	1

Introduction

1. Purpose: The Assessment Tools Fund is designed to evaluate the level of students' competencies in the discipline Physical Culture and Sport, who are enrolled in the field of study (specialty) , specialization (profile) ____.
2. The ATF is an appendix to the program of the Physical Culture and Sport discipline.
3. Developer: Kochergin M.I., Senior Lecturer, Department of Educational Technologies of Physical Culture and Sport.
4. Examination of the ATF has been conducted.

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 validity period of the ATF shall be determined by the implementation period of the educational program.

1. Description of Competency Evaluation Criteria at Various Stages; Description of Evaluation Scales

Competency(s), Indicator(s)	Level of competencies			
	Minimum Level Not Achieved (Unsatisfactory) – 2 points	Minimum Level (Satisfactory) – 3 points	Intermediate Level (Good) – 4 points	High Level (Excellent) – 5 points
Competency: UC-7				
Learning outcomes for the discipline (module): Indicator AI-1 UC-7: determines the personal level of physical development and fitness indicators	Does not determine the personal level of physical development and fitness indicators	Determines the the personal level of physical development and fitness indicators at a minimum level	Determines the the personal level of physical development and fitness indicators, taking into account the physiological features of the body at an intermediate level	Determines the the personal level of physical development and fitness indicators, taking into account the physiological features of the body at a high level, and promotes knowledge about physical improvement
Indicator AI-2 UC-7: commands the technologies of a healthy lifestyle and health preservation, selects a complex of physical exercises taking into account their impact on functional and motor capabilities, adaptive resources of the body, and on health strengthening	Does not have a command of the technologies for a healthy lifestyle and health preservation, selects a set of physical exercises in view of their impact on functional and motor capabilities, adaptive resources of the body, and on health strengthening	Commands in separate cases the technologies the technologies for a healthy lifestyle and health preservation, selects a set of physical exercises in view of their impact on functional and motor capabilities, adaptive resources of the body, and on health strengthening	Commands at an intermediate level the technologies for a healthy lifestyle and health preservation, selects a set of physical exercises in view of their impact on functional and motor capabilities, adaptive resources of the body, and on health strengthening	Commands at a high level the technologies for a healthy lifestyle and health preservation, selects a set of physical exercises in view of their impact on functional and motor capabilities, adaptive resources of the body, and on health strengthening, and promotes the norms of a healthy lifestyle

ASSESSMENT TOOLS FOR CHECKING THE LEVEL OF COMPETENCY

Task Number	Correct Answer	Question	Competency
Full-time training, Semester 1, Part-time training, Blended training Semester 1			
Test Tasks			
1.	c, d	Mark the principles of sports training: a) Variability b) Discontinuity and inaccessibility c) Systematic nature d) Awareness and activity	UC-7
2.	b	According to the WHO definition, the quality of life is: a) individuals' perception of their position in society in the context of culture and value system, depending on lifestyle, material wealth, health status b) individuals' perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards, and interests c) individuals' perception of their position in life in the context of the value system depending on health status	UC-7
3.	d	The effect that physical exercises have on the human body is: a) neutral, even if practicing diligently b) positive, only if practicing them at the limit of one's physical capabilities c) neutral, if these exercises are performed regularly, at the correct pace, in the correct sequence, and the practitioner has no contraindications excluding these classes d) positive, if these exercises are performed regularly, at the correct pace, in the correct sequence, and there is no contraindications excluding these classes.	UC-7

Task Number	Correct Answer	Question	Competency
Full-time training, Semester 1, Part-time training, Blended training Semester 1			
Test Tasks			
4.	a, d	What impact does motor activity have on the body? a) allows spending more calories to maintain optimal weight b) reduces the number of years c) increases vitality and functional capabilities d) lowers endurance and working capacity	UC-7
5.	c	Physical education is: a) a part of general human culture, a set of material and spiritual values produced and used by society for the purpose of human physical development, health strengthening, and improvement of motor qualities; b) a process of physical education and training, expressing a high degree of physical fitness for life, labor, and defense of the Motherland; c) a pedagogically organized process of developing physical qualities, teaching motor actions, and forming special knowledge. d) an integral part of physical culture that has historically developed as a competitive activity and special practice of preparing a person for competitions;	UC-7
6.	b	The aim of professionally applied physical training of university students is: a) shaping professionally important features and qualities of a doctor's personality through various means of physical culture and sports b) assisting in the mastery of the specific profession of a doctor, achieving the necessary level of professional capacity and psychophysical readiness for highly productive labor c) ensuring the formation and improvement of personality properties and qualities that are of significant importance for specific professional activity	UC-7
	c	Definition of the concept physical development: a) use of means and methods of physical education b) process of changing the physical abilities of the organism	UC-7

Task Number	Correct Answer	Question	Competency
Full-time training, Semester 1, Part-time training, Blended training Semester 1			
Test Tasks			
		c) process of changing the natural morphofunctional properties of the organism during individual life d) formation of motor skills and abilities	
7.	c	The process of psychophysical preparation for future professional activity is called: a) professionally applied training b) professional training c) professionally applied physical training / sports-technical training	UC-7
8.	b	Select two correct answers. Auxiliary hygienic means that ensure the fastest recovery and stimulation of general, professional, and sports working capacity are: a) exposure to ionized air b) nutrition c) biologically active supplements d) baths	UC-7
9.	d	What is understood by the term physical education: a) formation of physical qualities of student youth b) process of development of motor qualities c) formation of the physical culture of a student's personality d) a pedagogical process aimed at forming a healthy, physically perfect, socially active person	UC-7
10.	b	List the main physical qualities: a) speed-power, specialized, general endurance; b) speed, strength, endurance, flexibility, agility; c) running, ball throwing, jumping, push-ups (pull-ups); d) motor, power, physiological, biomechanical.	UC-7

Task Number	Correct Answer	Question	Competency
Full-time training, Semester 1, Part-time training, Blended training Semester 1			
Test Tasks			
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 ATFigure 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, to quickly master new movements d) the ability to perform movements in the minimum period of time for the given conditions	UC-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 ATFigure 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, to quickly master new movements d) the ability to perform movements in the minimum period of time for the given conditions	UC-7
13.	b, c, d	Physical culture classes affect the musculoskeletal system in the form of (indicate several correct answers): a) decrease in the number of muscle cells b) increase in the elasticity of ligaments c) increase in muscle mass d) increase in bone mass	UC-7
14.	c	In chronic gastritis with high acidity of gastric juice, the normalization of function is promoted by: a) acyclic exercises b) autogenic training c) cyclic exercises at a slow pace and long duration	UC-7
15.	a, b	The means of physical education include: a) physical exercises	UC-7

Task Number	Correct Answer	Question	Competency
Full-time training, Semester 1, Part-time training, Blended training Semester 1			
Test Tasks			
		b) ideomotor exercises c) circuit training d) training devices	
16.	a	What is implied under the term physical culture? a) a field of general culture and history of mankind, representing a historically determined level of material, spiritual, scientific-theoretical, and practical achievements of society b) a process of changing the functions and forms of the body to achieve high results c) a type of preparation for professional activity d) activity within the framework of the process of physical education and self-education for general physical development and health improvement	UC-7
17.	a	Assessment of a person's physical condition is: a) assessment of morphological and physical indicators b) assessment of blood supply functions c) assessment of physical fitness	UC-7
18.	d	The basis, foundation of PAPT for students of any specialty is: a) ski training classes b) track and field classes c) general physical training d) special physical training	UC-7
19.	c	The main elements of a healthy lifestyle are: a) a person's normal psychosomatic state, reflecting their full physical, mental, and social well-being and ensuring the full performance of labor, social, and biological functions;	UC-7

Task Number	Correct Answer	Question	Competency
Full-time training, Semester 1, Part-time training, Blended training Semester 1			
Test Tasks			
		b) a branch of medicine, a part of the physical education system, the purpose of which is to study the state of health, development of functional fitness, participation in planning physical activity; c) compliance with the regime of labor and rest, nutrition and sleep, hygienic requirements, organization of an individual regime of motor activity, rejection of bad habits, culture of interpersonal communication and behavior in a collective, culture of sexual behavior, meaningful leisure that has a developing effect on the personality.	
20.	b	Define the concept of self-control: a) to promote the correct use of the means of physical culture and sports to strengthen health, increase the level of physical development, achieve high sports results; b) a system of observations of one's health, physical development, functional state, tolerance of training and competition loads; c) prevention of diseases; rehabilitation of patients; physical culture and health-improving work.	UC-7
21.	d	In what organizational forms are physical culture and sports classes carried out for active rest and increasing functional capabilities: a) independent physical culture classes and sports training in individual sports; b) health groups and general physical training groups; c) sports sections by type of sport; d) in all of the listed.	UC-7
Interview Questions			
		Question	Competency

Task Number	Correct Answer	Question	Competency
Full-time training, Semester 1, Part-time training, Blended training Semester 1			
Test Tasks			
22		Substantiate the rationality of using the Qigong health system to restore the energetic potential of the body.	UC-7
23		Select respiratory health systems of physical culture to restore health after ARVI.	UC-7
24		Substantiate the rationality of applying the Yoga health system to restore lost functions of the body.	UC-7
25		Does the system of exercise complexes from the popular Callanetics system correspond to the formation of a muscular corset?	UC-7
26		Substantiate the harmful effects of narcotic drugs use on the body.	UC-7
27		Describe how alcohol consumption affects the human body.	UC-7
28		Explain the impact of vapes on human health.	UC-7
29		In what way does practicing the Stretching health system contribute to the development of flexibility?	UC-7
30		List and explain the issue of modern health-saving technologies.	UC-7

Task Number	Correct Answer	Question	Competency
Full-time training, Semester 1, Part-time training, Blended training Semester 1			
Test Tasks			
31		Explain the basic principles of cold exposure training.	UC-7
32		Select complexes of exercises for the development of flexibility.	UC-7
33		Select complexes of exercises for the development of endurance.	UC-7
34		Select complexes of exercises for the development of speed.	UC-7
35		Select complexes of exercises for the development of strength.	UC-7
36		Select complexes of exercises for the development of agility.	UC-7
37		Characterize the main regularities of the development of physical qualities.	UC-7
38		What is the aim of physical culture and sport?	UC-7
39		What objectives does physical culture set for itself?	UC-7
40		What can be attributed to the means of physical education, and how to apply them?	UC-7

Task Number	Correct Answer	Question	Competency
Full-time training, Semester 1, Part-time training, Blended training Semester 1			
Test Tasks			
		Substantiate the differences between cyclic and acyclic movements.	UC-7
		Provide examples of why physical culture is used to strengthen health.	UC-7
		Substantiate the complex influence of swimming classes on a student's health.	UC-7
		What physical exercises contribute to the prevention of posture disorders?	UC-7
		By what ways can you strengthen, preserve, and improve your health?	UC-7
		Characterize the influence of physical exercise classes on a student's body.	UC-7
		Characterize the main functions of physical culture.	UC-7
		Characterize the main four forms that physical culture has.	UC-7
		List the main types of health-improving training. Tell more about one of them.	UC-7
		Explain the main indicators of human health.	UC-7

Task Number	Correct Answer	Question	Competency
Full-time training, Semester 1, Part-time training, Blended training Semester 1			
Test Tasks			
		Explain the objective indicators of self-control in physical culture classes.	UC-7
		Provide subjective indicators of self-control in physical culture classes.	UC-7
		Explain the basic principles of hygienic factors.	UC-7
		Tell about the features of health-improving running.	UC-7
		Prevention of bad habits.	UC-7
		Characterize general physical training in the educational process of students.	UC-7
		Characterize professionally applied physical training of students.	UC-7
		Characterize psychological training of students.	UC-7
		Psychophysical causes of fatigue development in physical labor.	UC-7
		Psychophysical causes of fatigue development in mental labor.	UC-7

Task Number	Correct Answer	Question	Competency
Full-time training, Semester 1, Part-time training, Blended training Semester 1			
Test Tasks			
		Provide an example of modern systems of classes and complexes of physical exercises related to body composition regulation.	UC-7
		Provide an example of what needs to be done in case of excess body weight.	UC-7
		Prevention of diseases of the musculoskeletal system.	UC-7
		Describe in what way first aid can be provided for a closed fracture.	UC-7
		Describe in what way first aid can be provided for an open fracture.	UC-7
		What is the content of individual cold exposure training procedures? Features of their conduct.	UC-7
		The place of student's self-education in the system of scientific organization of labor.	UC-7
		Tell about the significance of a student's healthy lifestyle.	UC-7
		Explain the technique of self-massage.	UC-7

Task Number	Correct Answer	Question	Competency
Full-time training, Semester 1, Part-time training, Blended training Semester 1			
Test Tasks			
		Describe in what way swimming classes affect human health.	UC-7
		Explain the principles of longevity.	UC-7
		Professionally applied physical training: its significance.	UC-7
		Tell about the forms of independent classes recommended for the prevention of vision improvement.	UC-7
		Explain hygienic and natural factors of nature in the structure of a student's healthy lifestyle.	UC-7
		Characterize the influence of physical exercises on a student's health.	UC-7
		List the main forms of physical culture and health-improving classes.	UC-7
		What is understood by correct posture? With the help of which exercises is its formation carried out?	UC-7
		What preventive measures must be observed to prevent the development of flat feet?	UC-7

3. Criteria for Evaluating Competencies

Criteria for Evaluating Competencies When Completing Test Tasks

- **An excellent grade** is given to a student who has completed 88-100% of all proposed test tasks of different types, and independently and consistently navigates through the test tasks.
- **A good grade** is given to a student if they have completed correctly 87-72% of the proposed test tasks and navigate through the test tasks.
- **A satisfactory grade** is given to a student if they have completed correctly 71-53% of the proposed test tasks and fragmentarily navigate through the tasks.
- **An unsatisfactory grade** is given to a student if they have completed less than 52% of the proposed test tasks and navigate weakly through the tasks.

Criteria for Evaluating Competencies During an Interview

- **An excellent grade** is given to a student if the answer demonstrates full command of the conceptual apparatus, logical thinking, free response to questions, substantiation of the answer with knowledge from related disciplines, and a detailed answer to the question asked. The competency is at a high level.
- **A good grade** is given to a student if they have basic knowledge, can explain their answer, reveal independent activity when answering, and make errors in formulated terms. The competency is at a basic level.
- **A satisfactory grade** is given to a student if they have fragmented knowledge of the studied discipline, do not possess independent activity when answering, and make errors in formulated terms. In general, skills are formed yet not systematized. The competency is at a satisfactory level.
- **An unsatisfactory grade** is given to a student if the basic conceptual apparatus is not mastered, inaccurate formulations are used, examples for disclosing the topic are selected irrationally, and they navigate weakly through the main questions of the interview. The competency is weak.