Документ подписан простой электронной подписью
Информация о владельце:
ФИО: Косенок Сергей Михайлович
Должность: ректор
Дата подписания: 16.06.2026 09:15:53
Уникальный программный ключ:
e3a68f3eaa1e62674b54f4998099d3d6bfdcf836

Assessment tools for midterm assessment

“General physical training”

Curriculum	31.05.02
Specialty	General Medicine
Form of education	Full-time
Designer Department	Physical Education
Graduate Department	Internal Diseases

Term 2, 3, 4, 5, 6

Sample tasks

1. Understanding sport in the narrow and broad sense differs in that ....
2. The main document regulating activities in the field of physical education and sport in the Russian Federation is ....
3. According to the number of participants and peculiarities of interaction, what following types of sports are distinguished?
4. Cyclic sports include ...
5. To the sports that develop endurance include ...
6. Sports that develop strength and speed and power qualities are….
7. To the military-applied sports include ...
8. Types of sports, the result of competitions in which depends on the coordination and synchronization of athletes' actions are…
9. Name the main milestones in the history of the emergence and the current state of development of the chosen sport, type of motor activity.
10. Identify the key features of technical performance of physical exercises used in the selected sport, type of motor activity.
11. Name the main forms of organization of education and training in the chosen sport, type of motor activity.
12. Name the main parts of the exercise, rules of load rationing during the performance of physical exercises.
13. What safety rules, basics of personal hygiene should be observed when organizing and conducting training in the chosen sport, type of motor activity?
14. Physical and intellectual load during lessons in the chosen sport, type of motor activity, volume and intensity. How are they determined?
15. Tell about control and self-control during organized and independent training in the chosen sport, type of motor activity.
16. What indicators can be recorded in the diary of self-control?
17. What are the rules in the organization of nutrition?
18. The basic principles of building an independent training process include ...
19. Characterize the ratio of protein and fat intake in different nutritional systems.
20. Tell about individual training programmes, the main requirements for drawing up.