

Документ подписан простой электронной подписью
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ФИО: Косенок Сергей Михайлович
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Assessment tools for midterm

assessment “Intellectual

Sports”

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, which following types of sports are distinguished?
4. Cyclic sports include ...
5. Sports developing endurance include ...
6. Sports developing strength and speed and power qualities is...
7. Military-applied sports include ...
8. Types of sports, the result of competitions in which depends on the coordination and synchronisation of athletes' actions are...
9. The main milestones of the history of the emergence and the current state of development of the chosen sport (chess, billiards) are ...
10. Identify the key features of technical actions performed by athletes in the process of individual actions in the chosen sport.
11. What is the term "integral training" of an athlete?
12. Name the main forms of organization of education and training in the chosen sport.
13. Name the main parts of the lesson, the rules of load rationing.
14. What safety rules, basics of personal hygiene should be observed when organizing and conducting classes in mind sports?
15. Identify the main provisions of the rules in the chosen sport.
16. How physical and intellectual load during lessons in the chosen sport, volume and intensity are determined?
17. Tell about control and self-control during organized and independent exercise in the chosen sport.
18. What indicators can be recorded in a self-monitoring diary?
19. What are the rules in the organization of nutrition of athletes?
20. The basic principles of building an independent training process include ...