

Документ подписан простой электронной подписью
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Assessment tools for midterm

assessment “Individual

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, where the result of competitions in which depends on the coordination and synchro- nization of athletes' actions are...
9. The main milestones in the history of the emergence and current state of development of the chosen sport (swimming, judo, athletics, nordic walking) are...
10. Identify the key features of technical actions performed by athletes during individual actions in the selected 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 individual sports? Identify the main provisions of the rules in the chosen sport.
15. How physical load during exercise in the chosen sport, volume and intensity are determined?
16. Tell about supervision and self-monitoring during organized and independent activities in the chosen sport.
17. What indicators can be recorded in a self-monitoring diary?
18. What are the rules for eating before and after a training session?
19. The basic principles of building an independent training process include ...