

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

“Physical Education and Sports”

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

Term 2

Sample tasks

1. Tell about physical education and sport in the system of higher education, structural elements of physical education as a type of culture.
2. Tell about physical education of the individual: definition, main components.
3. Tell about fundamentals of healthy and safe lifestyle, the main components of a healthy lifestyle.
4. Tell about physical education and sports and recreational and health-improving activities.
5. Tell about ergonomic requirements to the student's workplace, rational re-mode of labour and rest of the student.
6. Name basic provisions of self-monitoring of physical development, evaluation criteria in relation to normative indicators.
7. Name methods of self-control and assessment of the functional state of the cardiorespiratory system, evaluation criteria relative to normative indicators.
8. Name methods of self-assessment of physical efficiency.
9. Name modern types of motor activity in the daily life activity of a student, distinctive characteristics and specificity of the use of physical exercises.
10. Tell about physical exercises, their importance for maintaining a high level of mental and physical efficiency.
11. Tell about classification of physical exercises, methods of composing complexes of physical exercises.
12. Name the definition of efficiency, its types, means of physical education in the correction of mental efficiency.
13. Tell about varieties of posture disorders, the main causes of posture disorders.
14. Tell about prevention of posture disorders, exercises for the formation of correct posture.
15. Tell about eye diseases, visual impairment, various methods of preserving eyesight.
16. Tell about sport as a socio-cultural phenomenon, classification of sports.
17. Name student sports: peculiarities and specificity.
18. Name organizational aspects of independent motor activity of different target orientation, dosage of physical load in independent exercise.
19. Tell about the importance of professional-applied physical training (PPFP), forms of pro-industrial gymnastics (physical training pause, physical training minute, micropause of active rest).
20. Tell about forms of PPFP: independent and amateur classes, mass health-improving physical education and sports events.