



KSPEU

MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
Federal State Budgetary Educational Institution of Higher Education
«KAZAN STATE POWER ENGINEERING UNIVERSITY»
(FSBEI HE «KSPEU»)

APPROVED

Director of the Institute of Digital
Technologies and Economics

_____ Zainullin R.R.

«24» _____ February _____ 2026

WORKING PROGRAM OF THE DISCIPLINE

B1.ED.03 Applied physical training

Field of training

38.03.02 Management

Qualification

Bachelor's Degree

Developed the program:

Department name	Position, academic degree, academic title	Full name of the developo
FV	Assoc. Prof., PhD, Assoc. Prof.	Ibragimov I.F.

Approval	Name Department	Date	Protocol No	Signature
Approved	FV	17.03. 2026	Protocol №7	_____ Head of Department, PhD, Assoc. Prof. Vasenkov N. V.
Agreed	Management	10.02. 2026	Protocol №5	_____ Head of department, doctor of social sciences, prof. Makhiyanova A.V.
Agreed	Educational and Methodological Council of IDTE	24.02. 2026	Protocol №6	_____ Director, Ph.D., Associate Professor, Zainullin R.R..
Approved	Scientific Council of IDTE	24.02. 2026	Protocol №6	_____ Director, Ph.D., Associate Professor, Zainullin R.R..

1. Purpose, objectives, and planned learning outcomes for the discipline

(Purpose and objectives of the discipline, corresponding to the objectives of the educational program)

The purpose of the discipline «Elective Disciplines in Physical Culture and Sports: Applied Physical Training» is to develop an individual's physical culture and the ability to use various means of physical culture, sports, and tourism to maintain and improve health, as well as to prepare for future life and professional activities.

The objectives of the discipline are:

- maintaining and strengthening students' health, promoting proper formation and comprehensive development of the body, and maintaining high performance throughout the entire period of study; understanding the social significance of applied physical training and its role in personal development and preparation for professional activity;

- formation of a motivational and value-based attitude towards physical culture, a healthy lifestyle, physical improvement, and self-education of a habit of regular physical exercise and sports;

- mastering a system of practical skills and abilities that ensure the preservation and strengthening of health, mental well-being, development and improvement of psychophysical abilities, qualities, and personality traits, and self-determination in physical culture and sports;

- creating a foundation for the creative and methodologically sound use of physical education and sports activities for subsequent life and professional achievements;

- improving the athletic skills of student athletes

Competencies and indicators that students acquire:

Code and name of the competence	Code and name of the indicator
UK-7 – Capable of maintaining an adequate level of physical fitness to ensure full-fledged social and professional activities	UK-7.2 – Performs individually selected complexes of health-improving or adaptive physical culture

2. The place of the discipline in the curriculum

The discipline «Applied physical training» belongs to the elective disciplines of Block 1 «Disciplines (modules)» of the curriculum in the field of training 03/38/02 Management

3. Structure and content of the discipline

3.1. Structure and content of the discipline

For full-time education

3.2. The content of the discipline, structured by sections and types of activities

Discipline sections	Total hours	Distribution of labor intensity by types of educational work				Forms and type of control	Indices of indicators of formed competencies
		lectures	lab. work.	pr/work	samwork.		
Section 1. Athletics.	20			14	6	TK1	UK-7.2, Z1, Y1, B1
Section 2. General physical training	20			14	6	TK2	UK-7.2, Z1, Y1, B1
Section 3. Basketball.	28			22	6	TK3	UK-7.2, Z1, Y1, B1
Test	0			0	0	OHMS 1	UK-7.2, Z1, Y1, B1
Total for 1 semester	68			50	18		
Section 4. General Physical Training	22			18	4	TK4	UK-7.2, Z1, Y1, B1
Section 5. Volleyball	24			18	6	TK5	UK-7.2, Z1, Y1, B1
Section 6. Athletics.	24			18	6	TK6	UK-7.2, Z1, Y1, B1
Test	0			0	0	OM 2	UK-7.2, Z1, Y1, B1
Total for 2 semesters	70			54	16		
Section 7 Athletics.	20			14	6	TK7	UK-7.2, Z1, Y1, B1
Section 8 General physical training	20			14	6	TK8	UK-7.2, Z1, Y1, B1
Section 9. Basketbol	28			22	6	TC9	UK-7.2, Z1, Y1, B1

Credit	0			0	0	OM 3	UK-7.2, Z1, U1, B1
Total for the 3rd semester	68			50	18		
Section 10 General physical training	20			14	6	TK10	UK-7.2, Z1, U1, B1
Section 11 Volleyball	20			14	6	TK11	UK-7.2, Z1, U1, B1
Section 12. Easy athletics.	28			22	6	TK12	UK-7.2, Z1, U1, B1
Credit	0			0	0	OM 4	UK-7.2, Z1, U1, B1
Total for the 4th semester	68			50	18		
Section 13 Athletics.	4			4	-	TK13	UK-7.2, Z1, U1, B1
Section 14 General physical training	6			6	-	TK14	UK-7.2, Z1, U1, B1
Section 15 Basketball	6			6		TK15	UK-7.2, Z1, U1, B1
Offset	0			0	-	OM 5	UK-7.2, Z1, U1, B1
Total for the 5th semester	16			16	-		
Section 16 General physical training	6			6	-	TK16	UK-7.2, Z1, U1, B1
Section 17 Volleyball	4			4		TK17	UK-7.2, Z1, U1, B1
Section 18. Athletics.	4			4	-	TK18	UK-7.2, Z1, Y1, B1
Credit	0			0	-	OM 6	UK-7.2, Z1, Y1, B1
Total for 6 semester	14			14	-		UK-7.2, Z1, Y1, B1
Section 19 Athletics	4			4	-	TK19	UK-7.2, Z1, Y1, B1
Section 20 General Physical training	4			4	-	TK20	UK-7.2, Z1, Y1, B1
Section 21 Basketball	6			6		TK21	UK-7.2, Z1, Y1, B1
Credit	0			0	-	OM 7	UK-7.2, Z1, Y1, B1
Total for the 7th semester	14			14	-		
Section 22 General Physical training preparation	2			2	-	TK22	UK-7.2, Z1, U1, B1
Section 23 Volleyball	4			4	-	TK23	UK-7.2, Z1, U1, B1
Section 24. Athletics.	4			4	-	TK24	UK-7.2, Z1, Y1, B1
Credit	0			0	-	OM 8	UK-7.2, Z1, Y1, B1
Total for 8 semester	10			10	-		
TOTAL	328			258	70		

3.3. Content of the discipline

Section 1. Athletics.

Topic 1.1. Exercises for developing strength, agility, speed and coordination of movements. / PZ / SRS

Topic 1.2. Special running and jumping exercises. / PZ / SRS

Topic 1.3. Training in sports walking techniques. / PZ

Topic 1.4 Training in short-distance running techniques. / PZ / SRS

Topic 1.5. Training in the technique of middle-distance running (cross-country running). / PZ

Topic 1.6. Control «express» tests on general physical training. / PZ

Section 2. General physical fitness

Topic 2.1. Training Technical training: right walk correctly, maintain your posture, and observe your breathing. / PZ / SRS

Topic 2.2 Performing physical exercises that contribute to the overall health of the body. / PZ

Topic 2.3. Performing a set of physical exercises that contribute to the overall strengthening of the cardiovascular and respiratory systems. / PZ / SRS

Topic 2.4. Training of physical culture means aimed at developing students' endurance. / PZ

Topic 2.5. Training in shuttle running techniques. / PZ / SRS

Topic 2.6. Control «express» tests on general physical training. / PZ

Section 3. Basketball.

Topic 3.1. Learning how to move, stop, and jump. / PZ / SRS

Topic 3.2. Training in two-handed transfers from the chest, with two hands above. / PZ / SRS

Topic 3.3. Training in two-handed transfers from below, one hand from the shoulder. / PZ

Topic 3.4. Learning to pass the ball with one hand from the head, from the bottom to the side, with one hand «hook», hidden transfer. / PZ

Topic 3.5. Training in the technique of driving the ball. / PZ / SRS

Topic 3.6. Control «express» - tests on general physical training. / PZ

Section 4. General physical training

Topic 4.1. Improvement of technique: walk correctly, maintain posture, observe breathing. / PZ

Topic 4.2. Improving the technique of performing physical exercises that contribute to the overall recovery of the body. / PZ / SRS

Topic 4.3. Teaching the technique of performing general developmental exercises in motion and on the spot. / PZ / SRS

Topic 4.4. Improving the technique of performing exercises with weights. /

PZ

Topic 4.5. Improvement of a set of physical exercises that contribute to the overall strengthening of the cardiovascular and respiratory systems. / PZ

Topic 4.6. Control «express» tests on general physics preparation. / PZ / SRS

Section 5. Volleyball

Topic 5.1. Training of a volleyball player's stance and movements. / PZ / SRS

Topic 5.2. Training in the technique of passing the ball from above with two hands. / PZ /

Topic 5.3. Training in the technique of passing the ball from above with two hands in jump. / PZ / SRS

Topic 5.4. Teaching the technique of passing the ball from above with two hands and the technique of passing the ball from above with two hands above yourself. OFP. / PZ

Topic 5.5. Improving the technique of passing the ball from above with two hands and the technique of passing the ball from above with two hands above yourself. Training in the technique of passing the ball from above with both hands backwards. / PZ

Topic 5.6. Control «express» tests on general physical training. / PZ

Section 6. Athletics.

Topic 6.1. Improvement of sports walking techniques. / PZ / SRS

Topic 6.2. Improving the technique of short-distance running. / PZ / SRS

Topic 6.3. Training in the shot-put technique. / PZ

Topic 6.4. Training in grenade throwing techniques. / PZ

Topic 6.5. Improving the technique of middle-distance running (cross-country running). / PZ / SRS

Topic 6.6. Control «express» - tests on general physical training. / PZ

Section 7. Athletics.

Topic 7.1. Development of basic physical qualities

Topic 7.2. Special running and jumping exercises. / SRS

Topic 7.3. Improvement of the shot-put technique. / PZ

Topic 7.4. Training in the long jump technique with a run-up. / PZ

Topic 7.5. Improving the technique of throwing grenades. / PZ / SRS

Topic 7.6. Control «express» - tests on general physical training. / PZ

Section 8. General physical training

Topic 8.1. Training in the technique of performing exercises with fitness balls and an expander. / PZ / SRS

Topic 8.2. Improving the technique of performing general developmental exercises in motion and on the spot. / PZ / SRS

Topic 8.3. Training in the technique of performing exercises with a barbell. / PZ

Topic 8.4. Improving the technique of performing exercises with a burden. / PZ / SRS

Section 9. Basketball.

Topic 9.1. Training in the technique of driving the ball in combination with other techniques. / PZ / SRS

Topic 9.2. Training in the technique of throwing the ball with one hand from the shoulder from a standing position, in a jump. / PZ / SRS

Topic 9.3. Training feints in combination with other techniques. / PZ

Topic 9.4. Learning to pass the ball with one hand from the head, from the bottom to the side, with one hand «hook», hidden transfer. / PZ / SRS

Topic 9.5. Training of technical actions of players in attack, stops, turns, jumps. / PZ

Topic 9.6. Control «express» - tests on general physical training. / PZ

Section 10. General physical fitness

Topic 10.1. Training exercises on simulators and special devices. / PZ / SRS

Topic 10.2. Training in the technique of performing a push of two weights from the chest. / PZ

Topic 10.3. Improving the technique of performing exercises with fitness balls and an expander. / PZ / SRS

Topic 10.4. Improving the technique of performing exercises with a barbell. / PZ / SRS

Topic 10.5. Training in the technique of performing swings of interceptions, kettlebells. / PZ Topic 10.6. Control «express» tests on general physics preparation. / PZ

Section 11. Volleyball

Topic 11.1. Improving the technique of passing the ball from above with two hands in various ways. OFP. / PZ / SRS

Topic 11.2. Training in the technique of passing the ball from below with two hands. / PZ

Topic 11.3. Training in the technique of passing the ball from below with two hands and passing the ball from below with one hand. / PZ / SRS

Topic 11.4. Training in the technique of passing the ball from below with two hands. Training in the technique of receiving the ball. / PZ

Topic 11.5. Improving the reception and subsequent transmission of the ball from below with both hands. Training in the technique of passing the ball from below with both hands backwards. / PZ / SRS

Topic 11.6. Control «express» tests on general physical training. / PZ

Section 12. Athletics

Topic 12.1. Teaching relay running techniques. / PZ / SRS

Topic 12.2. Training in the long jump technique with a run-up. / PZ / SRS

Topic 12.3. Improving the technique of the long jump with a run-up. / PZ Topic

12.4. Improving the technique of relay running. / PZ / SRS

Topic 12.5. Improving the technique of throwing grenades. / PZ

Topic 12.6. Control «express» tests on general physical training. / PZ

Section 13. Athletics.

Topic 13.1. Improvement of special physical, technical and tactical training in cross-country athletics. / PZ

Topic 13.2. Control «express» tests on general physical training. / PZ

Section 14. General physical training

Topic 14.1. Improving the technique of performing exercises for the flexor muscles of the arms. / PZ

Topic 14.2. Improving the technique of performing exercises on simulators and special devices. Improving the technique of performing a push of two weights from the chest. / PZ

Topic 14.3. Control «express» tests on general physical training. / PZ

Section 15. Basketball.

Topic 15.1. Training of technical actions of players in attack, throws, finishing moves. Training of tactical actions of players in attack, individual actions with and without the ball. / PZ

Topic 15.2. Training of tactical actions of players in defense, individual. Training of tactical actions of players in attack, group interactions. Training of players' tactical actions in defense, group and team. / PZ

Topic 15.3. Control «express» tests on general physical training. / PZ

Section 16. General physical training

Topic 16.1. Improving the technique of performing exercises with fitness balls and an expander. Improving the technique of performing exercises with weights. / PZ

Topic 16.2. Improving the technique of performing general developmental exercises in motion and on the spot. Improving the technique of performing exercises with a barbell. / PZ

Topic 16.3. Control «express» tests on general physical training. / PZ

Section 17. Volleyball

Topic 17.1. Improving the upper and lower ball passing. Upper straight serve training. / PZ

Topic 17.2. Control «express» - tests on general physical training. / PZ

Section 18. Athletics

Topic 18.1. Improvement of sports walking techniques. / PZ

Topic 18.2 Control «express» - tests on general physical training. / PZ

Section 19. Athletics.

Topic 19.1. Development of basic physical qualities. Special running and jumping exercises. / PZ

Topic 19.2. Control «express» - tests on general physical training. / PZ

Section 20. General physical fitness

Topic 20.1. Training in the technique of performing exercises for the flexor muscles of the arms. Improving the technique of performing exercises on simulators and special devices/ PZ

Topic 20.2. Control «express» tests on general physical training. / PZ

Section 21. Basketball.

Topic 21.1. Training in competition rules. / PZ

Topic 21.2. Control «express» - tests on general physical training. / PZ

Section 22. General physical fitness

Topic 22.1. Control «express» tests on general physical training. / PZ

Section 23. Volleyball

Topic 23.1. Learning the rules of volleyball. / PZ

Topic 23.2. Control «express» - tests on general physical training. / PZ

Section 24. Athletics.

Topic 24.1. Training in the long jump technique. / PZ

Topic 24.2. Control «express» - tests on general physical training. / PZ

3.4. Thematic plan of practical exercises

Section 1. Athletics.

Topic 1.1. Exercises for developing strength dexterity, speed and coordination of movements.

Topic 1.2. Special running and jumping exercises. Topic 1.3. Training in sports walking techniques.

Topic 1.4 Training in short-distance running techniques.

Topic 1.5. Training in middle-distance running (cross-country) techniques running).

Topic 1.6. Control «express» tests on general physics preparation.

Section 2. General physical fitness

Topic 2.1. Technique training: walk correctly, maintain posture, observe breathing.

Topic 2.2 Performing physical exercises that contribute to the overall health of the body.

Topic 2.3. Performing a set of physical exercises that contribute to the overall strengthening of the cardiovascular and respiratory systems.

Topic 2.4. Training of physical culture means aimed at developing students' endurance.

Topic 2.5. Training in shuttle running techniques.

Topic 2.6. Control «express» tests on general physical training.

Section 3. Basketball.

Topic 3.1. Learning how to move, stop, and jump.

Topic 3.2. Training in two-handed transfers from the chest, with two hands on top.

Topic 3.3. Training in two-handed transfers from below, one hand from the shoulder.

Topic 3.4. Learning to pass the ball with one hand from the head, from the bottom to the side, with one hand «hook», hidden transfer.

Topic 3.5. Training in the technique of driving the ball.

Topic 3.6. Control «express» - tests on general physical training.

Section 4. General physical training

Topic 4.1. Improvement of technique: walk correctly, maintain posture, observe breathing.

Topic 4.2. Improving the technique of performing physical exercises that contribute to the overall health of the body.

Topic 4.3. Training in the technique of performing general developmental exercises in motion and on the spot.

Topic 4.4. Improving the technique of performing exercises with weights.

Topic 4.5. Improvement of the complex of physical exercises, contributing to the overall strengthening of the cardiovascular and respiratory systems.

Topic 4.6. Control «express» tests on general physical training.

Section 5. Volleyball

Topic 5.1. Training of a volleyball player's stance and movements.

Topic 5.2. Training in the technique of passing the ball from above with two hands.

Topic 5.3. Training in the technique of passing the ball from above with two hands in a jump.

Topic 5.4. Teaching the technique of passing the ball from above with two hands and the technique of passing the ball from above with two hands above yourself. OFP.

Topic 5.5. Improving the technique of passing the ball from above with two hands and the technique of passing the ball from above with two hands above yourself. Training in the technique of passing the ball from above with both hands backwards.

Topic 5.6. Control «express» tests on general physical training.

Section 6. Athletics.

Topic 6.1. Improvement of sports walking techniques.

Topic 6.2. Improving the technique of short-distance running. Topic 6.3. Training in the shot-put technique.

Topic 6.4. Training in grenade throwing techniques.

Topic 6.5. Improving the technique of middle-distance running (cross-country running).

Topic 6.6. Control «express» - tests on general physical training.

Section 7. Athletics.

Topic 7.1. Development of basic physical qualities.

Topic 7.2. Special running and jumping exercises.

Topic 7.3. Improvement of the shot-put technique.

Topic 7.4. Training in the long jump technique with a run-up.

Topic 7.5. Improving the technique of throwing grenades.

Topic 7.6. Control «express» - tests on general physical training.

Section 8. General physical training

Topic 8.1. Training in the technique of performing exercises with fitness balls and an expander.

Topic 8.2. Improving the technique of performing general developmental exercises in motion and on the spot.

Topic 8.3. Training in the technique of performing exercises with a barbell.

Topic 8.4. Improving the technique of performing exercises with weights.

Topic 8.5. Control «express» - tests on general physical training.

Section 9. Basketball.

Topic 9.1. Training in the technique of driving the ball in combination with other techniques.

Topic 9.2. Training in the technique of throwing the ball with one hand from the shoulder from a standing position, in a jump.

Topic 9.3. Training feints in combination with other techniques.

Topic 9.4. Learning to pass the ball with one hand from the head, from the bottom to the side, with one hand «hook», hidden transfer.

Topic 9.5. Training of technical actions of players in attack, stops, turns, jumps.

Topic 9.6. Control «express» - tests on general physical training.

Section 10. General physical fitness

Topic 10.1. Training exercises on simulators and special devices.

Topic 10.2. Training in the technique of performing a push of two weights from the chest.

Topic 10.3. Improving the technique of performing exercises with fitness balls and an expander.

Topic 10.4. Improving the technique of performing exercises with a barbell.

Topic 10.5. Training in the technique of performing swings of interceptions, kettlebells.

Topic 10.6. Control «express» - tests on general physical training.

Section 11. Volleyball

Topic 11.1. Improving the technique of passing the ball from above with two hands in various ways. OFP.

Topic 11.2. Training in the technique of passing the ball from below with two hands.

Topic 11.3. Training in the technique of passing the ball from below with two hands and passing the ball from below with one hand.

Topic 11.4. Training in the technique of passing the ball from below with two hands. Training in the technique of receiving the ball.

Topic 11.5. Improving the reception and subsequent transmission of the ball from below with both hands. Training in the technique of passing the ball from below with both hands backwards.

Topic 11.6. Control «express» tests on general physical training.

Section 12. Athletics

Topic 12.1. Teaching relay running techniques.

Topic 12.2. Training in the long jump technique with a run-up.

Topic 12.3. Improving the technique of the long jump with a run-up.

Topic 12.4. Improving the technique of relay running.

Topic 12.5. Improving the technique of throwing grenades.

Topic 12.6. Control «express» - tests on general physical training.

Section 13. Athletics.

Topic 13.1. Improvement of special physical, technical and tactical training in cross-country athletics.

Topic 13.2. Control «express» tests on general physical training.

Section 14. General physical training

Topic 14.1. Improving the technique of performing exercises for the flexor muscles of the arms.

Topic 14.2. Improving the technique of performing exercises on simulators and special devices. Improving the technique of performing a push of two weights from the chest.

Topic 14.3. Control «express» tests on general physical training.

Section 15. Basketball.

Topic 15.1. Training of technical actions of players in attack, throws, finishing moves. Training of tactical actions of players in attack, individual actions with and without the ball

Topic 15.2. Training of tactical actions of players in defense, individual. Training of tactical actions of players in attack, group interactions. Training of players' tactical actions in defense, group and team.

Topic 15.3. Control «express» tests on general physical training.

Section 16. General physical training

Topic 16.1. Improving the technique of performing exercises with fitness balls and an expander. Improving the technique of performing exercises with weights.

Topic 16.2. Improving the technique of performing general developmental exercises in motion and on the spot. Improving the technique of performing exercises with a barbell.

Topic 16.3. Control «express» tests on general physical training.

Section 17. Volleyball

Topic 17.1. Improving the upper and lower ball passing.

Upper straight serve training.

Topic 17.2. Control «express» - tests on general physical training.

Section 18. Athletics

Topic 18.1. Improvement of sports walking techniques.

Topic 18.2. Control «express» - tests on general physical training.

Section 19. Athletics.

Topic 19.1. Development of basic physical qualities.

Special running and jumping exercises.

Topic 19.2. Control «express» - tests on general physical training.

Section 20. General physical fitness

Topic 20.1. Training in the technique of performing exercises for the flexor muscles of the arms. Improving the technique of performing exercises on simulators and special devices

Topic 20.2. Control «express» tests on general physical training.

Section 21. Basketball.

Topic 21.1. Training in competition rules.

Topic 21.2. Control «express» - tests on general physical training.

Section 22. General physical fitness

Topic 23.1. Control «express» tests on general physical training.

Section 23. Volleyball

Topic 23.1. Learning the rules of volleyball.

Topic 23.2. Control «express» - tests on general physical training.

Section 24. Athletics.

Topic 24.1. Training in the long jump technique.

Topic 24.2. Control «express» - tests on general physical training.

3.5. Thematic plan of laboratory work

«This type of work is not provided for in the curriculum. »

3.6. Course project /course work

«This type of work is not provided for in the curriculum. »

4. Evaluating learning outcomes

Assessment of the results of training in the discipline is carried out within the framework of current control and intermediate certification, conducted according to the point-rating system (BRS).

Scale of assessment of learning outcomes in the discipline:

Com pany code- Compe tence	Code	Code of the competence indicator Planned results of training in the discipline	Level of formation of formation of the competence indicator			
			High	Average	Below average	Low
			from 85 to 100	from 70 to 84	from 55 to 69	from 0 to 54
			Assessment scale			
			excellent	good	satisfactory	nedov- unsatisfa ctory- credited
			credited		not credited	
UC-7 Able to maintain an adequate level of physical fitness to ensure full social and professi	UC-7.2 Understands the impact of physical education wellness systems on health promotion and occupational disease prevention	know: rules and methods of planning individual lessons, the different orientation of (Z1)				
		rules and methods for planning individual x various target napravlennost and (Z1)	knows the methodical skim the principles compiled Iya complex s physically their exercise iy	knows the methodical skim the principles compiled Iya complex s physically their exercise iy	was satisfactory knows the methodical skim the principles compiled Iya complex s physically their exercise iy	know the methodical skim the principles composed of niya complex s physically their exercise iy
		be able to: perform a set of physical exercises (U1)				
		to perform a set of physical exercises (U1)	no errors, Minsk region t complex physically their exercise iy	with naznaciti lname errors, Minsk region t complex physically their exercise iy	one of the significant Noah mistake, Minsk region t complex physically their exercise iy	with two large steel mistake, Minsk region t complex physically their exercise iy
		to possess: skills of performing a set of physical exercises with group (B1)				
		skills of	no	with one	with one	with two

onal activity		performing a set of physical exercises with	mistake s confidently conducts b	minor error error conducts	significant ной error conducts	significan t errors and
		group (B1)	set of physical properties of exercises ий	b set of physical properties of exercises ий	b set of physical properties of exercises ий	b set of physical properties of exercises b set of physical exercises

An «excellent» grade is awarded to a student who has demonstrated a comprehensive, systematic and deep knowledge of the program material; the ability to freely perform tasks provided for in the program; who has mastered the main literature and is familiar with the additional recommended program; who has mastered the relationship of the main concepts of the discipline in their meaning for the acquired profession; who has shown creative abilities in understanding, presenting and using educational material.

A student who has found complete knowledge of the program material, who has successfully completed the tasks provided for in the program, who has mastered the main literature recommended in the program, who has shown the systematic nature of knowledge in the discipline and the ability to independently replenish and update them in the course of professional activity deserves a «good» rating.

A student who has found knowledge of the main educational and program material to the extent necessary for further study and upcoming work in the specialty; copes with the tasks provided for in the program, and is familiar with the main literature recommended by the program deserves a «satisfactory» rating. As a rule, the grade «satisfactory» is given to students who have made errors in the answer to the exam and when performing exam tasks, but who have the necessary knowledge to eliminate them under the guidance of a teacher.

The grade «unsatisfactory» is assigned to a student who has discovered gaps in the knowledge of the main educational and program material, who has made fundamental mistakes in performing the tasks provided for in the program.

The «credited» rating meets the rating criteria from «excellent» to «satisfactory.»

Estimation «The not credited» rating meets criteria the evaluation criteria «unsatisfactory».

Evaluation materials for conducting current control and interim certification are given in the Appendix to the discipline's work program.

The complete set of tasks and materials required for evaluating the results of training in the discipline is stored at the developer's department.

5. Educational, methodical and informational support of the discipline

5.1. Educational and methodical support

5.1.1 Basic literature

1. Harutyunyan T. G. Professional'no-prikladnaya fizicheskayakul'tura: uchebnoe posobie [Professional and applied physical culture: a textbook]. Krasnoyarsk: SIBSU named after Academician M. F. Reshetnev, 2021. - 108 p. -Text: electronic / / Lan: electronic library system. — URL: <https://e.lanbook.com/book/269930>

2. Barchukov I. S., Physical culture: methods of practical training: textbook / I. S. Barchukov. - Moscow: KnoRus, 2022. - 297 p. - ISBN 978-5-406-09973-5. - URL: <https://book.ru/book/943968> -Text: electronic.

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5.1.2. Additional literature.

6. Bezborodov A. A., Bezborodov S. A. Physical culture: practical exercises in basketball. Saint-Petersburg: Lan, 2023. 112 p. ISBN 978-5-507-45207-1. Text: electronic / / Lan: electronic library system. — URL: <https://e.lanbook.com/book/292844>

7. Bezborodov A. A. Prakticheskie zanyatiya po vol'bolu [Practical exercises in volleyball]. Saint-Petersburg: Lan, 2022. - 92 p. - ISBN 978-5-507-44558-5. - Text: electronic / / Lan: electronic library system. - URL: <https://e.lanbook.com/book/230432>

8. Vilensky, M. Ya., Physical culture and healthy lifestyle студента: M. Ya. Vilenskiy, A. G. Gorshkov, Student's guide: a textbook. - Moscow: KnoRus, 2022. - 239 p. - ISBN

978-5-406-09309-2. - URL: <https://book.ru/book/942846> -Text: electronic.

9. SkryginS. V., Yurchenko A. L. Independent classes of students in general physicaltraining: a textbook Skrygin. -Moscow: KnoRus, 2021. - 177 p. - ISBN 978-5-406-09049-7. - URL: <https://book.ru/book/941856> -Text: electronic.

10. Methods of training in athletics: Yushkevich T. P., Yaroshevich V. G., Rudenik V. V. Metodika trenirovki v legkoi atletike: uchebnoe posobie [Methods of training in athletics: Rudenika textbook]. - Minsk: BSUFC,

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5.2. Information support

5.2.1 Electronic and online resources

11. Open Education Portal / URL: <http://npoed.ru>
12. Single window for access to educational resources / URL: <http://window.edu.ru>

5.2.2 Professional databases / Information and Reference systems

13. Official website of the Ministry of Science and Higher Education of the Russian Federation / URL: <https://www.minobrnauki.gov.ru>
14. Russian National Library / URL: <http://nlr.ru/>
15. eLIBRARY.RU / URL: www.elibrary.ru
16. All-Russian sports and recreation complex TRP: <https://www.gto.ru/>

5.2.3 Licensed and freely distributed software of the discipline

17. LMS Moodle/ URL: <https://lms.kgeu.ru/>

6 Material and technical support of the discipline

Name of the type of educational work	Name of the classroom, specialized laboratory	List of necessary equipment and technical means of training
Practical classes	Building of Building B. Sports hall (auditorium No. 100).	Basketball boards (2 pcs.), volleyball net (1 pc.), gym walls (4 pcs.), tennis tables (2 pcs.). Inventory: volleyball balls (10 pcs.), basketballs (10 pcs.), jump ropes (10 pcs.), tennis rackets (4 pcs.). exercise equipment (different) - (15 pcs.), barbell with a set of pancakes (2 pcs.), dumbbells 1.5 kg.
		(10 pcs.), 2 kg. – (10 pcs.), 3 kg. (10 pcs.), table for playing n/tennis (2 pcs.), rackets n/tennis (10 pcs.), ball n/tennis (20 pcs.). Boxing ring.
	Building E. Gymnasium, wrestling hall, gym, shooting range.	basketball boards (6 pcs.), racks and volleyball nets (1 pc.), gym walls (8 pcs.), electric scoreboard (2 pcs.). Inventory: stuffed balls 2 kg. (10 pcs.), 3 kg. (10 pcs.), volleyball balls (10 pcs.), basketballs (10 pcs.), cones (6 pcs.), relay sticks (20 pcs.), jump ropes (20 pcs.), gym mats (10 pcs.). the simulator is complex, a barbell with a set of pancakes, dumbbells of 1.5 kg. (10

		pcs.), 2 kg. – (10 pcs.), 3 kg. (10 pcs.), table for playing n / tennis, rackets n / tennis (10 pcs.), ball n / tennis (20 pcs.)
Independent work	Computer class with Internet access B-600a	Specialized educational furniture for 30 seats, 30 computers, technical средства training equipment (multimedia projector, computer (laptop), screen), video cameras, software
	Library Reading room	Specialized furniture, computer equipment with Internet access and Internet access EIE, screen, multimedia projector, software
	Classroom for completing a course project (term paper) _____ (Indicated if there is a CR/KP and such an audience)	Specialized furniture, computer equipment with access to the Internet and providing access to the EIE, software

7 Features of the organization of educational activities for persons with disabilities and disabled people

Persons with disabilities and persons with disabilities have the opportunity to move freely from one educational and laboratory building to another, to climb all floors of educational and laboratory buildings, to study in educational and other premises, taking into account the peculiarities of psychophysical development and health status.

Conditions of unhindered access to all educational facilities are provided for the training of persons with disabilities and disabled people with musculoskeletal disorders. Information about the special conditions created for students with disabilities and disabilities is available on the university's website [www// kgeu. ru](http://www.kgeu.ru). It is possible to provide technical assistance assistant, as well as services of sign language interpreters and typhlosurd interpreters.

To adapt to the perception of reference and educational material on the discipline by persons with disabilities and hearing impairments, the following conditions are provided:

- for better orientation in the classroom, use alerts about the beginning and end of the lesson (the word «call» is written on the blackboard).
- the teacher draws the attention of a hard-of-hearing student with a gesture (a hand is placed on the shoulder; a soft pat is performed).
- when talking to a student, the teacher looks at them, speaks clearly, in short sentences, providing the ability to read lips.

Compensation for difficulties in speech and intellectual development of hard-of-hearing students is carried out by:

- use diagrams, diagrams, drawings, and computer presentations with hyperlinks that comment on individual image components.
- Regular use of exercises for graphic selection of essential features of objects and phenomena;

- providing an opportunity for the student to receive targeted advice by e-mail as needed.

The following conditions are provided for adaptation to the perception of reference, educational, and educational materials provided by the educational program for the chosen field of study by persons with disabilities and visually impaired people:

- The official website on the Internet is being adapted to meet the special needs of visually impaired people, large-scale and large-scale reference information on the schedule of training sessions is being provided.

- the teacher and his interlocutor (if necessary) who are present at the lesson are introduced to the students, and each time the person to whom the teacher addresses is called;

- actions, gestures, and movements of the teacher are briefly and clearly commented on.

- printed information is provided in large font (starting from 18 points) and is fully voiced.

- provides the necessary level of illumination of the premises;

- it is possible to use computers during classes and the right to record explanations on a voice recorder (at the request of students). The form

of conducting current and intermediate certification for students with disabilities and disabilities is determined by the teacher in accordance with the curriculum. If necessary, a student with disabilities, taking into account their individual psychophysical characteristics, is given the opportunity to pass an interim certification orally, in writing on paper, in writing on a computer, in the form of testing, etc., or additional time is provided for preparing the response.

8 Methodological recommendations for teachers on the organization of educational work with students.

Methodological support of the process of education of students is one of the determining factors of high quality of education. A university teacher, demonstrating high professionalism, erudition, a clear civic position, self-discipline, and a creative approach to solving professional problems, contributes to the formation of a harmonious personality during the educational process.

When implementing the discipline, the teacher can use the following methods of educational work:

- methods of forming a person's consciousness (conversation, dispute, suggestion, instruction, control, explanation, example, self-control, story, advice, persuasion, etc.);

- methods of organizing activities and forming behavioral experience (task, public opinion, pedagogical requirement, assignment, training, creating educational situations, training, exercise, etc.);

- methods of motivating activity and behavior (approval, encouragement of social activity, censure, creating success situations, creating situations for emotional and moral experiences, competition, etc.)

When implementing the discipline, the teacher should take into account the following areas of educational activity:

Civic and patriotic education:

- formation of students ' holistic worldview, Russian identity, respect for their family, society, state, spiritual, moral and socio-cultural values accepted in the family and society, national, cultural and historical heritage, formation of the desire for its preservation and development;

- formation of students ' active citizenship based on traditional cultural, spiritual and moral values of Russian society, in order to increase their ability to responsibly exercise their constitutional rights and obligations;

- development of legal and political culture of students, expansion of constructive participation in decision-making affecting their rights and interests, including in various forms of self-organization, self-government, socially significant activities;

- formation of motives, moral and semantic attitudes of the individual, allowing to resist extremism, xenophobia, discrimination on social, religious, racial, national grounds, interethnic and interfaith intolerance, and other negative social phenomena.

Spiritual and moral education:

- education of a sense of dignity, honor and honesty, conscientiousness, respect for parents, teachers, and older people;

- formation of the principles of collectivism and solidarity, the spirit of mercy and compassion, the habit of caring for people in difficult life situations;

- building solidarity and a sense of social responsibility in relation to people with disabilities, overcoming psychological barriers in relation to people with disabilities;

- formation of an emotionally rich and spiritually elevated attitude to the world, the ability and ability to pass on your aesthetic experience to others.

Cultural and educational education:

- forming an aesthetic picture of the world;

- formation of respect for the cultural values of the native city, region, or country;

- improving students ' cognitive activity.

Scientific and educational education:

- formation of students ' scientific worldview;

- formation of the ability to acquire knowledge;

- formation of skills in analyzing and synthesizing information, including in the professional field.

Current changes and approvals for the new academic year

№ п/п	No. of the section for making changes	Date of making changes	Content of changes	«Agreed» Head of the department implementing the discipline	« Agreed» Chairman of the Department of Management of the Institute(faculty), which includes the graduating department)
1	2	3	4	5	6
2					
3					
4					
5					



MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
Federal State Budgetary Educational Institution of Higher Education
«KAZAN STATE POWER ENGINEERING UNIVERSITY»
(FSBEI HE «KSPEU»)

**ASSESSMENT MATERIALS
for the discipline**

B1.ED.03 Applied physical training

(Name of the discipline in accordance with the curriculum)

Kazan, 2026

Assessment materials on the discipline, designed to assess the results of

who missed classes due to illness									
Lifting the torso from the supine position (number of times in 1 min) or an abstract for students who missed classes due to illness		5						5	5
Section 5. «Volleyball»	TK5			15	0-15			15-30	15-30
Passing the ball from above with two hands above you (count of times) (counter. norm.) or a test for students who missed classes due to illness				4				4	4
Passing the ball from below them (count of times) (counter. norm.) or report (article) for students who missed classes due to illness				4				4	4
Serve the ball from below (counter. norm.) or an abstract for students who missed classes due to illness				7				7	7
Section 6. «Athletics»	TK6					25	0-15	25-40	25-40
3000 m run for boys, 2000 m girls (min. sec.) or a test for students who missed classes due to illness						9		9	9
100 m run (sec.) or a report (article) for students who missed classes due to illness						8		8	8
Long jump from a standing position with a push of two legs (cm) (counter. norm.) or report (article) for students who missed classes due to illness						8		8	8
Credit	OM								55-100

3.Term

Name of section		Rating indicators
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		I current control	Additional points to TK1	II current control	Additional points to TK2	III current control	Additional points to TK3	Total	Intermediate certification
Section 7. «Athletics»	TK7	15	0-15					15-30	15-30
Shuttle run 3x10 m (s) (counter. norm.) or a test for students who missed classes due to illness		5						5	5
Long jump from a place with a push of two legs (cm) (counter. norm.) or report (article) for students who missed classes due to illness		5						5	5
Running 60 m (s) (counter. norm.) or an abstract for students who missed classes due to illness		5						5	5
Section 8. «OFP»	TK8			15	0-15			15-30	15-30
Lean forward from a standing position on a gymnastic bench (from the bench level –cm) (counter. norm.) or test for students who missed classes due to illness				7					
Pull-up from hanging on a high crossbar (boys), on a low crossbar (girls) (number of times) (counter. normal) or flexion extension of the arms while lying on the floor (number of times) or report (article) for students who missed classes due to illness				4					
Lifting the torso from the supine position (number of times in 1 min) (counter. norm.) or an abstract for students who missed classes due to illness				4					
Section 9. «Basketball»	TK 9					25	0-15	25-40	25-40
Passing the ball in pairs in 30 seconds or a test for students who missed classes due to illness						9		9	9

Throwing into the ring from the penalty line (number of times) (counter norm) or a report (article) for students who missed classes due to illness						8		8	8
Driving the ball with the outline of cones (distance between cones 3 m, a segment of 15 m (round trip) (counter. norm.) or an abstract for students who missed classes due to illness						8		8	8
Credit	OM								55-100

3 Term

Section name	Forms and type of control	Rating indicators							
		I current control	Additional points to TC1	II current control	Additional points to TC2	III current control	Additional points to TC3	Total	Interim certification
Section 10. «OFP»	TK10	15	0-15					15-30	15-30
Lean forward from a standing position on a gymnastic bench (from the bench level –cm) (counter. norm.) or test for students who missed classes due to illness		5						5	5
Pull-up from hanging on a high crossbar (boys), on a low crossbar (girls) (number of times) or flexion extension of the arms in a stop lying on the floor (number of times) counter. norm. or a report (article) for students who missed classes due to illness		5						5	5
Lifting the torso from лежа the supine position спине (Number of times in 1 min) or abstract for students who missed classes due to illness		5						5	5
Section 11.» Volleyball»	TK11			15	0-15			15-30	15-30

Passing the ball from above with both hands above you (count of times) (counter. norm.) or a test for students who missed classes due to illness				7					
Passing the ball from below (count of times) (counter. norm.) or report (article) for students who missed classes due to illness				4					
Serve the ball from below (counter. norm.) or an abstract for students who missed classes due to illness				4					
Section 12. «Athletics»	TK12					25	0-15	25-40	25-40
3000 m run for boys, 2000 m girls (min. sec.) or a test for students who missed classes due to illness						9		9	9
100 m run (sec.) or a report (article) for students who missed classes due to illness						8		8	8
Long jump from a standing position with a push of two legs (cm) (counter. norm.) or an abstract for students who missed classes due to illness						8		8	8
Credit	OM								55-100

4 Term

Section name	Forms and type of control	Rating indicators							
		I current control	Additional points to TC1	II current control	Additional points to TC2	III current control	Additional points to TC3	Total	Intermediate certification
Section 13. «Athletics»	TC13	15	0-15					15-30	15-30
Shuttle run 3x10 m (s)		5						5	5
(Counter. norm.) or a test for students who missed classes due to illness									
Long jump from a place with a push of two legs (cm) (counter. norm.) or report (article) for students who missed		5						5	5

classes due to illness									
Running 60 m (s) (counter. norm.) or an abstract for students who missed classes due to illness		5						5	5
Section 14. «OFP»	TK14			15	0-15			15-30	15-30
Lean forward from a standing position on a gymnastic bench (from the bench level –cm) (counter. norm.) or test for students who missed classes due to illness				7				7	7
Pull-up from hanging on a high crossbar (boys), on a low crossbar (girls) (number of times) (counter. normal) or flexion extension of the arms while lying on the floor (number of times) or report (article) for students who missed classes due to illness				4				4	4
Lifting the torso from the supine position (number of times in 1 min) (counter. norm.) or an abstract for students who missed classes due to illness				4				4	4
Section 15. «Basketball»	TK15					25	0-15	25-40	25-40
Passing the ball in pairs for 30 seconds or a test for students who missed classes due to illness						9		9	9
Throwing into the ring from the penalty line (number of times) (counter. norm.) or a report (article) for students who missed classes due to illness						8		8	8
Keeping track a ball with an outline of cones (distance between cones 3 m, segment 15 m						8		8	8
(Round trip) (counter. norm.) or an abstract for students who missed classes due to illness									
Test	OM								55-100 Credit

Section name	Forms and type of control	Rating indicators							Total	Interim certification
		I current control	Additional points to TC1	II current control	Additional points to TC2	III current control	Additional points to TC3			
Section 16. «OFP»	TK16	15	0-15					15-30	15-30	
Lean forward from a standing position on a gymnastic bench (from the bench level –cm) (counter. norm.) or test for students who missed classes due to illness		5						5	5	
Pull-up from hanging on a high crossbar (boys), on a low crossbar (girls) (number of times) (number of times) or flexion extension of the arms in a stop lying on the floor (number of times) counter. norm. or a report (article) for students who missed classes due to illness		5						5	5	
Lifting the torso from the supine position (number of times in 1 min) or an abstract for students who missed classes due to illness		5						5	5	
Section 17. «Volleyball»	TK17			15	0-15			15-30	15-30	
Passing the ball from above with two hands over themselves (number of times) (counter. norm.) or a test for students who missed classes due to illness				7				7	7	
Passing the ball from below above themselves (count of times) (counter. normal)				4				4	4	
or a report (article) for students who missed classes due to illness										
Ball feed from above (counter. norm.) or an abstract for students who missed classes due to illness				4				4	4	

high crossbar (boys), on a low crossbar (girls) (number of times) (counter. normal) or flexion extension of the arms while lying on the floor (number of times) or report (article) for students who missed classes due to illness				4				4	4
Lifting the torso from the supine position (number of times in 1 min) (counter. rules) or abstract for students who missed classes due to illness				4				4	4
Section 21. «Basketball»	TK21					25	0-15	25-40	25-40
Passing the ball in pairs for 30 seconds or a test for students who missed classes due to illness						9		9	9
Throwing into the ring from the penalty line (number of times) (counter. rules. or a report (article) for students who missed classes due to illness						8		8	8
Driving a ball with a cone outline (distance between cones 3 m, segment 15 m (round trip) (counter norm) or an abstract for students who missed classes due to illness						8		8	8
Total									55-100

8.Term

Section name	Forms and type of control	Rating indicators						Total	Intermediate certification
		I current control	Additional points to TC1	II current control	Additional points to TC2	III current control	Additional points to TC3		
Section 22. «OFP»	TK22	15	0-15					15-30	15-30
Lean forward from a standing position on a gymnastic bench (from the bench level –cm) (counter. norm.) or test for students who missed		5						5	5

classes due to illness									
Pull-up from hanging on a high crossbar (boys), on a low crossbar (girls) (number of times) (number of times) or flexion extension of the arms in a stop lying on the floor (number of times) counter. norm. or a report (article) for students who missed classes due to illness		5						5	5
Lifting the torso from the supine position (number of times in 1 min) or an abstract for students who missed classes due to illness		5						5	5
Section 23. «Volleyball»	TK23			15	0-15			15-30	15-30
Passing the ball from above with two hands over themselves (number of times) (counter. norm.) or a test for students who missed classes due to illness				7				7	7
Passing the ball from below above themselves (count of times) (counter. norm.) or a scientific article for students who missed classes due to illness				4				4	4
Ball feed from above (counter. norm.) or an abstract for students who missed classes due to illness				4				4	4
Section 24. «Athletics»	TK24					25	0-15	25-40	25-40
3000 m run for boys, 2000 m girls (min. sec.) or test for students who missed classes due to illness						9		9	9
60 m run (sec.) or report (article) for students who missed classes due to illness						8		8	8
Long jump from a standstill with two legs (cm) (counter. norm.) or an abstract for students who missed classes due to illness						8		8	8
Credit	OM								55-100

2. Evaluation materials of current control and interim certification

Scale of assessment of learning outcomes in the discipline:

			ий with a group (B1)	ий with a group (B1)	ий with a group (B1)	the group (B1)
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An «excellent» grade is awarded to a student who has demonstrated a comprehensive, systematic and deep knowledge of the program material; the ability to freely perform tasks provided for in the program; who has mastered the main literature and is familiar with the additional recommended program; who has mastered the relationship of the main concepts of the discipline in their meaning for the acquired profession; who has shown creative abilities in understanding, presenting and using educational material.

A student who has found complete knowledge of the program material, who has successfully completed the tasks provided for in the program, who has mastered the main literature recommended in the program, who has shown the systematic nature of knowledge in the discipline and the ability to independently replenish and update them in the course of professional activity deserves a «good» rating.

A student who has found knowledge of the main educational and program material to the extent necessary for further study and upcoming work in the specialty; copes with the tasks provided for in the program, and is familiar with the main literature recommended by the program deserves a «satisfactory» rating. As a rule, the grade «satisfactory» is given to students who have made errors in the answer to the exam and when performing exam tasks, but who have the necessary knowledge to eliminate them under the guidance of a teacher.

The grade «unsatisfactory» is assigned to a student who has discovered gaps in the knowledge of the main educational program.

Material that has made fundamental mistakes in completing the tasks provided for in the program.

The «credited» rating meets the rating criteria from «excellent» to «Satisfactory.»

Estimation «The not credited» rating meets criteria the evaluation criteria «unsatisfactory».

3. List of evaluation tools

Brief description of the assessment tools used in the current monitoring of academic performance and intermediate certification of a student in the discipline:

Name of the evaluation tool	Brief description of the evaluation tool	Description of the evaluation tool
Report (Dkl), message (SbsSbs)	The product of independent work of the student, which is a public speech on the presentation of the obtained results of solving a certain educational and practical, educational and research or scientific topic	Topics of reports, messages
Control standards (KN)	Assessment of general and special physical fitness of students, assessment of the technique of performing motor actions	List of practical tasks, control exercises
Abstract (Rfr)	The product of independent work of the student, which is a written summary of the results of theoretical analysis of a certain scientific (educational and research) topic	of the topic of essays
Test (Test)	A system of standardized tasks that allows you to automate the procedure for measuring the level of knowledge and skills of a student	A set of test tasks

4. A list of control tasks or other materials necessary for assessing knowledge, skills and abilities that characterize the stages of competence formation in the course of mastering the discipline

For current control of TC1:

Verifiable competence: CC-7.2

Test

Question	Answer options
1. In what year were the first track and field competitions held?	A) 776 BC;
	B) 888
	; C) 1896;
	D) 1912
2. The athletics disciplines do NOT include ...	A) running;
	B) jumping;
	C) lifting weights;
	D) throwing.
3. How to start running on	A) From a low start.

<i>medium and long distances?</i>	<i>B) From a move;</i>
	<i>C) From a high start;</i>
	<i>D) With one-handed support.</i>
<i>4. What is a sprint?</i>	<i>A) The referee at the start;</i>
	<i>B) Long-distance running;</i>
	<i>C) Short-distance running;</i>
	<i>D) Throwing the ball.</i>
<i>5. Select a row that lists the exercises that are included in the types of athletics:</i>	<i>A) running, walking, jumping, throwing, all-around;</i>
	<i>B) outdoor games;</i>
	<i>C) swimming;</i>
	<i>D) exercise for the development of the lower extremities.</i>
<i>6. Outdoor games should be held:</i>	<i>A) only on the sports field;</i>
	<i>B) only in compliance with the rules and safety regulations;</i>
	<i>C) only in the sports hall.</i>
<i>7. What is the most dangerous type of bleeding?</i>	<i>A) Venous;</i>
	<i>B) Arterial;</i>
	<i>C) Internal;</i>
	<i>D) Intracranial.</i>
<i>8. Injuries are often caused by:</i>	<i>A) disdainful attitude to the preparatory part of the lesson, warm-up, incorrect training in the technique of physical exercises;</i>
	<i>B) lack of insurance, incompetent use of it, forcing loads, transferring the means and methods of training professional athletes to university students of an unsportsmanlike profile;</i>
	<i>C) shortcomings of educational planning, which does not provide full-fledged physical training and continuity in the formation of motor skills. skills that are being trained.</i>
<i>9. While playing basketball, you must not:</i>	<i>A) circle the opponent;</i>
	<i>B) throw into the ring;</i>
	<i>C) hold the opponent.</i>
<i>10. When performing jumps, you should land:</i>	<i>A) only on the feet;</i>
	<i>B) how convenient it is for the jumper;</i>
	<i>C) only on both hands.</i>

Topics of reports (articles)

1. Safety rules during athletics classes, prevention of injuries in athletics classes.
2. History of athletics development.
3. History of the development of athletics in Russia.
4. History of athletics development abroad.
5. Легкая Athletics in the system of physical education (technique of walking, running, jumping, throwing).

Abstract topics

1. Safety rules during athletics classes, prevention of injuries in athletics classes.
2. History of athletics development.
3. History of the development of athletics in Russia.

4. History of athletics development abroad.
5. Athletics in the system of physical education (technique of walking, running, jumping, throwing).

For current control of TC2:

Verifiable competence: CC-7.2

Test

Question	Answer options
1. Physical education includes:	A) the subject matter in school
	B) performing physical exercises
	C) the process of improving human capabilities
	D) part of the general culture of society
	E) the natural physical properties of a person
2. The type of education whose specific content is the acquisition of special physical culture knowledge, training in movements, education of physical qualities and the formation of a conscious need for physical education classes is called:	A) physical training
	B) physical culture
	C) physical education
	D) physical education
3. What is the main means of physical education?	A) proper nutrition
	B) morning exercises
	C) physical exercises
4. The technique of physical exercises is understood as:	A) motor actions, with the help of which the motor task is solved expediently with relatively greater efficiency
	B) motor actions that provide the greatest energy consumption
	C) a clearly defined and unchangeable order of movements
5. Several exercises that are selected in a specific order to solve a specific problem are called:	A) complex
	B) Group
	C) algorithm
6. What types of physical training are there?	A) general physical training
	B) special physical training
	C) individual physical training
7. General physical training (GPH) refers to the training process aimed at:	A) for the formation of correct posture
	B) for the harmonious development of a person
	C) for the comprehensive and harmonious development of a person
8. Physical qualities are:	A) individual characteristics that determine the level of a person's motor abilities
	B) innate morphofunctional qualities that make it possible for a

	<i>person</i>
	<i>to be physically active C) a set of abilities that are engaged in physical culture and sports, expressed in specific results</i>
9. Endurance is:	A) the ability to perform a motor action in a minimal amount of time.
	a period of time
	B) the ability to overcome external resistance
	C) the ability to длительному perform any activity for a long time without reducing efficiency
10. Speed is:	A) the ability to perform a motor action in a minimum period of time
	B) the ability to overcome external resistance
	C) the ability to длительному perform any activity for a long time without reducing efficiency

Topics of reports (articles)

1. Formation of posture by means of gymnastics.
2. Correction of postural disorders by means of physical culture
3. Functions Respiratory functions and recommendations for breathing during exercise and sports.
4. Functions of the respiratory system during занятиях exercise.
5. Means and methods of health-improving walking and its positive impact on the cardiovascular system.

Abstract topics

1. Formation of posture by means of gymnastics.
2. Correction of postural disorders by means of physical culture
3. Functions Respiratory functions and recommendations for breathing during exercise and sports.
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6. Means and methods of health-improving walking and its positive impact on the cardiovascular system.

For current control of TC3:

Verifiable competence: CC-7.2

Test

Question	Answer options
1. What year did basketball start?	A) in 1891
	B) in 1901
	C) in 1790
	D) in 1592
	A) Throw

2. What is the name of passing the ball in basketball?	B) Pass
	C) Pass
3. Dimensions of the basketball court?	A) 30x20m
	B) 40x20m
	C) 28x15m
	D) 30x17m
4. What is the weight of a basketball?	A) 500 g
	B) 1200 g
	C) 700 g
	D) 600 g
	E) 600-650 g
5. Choose the correct statement	A) the ball crossing the boundaries of the court, unlike the situation with an out in football, in basketball is not always an out
	B) the ball crossing the boundaries of the court, unlike the situation with an out in football, in basketball is always an out
	C) the ball crossing the boundaries of the court, unlike the situation with an out in football, basketball is not an out
6. A basketball match consists of	A) two halves of 45 minutes and a break of 15 minutes
	B) two halves of 20 minutes
	C) one half of 40 minutes
	D) four halves of 10 minutes
7. In which country is basketball a national sport?	A) USA
	B) Canada
	C) Latvia
	D) Spain
8. In what year did basketball become a game?	A) 1888
	B) 1805
	C) 1891
	D) 1890
9. What year is basketball	A) 1936
	B) 1980
	C) 1991
	D) 1997
10. Which country is the birthplace of basketball?	A) Russia
	B) France
	C) USA
	D) Canada

Topics of reports (articles)

1. Analysis of individual tactical actions of basketball players in attack.
2. Analysis of individual tactical actions of basketball players in defense.
3. Analysis of group tactical actions of basketball players in defense.
4. Analysis of individual tactical actions of basketball players in attack.
5. Personal defense in basketball, characteristics and options.
6. Zone defense in basketball. Characteristics and options.

Abstract topics

1. Analysis of individual tactical actions of basketball players in attack.
2. Analysis of individual tactical actions of basketball players in defense.
3. Analysis of group tactical actions of basketball players in defense.

4. Analysis of individual tactical actions of basketball players in attack.
5. Personal defense in basketball, characteristics and options.
6. Zone defense in basketball. Characteristics and options.

2 term

For current control of TC4:

Verifiable competence: CC-7.2

Test

Question	Answer options
1. Flexibility means:	A) the ability to overcome external resistance
	B) the ability to perform an activity for a long time without reducing efficiency
	C) the ability to perform a movement with a large amplitude
2. Strength is:	A) the ability of a person to exert muscle forces of various sizes in the shortest possible time
	B) the ability of a person to overcome external resistance or resist it due to muscle effort
	C) the ability to lift heavy objects
3. Dexterity is:	A) the ability to accurately dose the amount of muscle effort
	B) the ability to quickly master new movements and rearrange motor activity
	C) the ability to master an action and maintain balance
4. Proper development of what physical qualities is necessary for conducting productive professional activities?	A) speed
	B) strength
	C) Agility
	D) Flexibility
	E) Endurance
	F) all answers are correct
5. The main methods of developing physical qualities are:	A) uniform
	B) repeated
	C) short
	-term D) variable
	E) interval
	F) low-intensity
	G) competitive
6. Which of the sports or training means most effectively develops speed?	
7. Which of the sports or training tools most effectively develops strength?	
8. Which of the sports or training tools most effectively develops dexterity?	
9. Which of the sports or training tools most effectively develops flexibility?	
10. Which of the sports or	

<i>training facilities is most effective</i>	
<i>develops stamina?</i>	

Topics of reports (articles)

1. Health-improving systems of physical exercises.
2. The importance of physical culture in a healthy lifestyle.
3. Techniques of self-control when performing physical activities.
4. Hardening procedures and their positive impact on the human body.
5. The process of organizing a healthy lifestyle.
6. Physical culture as a means of combating overwork and low performance.

Abstract topics

1. Health-improving systems of physical exercises.
2. The importance of physical culture in a healthy lifestyle.
3. Techniques of self-control when performing physical activities.
4. Hardening procedures and their positive impact on the human body.
5. The process of organizing a healthy lifestyle.
6. Physical culture as a means of combating overwork and low performance.

For current control of TC5:

Verifiable competence: CC-7.2

Test

<i>Question</i>	<i>Answer options</i>
1. What position numbers do players have along the grid (front line)?	A) 1, 2, 3
	B) 2, 3, 4
	C) 4, 5, 6
	D) 1, 5, 6
2. What is the minimum number of players in a team that must participate in volleyball?	A) 3
	B) 4
	C) 5
	D) 6
3. How many points must one team score to win the 5th volleyball game, provided that the gap from the opponent is at least 2 points?	A) 15
	B) 17
	C) 20
	D) 21
4. How many points must one team score to win in 1-4 volleyball games, provided that the gap from the opponent is at least 2 points?	A) 15
	B) 20
	C) 25
	D) 30

5. What is the score in volleyball is the match incorrect?	A) 3: 2
	B) 3: 1
	C) 3: 0
	D) 4: 0
6. What is the maximum number of games that can be played in a single volleyball match?	A) 3
	B) 4
	C) 5
	D) 6
7. Which of the following is prohibited in volleyball?	A) playing without numbers
	B) playing in cold weather in tracksuits
	C) playing with glasses
	D) playing barefoot
8. What is the maximum number allowed for a volleyball player?	A) 12
	B) 16
	C) 18
	D) 24
9. What is the	A) 10
	B) 12
	C) 14
	D) 16
10. What is the weight of a volleyball ball?	A) 260 – 280 g
	B) 325 – 375 g C
) 410-450 g

Topics of reports (articles)

1. Characteristics of volleyball as a game sport.
2. The importance of general physical fitness of volleyball players.
3. Influence of special physical training on volleyball players.
4. Methods of developing special physical qualities of volleyball players.
5. Problems and tasks of modern sports pedagogy.
6. Issues of development motor skills of athletes ' motor skills in modern pedagogy.

Abstract topics

1. Characteristics of volleyball as a game sport.
2. The importance of general physical fitness of volleyball players.
3. Influence of special physical training on volleyball players.
4. Methods of developing special physical qualities of volleyball players.
5. Problems and tasks of modern sports pedagogy.
6. Issues of development motor skills of athletes ' motor skills in modern pedagogy.

For current control of TC6:

Verifiable competence: CC-7.2

Test

Question	Answer options
1. Running with stops and changing direction on the signal mainly contributes to the formation:	to A) speed of reaction; B) speed force; C) coordination of movements.
2. What physical quality develops when running at a slow pace for a long time?	A) Quickness; B) Agility; C) Endurance.
3. The best conditions for developing dexterity are created on time:	A) high jump; B) athletics; C) outdoor and sports games.
4. One of the main physical qualities is:	A) strength; B) attention; C) performance.
5. Which of the following physical exercises are considered cyclical?	A) Somersaults; B) Running; C) Throwing.
6. The best conditions for developing dexterity are created on time:	A) high jump; B) athletics; C) outdoor and sports games.
7. The most common means of independent training are ...	A) boxing; B) martial arts; C) walking and running.
8. Types of motor actions (including their totality), which are aimed at implementing the tasks of physical education and are subject to its laws, are called:	A) physical rehabilitation; B) physical training; C) physical exercises; D) physical qualities
9. The regularity of building a system of physical exercises and maintaining the continuity of the effectiveness of classes is provided by the principle:	A) age adequacy of pedagogical influences; B) adaptation of physical loads; C) visibility; D) continuity.
10. The degree of mastery of the technique of action, in which movement control occurs automatically and the action is highly reliable-this	is A) a skill of the highest order; B) a motor skill; C) a dynamic stereotype;

Topics of reports (articles)

1. Dexterity as a physical quality: means and methods of education.
2. Development of dexterity in volleyball players.
3. Physical qualities and exercises for their development.
4. Functions of the respiratory system during classes exercise.
5. The impact of athletics exercises on strengthening the health and basic systems of the body.

6. Bad habits and physical education.

Abstract topics

1. Dexterity as a physical quality: means and methods of education.
2. Development of dexterity in volleyball players.
3. Physical qualities and exercises for their development.
4. Functions of the respiratory system during classes exercise.
5. The impact of athletics exercises on strengthening the health and basic systems of the body.
6. Bad habits and physical education.

3 term

For current control of TC7:

Verifiable competence: CC-7.2

Test

Question	Answer options
1. How does an excessive forward tilt of the runner's torso affect running?	A) Reduces the length of the running step;
	B) Helps to carry the hip forward and up;
	C) Increases the speed of running;
	D) Helps to coordinate movements
2. What is the result of a straight torso position when running (or its tilt back)?	A) Narrow setting of the feet;
	B) Incomplete push of the foot;
	C) Free work of the hands;
	D) Reduced running speed.
3. What is the result of a wide setting of the feet when running?	A) Improving athletic performance;
	B) Reducing running speed;
	C) Increasing the length of the running step;
	D) A stronger push with the foot.
4. The line that marks the beginning of the distance...	A) finish line;
	B) center line;
	C) starting line;
	D) dotted line.
5. The most effective exercise for developing endurance is ...	A) short-distance running;
	B) middle-distance running;
	C) long-distance running;
	D) relay running.
6. What is cross-country running?	A) Running with acceleration;
	B) Running on the artificial track of the stadium;
	C) Cross-country running;
	D) Running before jumping.
7. Cross-country is...	A) running with barriers;
	B) cross-country running;
	C) running with acceleration.
8. What are the phases of a run-up jump?	A) Run, push, fly, touchdown;
	B) Push, bounce, fly, touchdown;
	C) Run, bounce, touchdown;
	D) Run, push, touchdown.
9. What happens if the pole vault breaks?	A) The attempt is still counted;
	B) The attempt is not counted;
	C) Penalty points are counted;
	D) The right to make a second attempt is given.

10. How can you describe marathon running?	A) Long-distance running;
	B) Medium-distance running;
	C) Cross-country running;
	D) Short-distance running.

Topics of reports (articles)

1. Analysis of long-distance running techniques.
2. Long-distance running training methodology.
3. Running and jumping exercises are an effective means of preparing for a training session.
4. Analysis of sports walking training techniques and methods.
5. Typical training errors and ways to correct them.
6. Techniques and methods of teaching sports walking and running techniques.

Abstract topics

1. Analysis of long-distance running techniques.
2. Long-distance running training methodology.
3. Running and jumping exercises are an effective means of preparing for a training session.
4. Analysis of sports walking training techniques and methods.
5. Typical training errors and ways to correct them.
6. Techniques and methods of teaching sports walking and running techniques.

For current control of TC8:

Verifiable competence: CC-7.2

Test

Question	Answer options
1. Specify the correct sequence of exercises during the training session	: A) strength, speed, endurance, flexibility
	B) flexibility, endurance, speed, strength
	C) speed, endurance, flexibility, strength
	D) endurance, flexibility, speed, strength
2. Specify the main principles of exercise variability:	A) linear, undulating
	B) straight, short, intermittent
	C) continuous, long
3. An indicator of the intensity zone of physical activity is:	A) Heart rate
	B) Blood pressure
	C) SpO ₂
4. In the process of systematic physical exercises, the pulse at rest:	A) dresses up
	B) becomes more frequent
	C) remains unchanged
	A) about poor health

5. If before each lesson there is approximately the same heart rate before each session, this means:	B) about good recovery of the body
	C) insufficient training of the body
6. If the initial heart rate value tends to increased frequency in general well-being, which indicates:	A) about a good recovery of the body and the growth of fitness
	B) about insufficient recovery of the body after classes
	C) about the correctly selected load
7. нормальным Recovery of heart rate and blood pressure is considered normal at low and medium loads :	A) after 5-15 minutes
	B) after 30 minutes
	C) after
8 hours. What formula can be used to calculate the maximum heart rate of an individual, which should not be exceeded during training sessions?	A) 220-20
	B) 220-30
	C) 220-age
9. What components of a training session exist?	A) Preparatory
	B) Introductory
	C) Main
	D) Final
10. In what part of the training session is the task of developing physical qualities solved?	A) final
	B) preparatory
	C) main

Topics of reports (articles)

1. Formation of general endurance of students in physical education classes.
2. Physical education of students.
3. Development of general endurance. Tools and methods.
4. Development of strength and strength endurance. Tools and methods.
5. Functions of the respiratory system during classes exercise.

Abstract topics

1. Formation of general endurance of students in physical education classes.
2. Physical education of students.
3. Development of general endurance. Tools and methods.
4. Development of strength and strength endurance. Tools and methods.
5. Functions of the respiratory system during занятиях exercise.

For current control of TC9:
Verified competence: CC-7.2
Test

Question	Answer options
1. Who invented basketball as a game?	A) J.Maiken
	B) D. Fraser
	C) D.Naismith
2. What does the word basketball?	A) Basket-ball mean?
	B) Basket
	C) Ball
3. What is the name of an equal score at the end of regular time?	A) Overtime
	B) Foul
	C) Out
4. How much time is allowed to attack the opponent's basket (s)?	A) 15
	B) 20
	C) 24
5. What is the maximum amount of time allowed for a player to throw the ball?	A) 3
	seconds B) 5 seconds C
) 10
	seconds D) 12
seconds 6. How many steps can you take after dribbling the ball?	A) 3 steps
	B) 2 steps
	C) 1 step
7. The technique of possession of the ball includes the following techniques:?	A) catching, stopping, turning, leading the ball
	B) passing the ball, throwing to the basket, catching, stopping, turning
	C) catching, passing, leading the ball, throwing to the basket
8. How long does it take to move from the rear to the front zone(c)?	A) 8
	B) 10
	C) 12
9. How many points are awarded for a goal scored from the penalty line?	A) 2 points
	B) 1 point
	C) 3 points
10. Soviet basketball player, inducted into the NBA Basketball Hall of Fame	A) S. Belov
	B) V. Morozov
	C) Petrov A.

Topics of reports (articles)

1. Rapid attack in basketball, characteristics and options.
2. Positional offense in basketball. Characteristics and options.
3. Methodology of training individual tactical actions in attack in basketball. Selection of exercises.
4. Methodology of training individual tactical actions in defense in basketball. Selection of exercises.
5. Methods of teaching group tactical actions in attack in basketball. Selection of exercises.

6. Methods of teaching group tactical actions in defense in basketball. Selection of exercises.

Abstract topics

1. Rapid attack in basketball, characteristics and options.

2. Positional offense in basketball. Characteristics and options.

3. Methodology of training individual tactical actions in attack in basketball. Selection of exercises.

4. Methodology of training individual tactical actions in defense in basketball. Selection of exercises.

5. Methods of teaching group tactical actions in attack in basketball. Selection of exercises.

6. Methods of teaching group tactical actions in defense in basketball. Selection of exercises.

4 term

For current control of TC10:

Verifiable competence: CC-7.2

Test

Question	Answer options
1. The preparatory part of the training course: of the training session is characterized by solving the following tasks?	A) 1; 2; 3
	B) 2; 3; 6
	C) 2; 4; 5
	D) 1; 3; 5
2. Specify the sequence of performing OPU exercises:	A) neck muscles
	B) lower limb muscles
	C) upper limb muscles
	D) trunk muscles
3. Factors of dosage of the volume and intensity of physical activity are:	A) number of repetitions
	B) range of motion
	C) starting position
	D) terrain
	E) pace of exercise
	F) degree of difficulty
	G) wind speed and direction
	H) power of muscle work
4. What is the motor density of a training session?	A) the amount of time spent on warm-up exercises
	B) the ratio of the time directly spent on performing exercises to the total time of the lesson
	C) the total time of the lesson
5. Proper breathing during exercise is characterized by:	A) longer exhalation
	B) longer inhalation
	C) inhaling through the nose and exhaling through the mouth
	D) even duration of inhalation and exhalation
6. Distribute in the correct sequence the physical qualities	A) quickness, endurance, strength, flexibility, agility
	B) Endurance, quickness, strength, agility, flexibility
	C) quickness, endurance, flexibility, strength, agility

tested by the GFSK TRP tools:	D) strength, speed, endurance, agility, flexibility
7. Distribute in the correct order Sequences zone sequences the load intensity zones in the correct sequence:	A) up to 130 bpm.
	B) 130-150 bpm.
	C) 150-180 bpm.
	D) from 180 bpm. and above
8. What time of day is the best time to conduct physical education classes?	A) in the morning
	B) at lunch
	C) in the evening
	D) according to age and individual circadian rhythms
9. What is cumulative training effect?	A) processes that occur in the body directly during pregnancy? when performing exercises
	B) the total result of urgent and delayed training effects of a sufficiently large number of sessions, leading to improved fitness
	C) C) the processes that occur in the body immediately after performing exercises
10. Specify the name of the training cycles that are used to build the process of sports (physical) training:	A) training, competitive, recovery cycles
	B) microcycles, mesocycles, macrocycles
	C) operational, current, stage cycles
	D) preparatory, main, competitive cycles

Topics of reports (articles)

1. Purpose and objectives of general physical training.
2. Purpose and objectives of special physical training.
3. The role of physical activity in the formation of health in student age.
4. Physical education in your spare time.
5. General physical and special training in the system of physical education.

Abstract topics

1. Purpose and objectives of general physical training.
2. Purpose and objectives of special physical training.
3. The role of physical activity in the formation of health in student age.
4. Physical education in your spare time.
5. General physical and special training in the system of physical education.

For current control TC11:

Verifiable competence: CC-7.2

Test

Question	Answer options
1. How far from the center line is the offensive line in volleyball?	A) 2.5 m
	B) 3 m
	C) 3.5 m
	D) 4 m
2. What is the height of the free space above the volleyball playing field?	A) 8.5 m
	B) 10.5 m
	C) 12.5 m
	D) 14.5 m
3. Which of the following is not a mistake when playing ball in volleyball?	A) leg play
	B) kick supported by a partner
	C) 4 kicks
	D) consecutive touches with different parts of the body
4. What are the dimensions of the volleyball court?	A) 8x16 m
	B) 9x18 m
	C) 10.97 x 23.77 m
	D) 15x28m
5. Which kick in volleyball is called a striker?	A) any kick that hits the ball above the batter's head into the opponent's half of the field (other than serve and block)
	B) any kick on the ball that is above the level of the net, on the opponent's half of the field (except for serving and blocking)
	C) any kick on the ball to the opponent's half of the field in a jump (except for serving and blocking)
	D) any kick on the ball to the opponent's half (except for serve and block)
6. How does a volleyball game start?	A) with a serve
	B) with a pass
	C) with a throw-in by the referee under the net
	D) with a throw-in by the referee on one of the parties
7. Which country is considered the birthplace of volleyball?	A) Brazil
	B) Cuba
	C) US \$
	D) Spain
8. Who is considered the creator of the game volleyball?	A) William J. Smith Morgan
	B) Pierre de Coubertin
	C) James Naismith
	D) Holger Nielsen
9. What означает does the word volleyball mean?	A) hand and ball
	B) net and ball
	C) fly kick and ball
	D) hand kick and ball
10. What is the position number of a serving player have in volleyball player?	A) 1
	B) 2
	C) 5

Topics of reports (articles)

1. Psychological and pedagogical aspects of volleyball players ' development.
2. The importance of building a special sports foundation of players for the development of volleyball.
3. The impact of training on the development of sports team spirit of volleyball players.
4. Psychological situation in the team and its impact on the productivity of volleyball players.
5. The impact of daily training on athletes and improving the level of play of volleyball players.

Abstract topics

1. Psychological and pedagogical aspects of volleyball players ' development.
2. The importance of building a special sports foundation of players for the development of volleyball.
3. The impact of training on the development of sports team spirit of volleyball players.
4. Psychological situation in the team and its impact on the productivity of volleyball players.
5. The impact of daily training on athletes and improving the level of play of volleyball players.

For current TC12 monitoring:

Verified competence: CC-7.2

Test

Question	Answer options
1. One of the methods of the long jump in athletics is designated as a jump...	A) «Running»;
	B) «Stepping»;
	C) «Rolling»;
	D) «Scissors».
2. The projectile that is released after a «jump» in athletics is called:	A) spear;
	B) hammer;
	C) ball;
	D) disk.
3. What distance in athletics is not a classic?	A) 100m;
	B) 200m;
	C) 400m;
	D) 500m.
4. When running in track and field athletics, the defining element of technique is:	A) the pace of movement;
	B) correct positioning of the support leg;
	C) pushing off the support leg and quickly bringing it forward;
	D) footwork technique.
5. In athletics, the core is:	A) throw;
	B) throw;
	C) push;
	D) launch.

6. The « Queen of Sports » is called ...	A) Gymnastics;
	B) Athletics;
	C) Chess;
	D) Skiing.
7. Sprint running in athletics includes...	A) running for 5000m;
	B) cross-country;
	C) running for 100m;
	D) marathon running.
8. The types of athletics do not include ...	A) long jump;
	B) walking;
	C) pole vault;
	D) horse jumping.
9. In long-distance running in athletics, the main physical quality that determines success is...	A) speed;
	B) strength;
	C) endurance;
	D) agility.
10. The Olympic type of relay	A) running 4 on 100m;
	B) running 4 on 400m;
	C) running 4 on 1000m.

Topics of reports (articles)

1. Short-distance running technique.
2. Training in short-distance running techniques.
3. Features of short-distance running.
4. Middle-distance running: techniques, tactics, records and standards.
5. Physical fitness of athletes specializing in middle-distance running.
6. Phases of middle-distance running.

Abstract topics

1. Short-distance running technique.
2. Training in short-distance running techniques.
3. Features of short-distance running.
4. Middle-distance running: techniques, tactics, records and standards.
5. Physical fitness of athletes specializing in middle-distance running.
6. Phases of middle-distance running.

5 term

For current control TC13:

Verifiable competence: CC-7.2

Test

Question	Answer options
1. What are the sprint (short) distances?	A) 800m., 1000m., 1500m.;
	B) 60m., 100m., 200m., 400m.;
	C) 2000m., 3000m., 5000m.

2. What start is used for short-distance running?	A) What start is used for short-distance running?
	B) What start is used for short-distance running?
	C) What start is used for short-distance running?
3. The length of a standard treadmill?	A) 400m;
	B) 330m;
	C) 100m;
	D) 500m.
4. What is the name of the line that the runner crosses at the end of the race:	A) side;
	B) front;
	C) finish;
	D) marking.
5. What physical qualities do sprinting develop?	A) speed;
	B) strength;
	C) endurance;
	D) agility.
6. A distance segment of 20 m long marked with markers in a relay race is called:	A) run-up;
	B) transfer zone;
	C) obstacle course;
	D) finish line.
7. Sprint running with overcoming obstacles is called:	A) aryer;
	B) стунльsteepchaseчез;
	C) cross.
8. When running short distances, the competitor is disqualified:	A) at the request of the chief referee;
	B) false start;
	C) crossing the treadmill;
	D) drug use.
9. Athletes-runners use:	A) sneakers;
	B) spikes;
	C) sneakers.
	D) running shoes;
10.. The main physical qualities necessary for success in short-distance running are:	A) flexibility;
	B) speed;
	C) strength;
	D) speed endurance.

Topics of reports (articles)

1. Analysis of sports walking techniques.
2. Physiological significance of recreational walking and running.
3. History of sports walking.
4. Methods of teaching sports walking.

Abstract topics

1. Analysis of sports walking techniques.
2. Physiological significance of recreational walking and running.
3. History of sports walking.
4. Methods of teaching sports walking.

For current control of TC14:

Verifiable competence: CC-7.2:

Test

Question	Answer options
1. Professional and applied physical training includes:	A) specially directed and selective use of physical culture and sports facilities to prepare a person for a certain professional activity;
	B) the process of improving motor qualities aimed at comprehensive and harmonious physical development of a person;
	C) a specialized type of preparation for performances in professional sports
2. What is professionogram of a professionogram?	A) a category of profession characterized by stages and levels
	B) the program of activity of a specialist in improving the level of professional education
	C) a model characteristic that presents psychophysical qualities, the proper development of which allows the specialist to successfully perform his professional duties
	D) an assessment of the current level of development of professionally significant qualities
3. Specify the main sections of the professionogram	A) characteristics of the production process and methods of work with their description, features of the organization and mode of work.
	B) specific requirements for working conditions and occupational hazards.
	C) requirements for the level of development of physical qualities and motor abilities, functional, mental and physical abilities.
	D) All answers are correct
4. The applied side of physical education is reflected in the principle:	A) links of physical education with labor and defense practice
	B) comprehensive personal development
	C) health-improving orientation
	D) healthy lifestyle
5. The objectives of the PPP are:	A) formation of motor skills and abilities necessary for the future specialty
	B) achievement of high sports results in applied sports
	C) targeted preparation for competitions
	D) shortening the time of professional adaptation
6. Specify the main factors that determine the content of the PPP:	A) fatigue during the working day
	B) lifestyle
	C) working conditions and nature
7. Motor skills are:	A) the ability to move and take loads
	B) a complex of morphological and psychophysiological properties of a person that meet the requirements of any type of muscle activity and ensure the effectiveness of its performance
	C) the ability to perform complex sets of physical exercises without training
8. The basis of human motor abilities are:	A) the makings of psychodynamic abilities
	B) the degree of training and endurance of muscles
	C) medical indications

9. Professionally significant motor skills:	A) static endurance
	B) Quick reaction
	C) Agility
	D) accuracy of muscle effort
	E) sense of pace
10. Static endurance is:	A) the ability to maintain the body in the same position for a long time
	B) the ability to perform medium-intensity work without fatigue for a short period of time
	C) the ability of the body to perform any work for a long time without a noticeable decrease in performance, as well as its recovery

Topics of reports (articles) Abstract topics

1. Methods of self-monitoring of health and physical development (standards, programs, formulas, etc.).
2. Methods of self-monitoring of the functional state of the body (functional test).
3. Fundamentals of the methodology of independent занятий physical exercises.
4. Sport. Individual choice видов of sports or exercise systems.

Abstract topics

1. Methods of self-monitoring of health and physical development (standards, programs, formulas, etc.).
2. Methods of self-monitoring of the functional state of the body (functional test).
3. Fundamentals of the methodology of independent classes physical exercises.
4. Sport. Individual choice types of sports or exercise systems.

For current control of TC15:

Verifiable competence: CC-7.2

Test

Question	Answer options
1. When was the International Basketball Federation established?	A) June 21, 1940
	B) December 5, 1955
	C) June 18, 1932
2. Where and when was the first demonstration basketball tournament organized?	A) III O. I. in St. Louis
	B) I O. I. in Athens
	C) VIII O. I. in Paris
3. When was basketball included in the Olympic Games program?	A) 1908, IV O. I., London
	B) 1936, XI-O. I. in Berlin
	C) 1952, XV O. I., Helsinki
4. At which Olympic Games	A) The XVII OI — Rome, 1960
	B) The XIV OI-London, 1948

was women's basketball included in the competition program for the first time?) The XXI OI — Montreal, 1976
. At which Olympic Games did Soviet basketball players become champions?	A) XX OI-Munich, 1972
	B) XVIII OI-Tokyo, 1964
	C) XXI OI - Montreal, 1976
6. Training in moving passes should begin after students have mastered the technique of catching and passing the ball on the spot and stopping in two steps with	A) throwing into the basket
	B) passing the ball
	C) catching the ball
7. Group selection of the ball is most often used	A) with the most active defense and pressure
	B) on the opponent's half of the court
	C) with a clear loss of team
8. The choice of the method and trajectory of transfers also depends	on A) the condition of the sports ground surface
	B) the nature of the opponent's opposition
	C) the game teamwork of the partners
9. Who heads the Russian Basketball Federation?	A) Sergey Chernov
	B) Valery Kuzin
	C) Andrey Kirilenko
10. Choose what apivotis	A) free throw
	B) stop after driving
	C) steps in place without lifting the support leg
	D) throw after driving the ball

Topics of reports (articles)

1. Methods of teaching team tactical actions in defense in basketball. Selection of exercises.
2. Methods of teaching team tactical actions in attack in basketball. Selection of exercises.
3. Characteristics of general and special physical training of basketball players.
4. Characteristics of technical training of basketball players.
5. Analysis and system соревнований of basketball competitions for children and youth.
6. Analysis systems of the competition system for team's student basketball teams.

Abstract topics

1. Methods of teaching team tactical actions in defense in basketball. Selection of exercises.
2. Methods of teaching team tactical actions in attack in basketball. Selection of exercises.
3. Characteristics of general and special physical training of basketball players.

4. Characteristics of technical training of basketball players.
5. Analysis and system competitions of basketball competitions for children and youth.
6. Analysis systems of the competition system for team's student basketball teams.

6 term

For current control of TC16:

Verifiable competence: CC-7.2

Test

Question	Answer options
1. The speed of reaction is:	A) the ability to accurately perform movements in complex and / or unexpectedly changing conditions
	B) the ability of a person to choose an adequate response to various stimuli as quickly as possible in conditions of time and space scarcity
	C) the ability to perform complex coordinated movements efficiently and economically
2. The accuracy of muscle effort is:	A) the ability to perform complex coordination movements efficiently
	B) the ability to develop maximum effort in the shortest possible period of time
	C) the ability to accurately differentiate muscle efforts
3. Which of the sports or training tools most effectively develops static endurance?	
4. What method should be used to develop static endurance?	A) isometric
	B) Circular
	C) competitive
	D) continuous
5. Which of the sports or training tools most effectively develops reaction speed?	
6. What pedagogical test can be used to assess your speed the reaction rate?	A) Cooper test
	B) Falling ruler
	C) Bar test
7. The accuracy of muscle effort (proprioceptive sensitivity) depends on:	A) the degree of skeletal muscle development
	B) the functional state of the cardiovascular system
	C) motor experience
8. When selecting applied physical exercises, it is most important to:	A) their psychophysiological impact was maximally useful and effective for solving specific tasks of the PFP;
	B) physical exercises were diverse;
	C) the selection of tools took into account the peculiarities of the physique.
9. What does functional	A) the state of fitness of the organs that provide oxygen transport and blood circulation (i.e., lungs, heart, respiratory and cardiovascular systems)

<i>fitness reflects?</i>	<i>B) the state of the nervous system</i>
	<i>C) the state of ODE</i>
<i>10. The functional test is ...</i>	<i>A) a physical exercise performed under the supervision of a doctor;</i>
	<i>B) a method for determining the degree of influence on the body, any disturbing effect or physical exertion;</i>
	<i>C) an exercise performed to determine the maximum result shown by a particular athlete.</i>

Topics of reports (articles)

1. The impact of general development exercises on human health.
2. General development exercises in motion.
3. Development of physical qualities. Power.
4. Exercises with various weights.
5. History of the TRP complex.

Abstract topics

1. The impact of general development exercises on human health.
2. General development exercises in motion.
3. Development of physical qualities. Power.
4. Exercises with various weights.
5. History of the TRP complex.

For current control of TC17:

Verifiable competence: CC-7.2

Test

<i>Question</i>	<i>Answer options</i>
<i>1. What is the penalty for presenting a red card in volleyball?</i>	<i>A) Warning</i>
	<i>B) Remark</i>
	<i>C) Removal</i>
	<i>D) Disqualification</i>
<i>2. What does the raised 4 fingers of one hand of the volleyball first referee mean?</i>	<i>A) the fourth game</i>
	<i>B) 4 shots on the ball</i>
	<i>C) the time to serve has expired</i>
	<i>D) the player with the number 4</i>
<i>3. Women's net height</i>	<i>A) 2.34 m</i>
	<i>B) 2.14 m</i>
	<i>C) 2.24 m</i>
	<i>D) 2.31 m</i>
<i>4. Men's net height</i>	<i>A) 2.43 m</i>
	<i>B) 2.5 m</i>
	<i>C) 2.2 m</i>
	<i>D) 2.4 m</i>
<i>5. What should the volleyball referee do if the winning team is declared «incomplete»?</i>	<i>A) A draw or victory is awarded to the team that won the games, without taking into account the underplayed game</i>
	<i>B) a draw or victory in the game is awarded at the time of its stoppage, and a draw or victory in the match is awarded based on the fully played and underplayed games</i>
	<i>C) a draw in the match is awarded</i>
	<i>D) the opponent of the «incomplete» team is awarded number of</i>

	<i>points to win games and match</i>
6. What score is recorded in a volleyball match and in each game, if one of the teams is considered «not shown»?	A) 0:1 and 0: 1
	B) 0: 1 and 0: 25
	C) 0: 3 and 0:25
	G) 0: 3 and 0: 1
7. What decision does the volleyball referee make if a team loses the draw on its own serve?	A) the serve goes to the opponent without scoring a point to anyone
	B) the serve remains with the previous team, and the opponent gets a point
	C) the serve goes to the opponent, and the opponent gets a point
	D) the serve goes to the opponent and the opponent gets two points
8. What decision does the volleyball referee make if the ball hits the line?	A) the ball is «in the court»
	B) ball «for»
	C) replay
	D) loss of the right to serve without scoring a point to anyone
9. What crossed over the chest do the forearms of the volleyball first referee crossed on the chest mean?	A) mutual mistake and replay
	B) end of the game or match
	C) ball «for»
	D) blocking error
10. How does the volleyball line judge signal the inability to make a decision?	A) raise two thumbs up
	B) cross your arms over your chest
	C) lower both arms at your sides

Topics of reports (articles)

1. Problems of modern volleyball and ways to solve them.
2. Means of developing physical training of young athletes.
3. Strength, speed and endurance as the main qualities of a successful volleyball player.
4. Influence of athlete's muscle strength on the level of physical fitness and the game process.
5. Forms of speed in volleyball and their impact on athletes.
6. Speed and game endurance of volleyball players.

Abstract topics

1. Problems of modern volleyball and ways to solve them.
2. Means of developing physical training of young athletes.
3. Strength, speed and endurance as the main qualities of a successful volleyball player.
4. Influence of athlete's muscle strength on the level of physical fitness and the game process.
5. Forms of speed in volleyball and their impact on athletes.
6. Speed and game endurance of volleyball players.

For current control of TC18:

Verifiable competence: CC-7.2

Test

Question	Answer options
1. Middle-distance running is carried out at a distance of:	A) 500 m; B) 800 m; C) 2500m.
2. Long-distance running is carried out at a distance of:	A) 2500 m; B) 3000 m; C) 2000 m.
3. What classic distance is included in the Olympic Games program?	A) 1500 m; B) 2000 m; C) 2500 m.
4. How many parts does the medium-and long-distance running technique consist of?	A) Two; B) Three; C) Four.
5. What start is used in long-distance running?	A) Only high start; B) High and low start; C) Low start.
6. The correct angle of repulsion in middle-distance running is:	A) about 50°; B) about 40°; C) about 30°.
7. Is the mistake in starting too wide or narrow setting the legs in the starting position?	A) Yes; B) No.
8. Is the lack of psychological readiness for starting acceleration a mistake?	A) Yes; B) No.
9. What is the length of the finishing throw in the middle and long distance running?	A) 500 m; B) 150-250 m; A) 50-100 m
10. What physical quality does long-distance running develop?	A) Agility; B) Strength; C) Endurance.

Topics of reports (articles)

1. Analysis of short-distance running techniques.
2. Short-distance running training methodology.
3. Sprint running.
4. History of the development of the shot put.
5. Competition rules.
6. World record in the shot put.

Abstract topics

1. Analysis of short-distance running techniques.
2. Short-distance running training methodology.
3. Sprint running.
4. History of the development of the shot put.
5. Competition rules.

6. World record in the shot put.

Semester 7

For current control of TC19:

Verifiable competence: CC-7.2

Test

Question	Answer options
1. What are the sprint (short) distances?	A) 800m., 1000m., 1500m.;
	B) 60m., 100m., 200m., 400m.;
	C) 2000m., 3000m., 5000m.
2. What are the phases of short-distance running?	A) speed dial, finish;
	B) starting run, distance running, finishing dash;
	C) start, starting acceleration, distance running, finishing.
3. A distance segment of 20 m long marked with markers in a relay race is called:	A) obstacle course;
	B) transfer zone;
	C) finish line.
4. What physical qualities do sprinting develop?	A) quickness;
	B) endurance;
	C) agility.
5. How many stages of the relay race can each participant run?	A) Only one;
	B) No more than two;
	C) Doesn't matter.
6. The length of the starting run is equal to:	A) 10-15 m;
	B) 20-25 m;
	C) 30-35 m.
7. What are the short distances?	A) 500m-800m.
	B) 30m-400m. C
) 1000m-3000m.
8. The track width is equal to:	A) 1.00 m-1.10 m.
	B) 1.22 m-1.25 m.
	C) 1.31 m-1.35 m
. 9. The length of a standard treadmill is:	A) 500 m.
	B) 250 m.
	C) 400 m.
10. To start, enter the following commands:	A) «Start! » - and a shot is fired from the starting pistol;
	B) » Start! », » Attention «- and a shot is fired from the starting pistol;
	C)» Start! », » Attention», » March « - and a shot is fired from the starting pistol.

Topics of reports (articles)

1. Analysis of middle-distance running techniques.
2. Method of teaching middle-distance running.
3. The history of middle-distance running.
4. Exercises for middle-distance running.
5. Individual tactical training runners on of middle-distance runners of sports improvement groups.

Abstract topics

1. Analysis of middle-distance running techniques.
2. Method of teaching middle-distance running.
3. The history of middle-distance running.
4. Exercises for middle-distance running.
5. Individual tactical training runners on of middle-distance runners of sports improvement groups.

For current TC20 monitoring:

Verified competence: CC-7.2

Test

Question	Answer options
1. The functional test result is used to evaluate:	A) the functional state and fitness of the body
	B) the technique of performing exercises
	C) the type of breathing
2. Physical performance is a person's ability to perform:	A) specific activity within the specified time limits and performance parameters
	B) special умения, skills, certain mental, physiological and physical characteristics
	C) responsibly, conscientiously perform the work required in a specific activity
	D) quickly, efficiently, purposefully perform the assigned work
3. Does change in physical change in performance during the working week correspond to the dynamics of his mental performance?	A) yes
	performance B) no
4. What functional test can be used to measure a person's physical performance ?	A) PWC170
	B) Ruffier test
	C) Orthostatic test
5. Please indicate the types of sports or training facilities that contribute to improving your physical performance:	
6. The basis (foundation) of the PPP is:	A) athletics classes
	B) ski training
	C) general physical training
	D) special physical training
7. To compensate for the lack of energy consumption during the	A) not more than 350 kcal per day
	B) not less than 500-650 kcal per day
	C) not less than 350-500 kcal per day

working day, it is necessary to perform physical exercises with energy consumption:	
8. Is short -term(operational) memory important in professional activities?	A) yes B) no
9. What kind of sport or training tool is most effective in developing short -term(operational) memory?	
10. What features of attention are professionally significant?	A) amount of attention B) distribution of attention C) concentration of attention D) stability of attention

Topics of reports (articles)

1. Fitball gymnastics as a means of developing flexibility and balance.
2. Structure of the TRP complex (USSR).
3. Revival of the TRP.
4. Strength exercises with a barbell.
5. Technique of performing exercises with a barbell.
6. Types and classification of sports simulators.

Abstract topics

1. Fitball gymnastics as a means of developing flexibility and balance.
2. Structure of the TRP complex (USSR).
3. Revival of the TRP.
4. Strength exercises with a barbell.
5. Technique of performing exercises with a barbell.
6. Types and classification of sports simulators.

For current TC21 monitoring:

Verified competence: CC-7.2

Test

Question	Answer options
1. Remember how the ball is brought into play after a mutual foul	(A) by throwing the ball from behind the sideline (B) by a controversial throw (C) by a free throw (D) at the discretion of referee
2. This number of rules was originally in basketball	A) 13 B) 10 C) 7
3. The year when the first	was held A) 1934 B) 1932

<i>international conference of national basketball Associations</i>	C) 1947
4. Which countries did basketball later enter from the United States?	A) Germany, France, Russia, Latvia, South America
	B) UK, France, Germany, China, Japan
	C) China, Japan, Philippines
5. What information is available is the special feature of a basketball court?	A) it has a specific color (yellow with red)
	B) it has strict dimensions: length 28 meters, width 15 meters
6. Determine from what determines the choice of the method and trajectory of transfers	A) the state of the sports ground coverage
	B) the nature of the opponent
	's opposition C) the game teamwork of the partners
7. How long does a basketball game last?	A) 2 halves of 20 minutes
	B) 4 halves of 10 minutes
	C) 4 halves of 12 minutes
8. In which city was basketball invented?	A) Salem
	B) Springfield
	C) Cambridge
	D) Boston
9. What year was the NBA created?	A) 1946
	B) 1949
	C) 1935
	D) 1951
10. How many teams were originally part of the National Basketball League?	A) 13
	B) 28
	C) 38
	D) 41

Topics of reports (articles)

1. Retrospective analysis of the rules of basketball competitions.
2. Analysis of the participation of the Russian men's national basketball team in the European Championships.
3. Analysis of the participation of the Russian women's national basketball team in the European Championships.
4. Analysis of the participation of the Russian men's national basketball team in the World Championships.
5. Analysis of the participation of the Russian women's national basketball team in the World Championships.

Abstract topics

1. Retrospective analysis of the rules of basketball competitions.
2. Analysis of the participation of the Russian men's national basketball team in the European Championships.
3. Analysis of the participation of the Russian women's national basketball

team in the European Championships.

4. Analysis of the participation of the Russian men's national basketball team in the World Championships.

5. Analysis of the participation of the Russian women's national basketball team in the World Championships.

Semester 8

For current control TC22:

Verifiable competence: CC-7.2

Test

Question	Answer options
1. What kind of sport or training tool is most effective in developing professionally significant attention	
2. The impact of physical exercise on the circulatory system is:	A) in general narrowing of blood vessels
	B) in increasing the elasticity of the walls of blood vessels
	C) in increasing the number of red blood cells and hemoglobin in them
3. The main functional features of the circulatory system of people who regularly engage in physical exercises are:	A) high performance of functions at rest and when performing loads below the maximum
	B) high performance of the circulatory apparatus when performing maximum loads
	C) high efficiency of functions at rest and when performing loads below the maximum
4. What kind of sport or training tool most effectively develops the cardio-respiratory system?	
5. What is the name of the state of the body caused by lack of motor activity?	A) hypodynamia
	B) hypokinesia
	C) hypoglycemia
6. The main reason for the presence of hypoxia when performing professional tasks is:	A) physical inactivity
	B) high BMD
	C) air pollution
	D) medical mask
7. The state of nervous-muscular of the neuromuscular system is assessed by the results	A) tapping test
	B) Gencha test
	C) Stange
8. What is the indicator, is it used to assess the functioning of the respiratory system?	A) ZHEL or FZHEL
	B) Blood pressure
	C) ECG
9. To assess the state of the autonomic nervous	A) Romberg pose test
	B) Kerdo vegetative index

system, you can use:	C)C) Genchi
test 10. To assess the psychoemotional state, test	A is used) Pirogovoy
	B) SAN
	C) Martinet

Topics of reports (articles)

1. Classes on simulators in recreational physical culture.
2. General orientation of the use of simulators.
3. Goals, objectives and means of general physical training.
4. Physiological characteristics of body conditions during physical exercises and sports.
5. Modern popular health-improving systems of physical exercises.

Abstract topics

1. Classes on simulators in recreational physical culture.
2. General orientation of the use of simulators.
3. Goals, objectives and means of general physical training.
4. Physiological characteristics of body conditions during physical exercises and sports.
5. Modern popular health-improving systems of physical exercises.

For current control of TC23:

Verifiable competence: CC-7.2

Test

Question	Answer options
1. What is the minimum number of referees that a volleyball referee team consists of?	A) 2
	B) 3
	C) 4
	D) 5
2. What card designation of the sanction is not provided in volleyball?	A) yellow card
	B) red card
	C) yellow and red cards together
	D) yellow and red cards separately
3. Which of the following is not prohibited libero serve in volleyball?	A) to perform the
	B) perform blocking
	C) perform an attacking kick with the ball completely above the level of the net
	D) come on substitute an unlimited number of times
4. One of the teams scored 8 points, and the referee	A) 2: 0
	B) 2: 2
made смену a site change. What was the volleyball score at that time?	C) 2:1
	D) any of the above
	A) team captain

5. Which volleyball player has a different T-shirt color from other players?	B) substitute player
	C) player with a warning
	D) libero
6. Which of the following is prohibited in volleyball?	A) blocking an opponent
	's serve B) hitting the ball by a player after the same player has touched the ball in the block
	C) three hits on the ball after the ball has touched its blocking players
	D) several consecutive touches of the ball by blocking players
7. How many seconds are allowed in volleyball to serve after the referee blows his whistle?	A) 9
	B) 8
	C) 5
	D) 3
8. What decision should the referee make if the ball went « for » after both players touched the ball over the net?	A) count the error to the team on whose side the ball fell
	B) count the point to the team on whose side the ball fell
	C) count the mutual error and assign a replay of the draw
	D) count each team 1 point
9. Which of these cases is considered a mistake in volleyball?	A) three strikes in addition to a blocking touch by your own player
	B) three strikes in addition to both opponents touching the ball over the net
	C) simultaneous touch of the ball by different parts of the body
	D) kick with support
10. In which of the following cases in volleyball do multiple touches to the ball count as a single touch?	A) consecutive touch with one action during the first kick
	B) unintentional touch
	of the ball by a player C) several players touched the ball at the same time

Topics of reports (articles)

1. Muscle relaxation as a key to a good volleyball player's game.
2. Influence of running on the level of athletic training of volleyball players.
3. The importance of control exercises for the development of professional qualities of athletes.
4. Pedagogical principles of education of volleyball players from school age.
5. Volleyball lessons in childhood as a way to prepare for adulthood.
6. Volleyball as a means of educating the collective spirit.

Abstract topics

1. Muscle relaxation as a key to a good volleyball player's game.
2. Influence of running on the level of athletic training of volleyball players.

3. The importance of control exercises for the development of professional qualities of athletes.

4. Pedagogical principles of education of volleyball players from school age.

5. Volleyball lessons in childhood as a way to prepare for adulthood.

6. Volleyball as a means of educating the collective spirit.

For current control of TC24:

Verifiable competence: CC-7.2

Test

Question	Answer options
1. Which of these sports is not included in athletics?	A) Walking;
	B) Running;
	C) Jumping;
	D) Swimming.
2. The classification of sports in athletics is based on:	A) running, jumping, throwing, marathon distances;
	B) running types, jumping, throwing and all-around;
	C) walking, running, jumping, throwing and all-around.
3. The first race walking competitions were held in...	A) 1483
	B) 1344
	C) 1244;
	D) 1674 4.
4. A pedestrian is considered to be walking fast if they are moving at a speed of about ...?	A) 6 km / h;
	B) 10 km / h;
	C) 14 km / h;
	D) 20 km / h
5. Sports walking is ...	A) an Olympic track and field discipline in which, unlike cross-country sports, there must be constant contact of the foot with the ground;
	B) an Olympic sport that includes running, walking, jumping and throwing;
	C) walking with sticks, a type of physical activity that uses a specific training method and walking technique using specially designed sticks.
6. The types of athletics do not include ...	A) long jump;
	B) walking;
	C) pole vault;
	D) horse jumping.
7. The stride length during race walking increases to ...	A) 110-120 cm:
	B) 50-60 cm;
	C) 210-220 cm;
	D) 190-200 cm.