



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

**WORK PROGRAM FOR THE DISCIPLINE**

**B1.ED.01 General physical training**

Field of training 38.03.02 Management

Qualification Bachelor's Degree

Kazan, 2026

Kazan,  
2026

The program was developed by:

Name of the Department	Position, academic degree, academic rank	Full name of the developer
FV	Associate Professor, PhD, Associate Professor	Sevodin S.V.

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.The purpose,**

### **The 1. purpose, objectives and planned learning outcomes of the discipline**

The purpose of mastering the discipline "General physical training" is: the formation of physical culture of the individual and the ability to purposefully use various means of physical culture

and sports to maintain and strengthen health, psychophysical training and self-preparation for future life and professional activities.

The objectives of the discipline are:

- understanding the social significance of physical education and its role in personal development and preparation for professional activity;

- knowledge of the biological, psychological, pedagogical and practical foundations of physical education and a healthy lifestyle;

- formation of a motivational and value-based attitude towards physical culture, healthy lifestyle attitudes, physical improvement and self-cultivation of the habit of regular exercise

physical exercise and sports;

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

- gaining personal experience in improving motor and functional capabilities, ensuring general and professional-applied physical fitness for a future profession and everyday life;

- creating a basis for creative and methodologically sound the use of physical education and sports activities for the purpose of subsequent life and professional achievements,

- improving the athletic skills of student athletes.

Competencies and indicators developed in students:

Code and name of competence	Code and name of the indicator
UC-7 Able to maintain an adequate level of physical fitness to ensure full social and professional activity	2UC-7.2 Performs individually tailored wellness or adaptive physical education programs



**2.2. he content of the discipline, structured into sections and types of activities**

in/out	lecture	Distributi on of labor intensity by type of educational work	Forms and view contro l	Indices of indicator s of developi ng compet encies
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**Sections  
disciplines**

**Total hours**

**Distribution of labor intensity by type of educational work**

## Forms and work

### Forms and types of control

### Indices of indicators of developing competencies

lectures

lab. lave

etc. zan.

myself. slave.

Section 1. Light athletics.

24

16

6

TK1

UK-7.2, Z1, U1, B1

Section 2. General physical Preparation

24

18

6

TK2

UK-7.2, Z1, U1, B1

Section 3. Basketball

20

16

TK3

UK-7.2, Z1, U1, B1

Credit

0

0

0

OM

UK-7.2, Z1, U1, B1

**Total for 1 semester**

**68**

**50**

**18**

Section 4. Volleyball.

24

18  
6  
TK4

UK-7.2, Z1, U1, B1

Section 5. General physical Preparation.

24

18  
6  
TK5

UK-7.2, Z1, U1, B1

Section 6. Light  
athletics.

22

18  
4  
TK6

UK-7.2, Z1, U1, B1

Credit  
0

0  
0 OM 2 16

UK-7.2, Z1, U1, B1

**Total for 2nd semester**

**70**

**54  
16**

Section 7. Football.

22

16  
6

TK7

UK-7.2, Z1, U1, B1

Section 8. General  
physical

22

16

6

TK8

UK-7.2, Z1, U1, B1

Preparation.							
Section 9. Basketball	24			18	6 TK9	0 OM 3	UK-7.2, Z1, U1, B1
Credit.	0			0	18		UK-7.2, Z1, U1, B1
<b>Total for 3rd semester</b>	<b>68</b>			<b>50</b>			
Section 10. Volleyball.	22			18	4	TK10	UK-7.2, Z1, U1, B1
Section 11. General Physical Preparation.	24			18	6	TK11	UK-7.2, Z1, U1, B1
Section 12. Light athletics.	22			18	4	TK12	UK-7.2, Z1, U1, B1
Credit	0			0	OM 4	18	UK-7.2, Z1, U1, B1
<b>Total for 4th semester</b>	<b>0 68</b>			<b>0 50</b>			
Section 13. Easy athletics.	4			4	-	TK13	UK-7.2, Z1, U1, B1
Section 14. General Physical Preparation.	6			6	-	TK14	UK-7.2, Z1, U1, B1
Section 15. Basketball 6 Credit 0				6		TK15	UK-7.2, Z1, U1, B1
<b>Total for 5th semester 16 Section</b>				0	0 OM 5		UK-7.2, Z1, U1, B1
16. Volleyball. Section 17. General physical	6			6	-	TK16	UK-7.2, Z1, U1, B1
Preparation.	4			4	-	TK17	UK-7.2, Z1, U1, B1
Section 18. Light athletics.	4			4	-	TK18	UK-7.2, Z1, U1, B1
Credit	0				0 OM 6		UK-7.2, Z1, U1, B1
<b>Total for 6th semester</b>	<b>14</b>			<b>0 14</b>			
Section 19. Football.	4			4	-	TK19	UK-7.2, Z1, U1, B1
Section 20. Light athletics.	6			6	-	TK21	UK-7.2, Z1, U1, B1
Section 21. General Physical Preparation.	4			4	-	TK20	UK-7.2, Z1, U1, B1
Credit.					0 OM 7		UK-7.2, Z1, U1, B1
<b>Total for 7th semester</b>	<b>0 14</b>			<b>0 14</b>			
Section 22. Volleyball.	4			4	-	TK22	UK-7.2, Z1, U1, B1
Section 23. General physical Preparation.	4			4	-	TK23	UK-7.2, Z1, U1, B1
Section 24. Light athletics.	2			2	-	TK24	UK-7.2, Z1, U1, B1
Credit						OM 8	UK-7.2, Z1, U1, B1
<b>Total for 4th semester</b>	<b>10</b>			<b>10</b>			
<b>TOTAL</b>	<b>328</b>			<b>258</b>	<b>70</b>		

## 2.3. Content of the discipline

### Section 1. Athletics

#### Topic 1.1. Exercises for developing speed and coordinatio

movements. / PZ / SRS.

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

Topic 1.3. Teaching short-distance running techniques (60 and 100 m) /

PZ Topic 1.4 Teaching running techniques for 200 and 400m distances. /

PZ / SRS Topic 1.5. Teaching middle distance running techniques  
(running 1.2 and

3 km). / PZ / SRS

Topic 1.6. Fulfillment of control standards in short and middle distance running. /  
PZ.

Section 2. General physical fitness. Topic 2.1.

Performing physical exercises that promote  
general health improvement of the body. / PZ.

Topic 2.2. Performing sets of physical exercises that promote overall  
strengthening of the musculoskeletal, cardiovascular and respiratory systems. /  
PZ / SRS

Topic 2.3. Teaching physical education tools aimed at  
strength and strength endurance of students. / PZ SRS.

Topic 2.4. Teaching the technique of shuttle running. / PZ /  
SRS. Topic 2.5. Fulfillment of control standards for strength  
exercises. /PZ.

Section 3. Basketball.

Topic 3.1. Teaching movements, stops, and jumps. / PZ / SRS

Topic 3.2. Teaching passes with both hands from the chest and with both  
hands from above. / PZ / SRS

Topic 3.3. Teaching two-handed passes from below, one hand from the shoulder.  
/ PZ

Topic 3.4. Teaching one-handed passing of the ball from the head, from  
below to the side, one-handed "hook", hidden passing. / PZ

Topic 3.5. Teaching dribbling techniques. / PZ / SRS

Topic 3.6. Teaching the technique of throwing a ball. / PZ.

Section 4. Volleyball.

Topic 4.1. Exercises for developing speed and flexibility. /

PZ. Topic 4.2. Exercises for developing speed qualities. /

PZ.

Topic 4.3 Teaching the stance and movements of a volleyball player. / PZ

Topic 4.4. Teaching the technique of receiving and passing the ball from above with two hands. / PZ / SRS.

Topic 4.5. Teaching the technique of receiving and passing the ball from below with both hands. / PZ /

SRS. Topic 4.6. Underhand and overhand direct serve of the ball. / PZ / SRS. Topic 4.7. Completion of control standards in volleyball.

Section 5. General physical training

Topic 5.1. Performing physical exercises that promote

general health improvement of the body. / PZ.

Topic 5.2. Improving the complexes of physical exercises that contribute to the overall strengthening of the musculoskeletal, cardiovascular and respiratory systems. / PZ / SRS

Topic 5.3. Teaching the technique of performing general developmental exercises on the spot and in motion. / PZ / SRS.

Topic 5.4. Improving the technique of performing exercises with one's own weight. / PZ Topic

5.5 Teaching the technique of

long jumps from a standing position. / PZ / SRS.

Topic 5.6. Fulfillment of control standards for strength exercises. / PZ.

Topic 6. Athletics.

Topic 6.1. Improving short-distance running technique.  
PZ / SRS.

Topic 6.2. Improving middle-distance running technique (cross-country running).  
/ PZ / SRS.

Topic 6.3. Teaching shot put technique. / PZ.

Topic 6.4. Teaching grenade throwing techniques. / PZ.

Topic 6.5. Teaching the technique of long jump with a run-up. / PZ.

Topic 6.6. Control "express" tests on general physical  
fitness preparation. / PZ

Section 7. Football.

Topic 7.1. Teaching the technique of dribbling. / PZ / SRS.

Topic 7.2. Teaching the technique of stopping the ball.

/ PZ / SRS. Topic 7.3. Teaching the technique of hitting

the ball. / PZ / SRS. Topic 7.5. Fulfilment of control

standards. /PZ.

Section 8. General physical training

Topic 8.1. Teaching the technique of performing exercises with fitness balls  
and expanders. / PZ / SRS

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

Topic 8.3. Teaching kettlebell exercise techniques. / PZ

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

SRS

Topic 8.5. Control "express" tests on general physical fitness preparation. / PZ

Section 9. Basketball.

Topic 9.1. Teaching dribbling techniques in combination with other techniques. / PZ / SRS

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

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

Topic 9.4. Teaching how to pass the ball with one hand from the head, from below to the side,

one-handed "hook", hidden pass. / PZ / SRS

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

Topic 9.6. Control "express" tests on general physical fitness preparation. / PZ

## Section 10. Volleyball.

Topic 10.1. Improving the technique of receiving and passing the ball from above with two hands. / PZ / SRS.

Topic 10.2. Improving the technique of receiving and passing the ball from below with both hands. / PZ / SRS.

Topic 10.3. Teaching the technique of passing the ball from above with two hands and moving. / PZ

Topic 10.4. Improving the lower and upper straight serve of the ball. / PZ.

Topic 10.5 Teaching the technique of attacking strikes and blocking. Topic 10.6. Completion of control standards in volleyball.

## Section 11. General physical training

Topic 11.1. Teaching exercises on simulators and special devices. / PZ / SRS.

Topic 11.2. Teaching the technique of performing the jerk with two kettlebells from the chest. PZ.

Topic 11.3. Teaching the technique of performing exercises with fitness balls and an expander. / PZ / SRS.

Topic 11.4. Teaching the technique of performing exercises with a barbell. / PZ / SRS.

Topic 11.5. Improving the technique of performing kettlebell swings. / PZ.

Topic 11.6. Control "express" tests on general physical fitness preparation. / PZ.

## Section 12. Athletics

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

Topic 12.2. Improving the technique of long jump with a run-up. / PZ / SRS

Topic 12.3. Improving Short-Distance Techniques / PZ

Topic 12.4. Improving middle-distance running technique. / PZ / SRS

Topic 12.5. Improving grenade throwing techniques. / PZ

Topic 12.6. Control "express" tests on general physical  
fitness  
preparation. / PZ.

### Section 13. Athletics

Topic 13.1. Improving relay running technique. / PZ.

Topic 13.2. Improving the technique of long jump with a run-up. /

PZ. Topic 13.3. Improving technique over short distances. / PZ.

Topic 13.4. Improving middle-distance running technique.

PZ.

Topic 13.5. Control "express" tests on general physical fitness preparation. / PZ.

### Section 14. General physical training

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

Topic 14.2. Improving Exercise Techniques on Exercise Machines and Specialized Devices. Improving the Double Kettlebell Jerk Technique. / PZ

Topic 14.3. Improving the technique of performing exercises for the muscles of the trunk. / PZ.

Topic 14.4. Control "express" tests on general physical fitness preparation. / PZ

### Section 15. Basketball.

Topic 15.1. Teaching technical actions of players on offense, shooting, and finishing. Teaching tactical actions of players on offense, individual actions with and without the ball. / PZ

Topic 15.2. Teaching tactical actions to players in defense, individual. Teaching tactical actions to players in attack, group interactions. Teaching tactical actions to players in defense, group and team interactions. / PZ

Topic 15.3. Control "express" tests on general physical fitness preparation. / PZ

### Section 16. Volleyball.

Topic 16.1. Improving the technique of receiving and passing the ball from above with two hands. / PZ.

Topic 16.2. Improving the technique of passing the ball from above with two hands with movement. / PZ.

Topic 16.3. Improving the lower and upper straight serve of the ball. / PZ.

Topic 16.4 Improving the technique of attacking strikes and blocking. /

PZ. Topic 16.5. Implementation of control standards in volleyball. / PZ.

Section 17. General physical training.

Topic 17.1. Improving the technique of performing exercises on simulators and special devices. / PZ.

Topic 17.2. Improving the technique of performing general developmental exercises in motion and on the spot. Improving Techniques for performing exercises with a barbell. / PZ.

Topic 17.3. Improving the technique of performing exercises with barbell and kettlebell. / PZ.

Topic 17.4. Control "express" tests on general physical fitness preparation. / PZ.

## Section 18. Athletics

Topic 18.1 Improving technique for short and medium distances. / PZ.

Topic 18.2. Control "express" tests on general physical fitness preparation. / PZ.

## Section 19. Football.

Topic 19.1. Improving the technique of dribbling and stopping the ball. / PZ. Topic 19.2. Improving the technique of passing the ball and hitting the ball. / PZ.

Topic 19.3. . Control "express" tests on general physical fitness preparation. / PZ.

## Section 20. Track and Field.

Topic 20.1. Development of Basic Physical Qualities. Special running and jumping exercises. / PZ

Topic 20.2. Control "express" tests on general physical fitness preparation. / PZ

## Section 21. General physical training

Topic 21.1. Teaching the Technique of Performing Exercises for the Arm Flexor Muscles. Improving the Technique of Performing Exercises on Exercise Machines and Special Devices/PZ

Topic 21.2. Control "express" tests on general physical fitness preparation. / PZ

## Section 22. Volleyball.

Topic 22.1. Improving individual and group tactical actions, technical techniques (passes, serves, attacking hits, blocking).

Topic 22.2. . Control "express" tests on general physical fitness. / PZ

Section 23. General physical training.

Topic 23.1. Improving basic physical qualities. /PZ.

Topic 23.2. . Control "express" tests on general physical fitness

preparation. / PZ.

Section 24. Track and Field.

Topic 24.1. Development of Basic Physical Qualities.

Special running and jumping exercises. / PZ

Topic 24.2. Control "express" tests on general physical fitness preparation. / PZ

## **2.4. Thematic plan of practical classes**

Section 1. Athletics

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

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

Topic 1.3. Teaching short-distance running techniques (60 and 100 m) /

PZ Topic 1.4 Teaching running techniques for 200 and 400m distances. /

PZ / SRS Topic 1.5. Teaching middle distance running techniques

(running 1.2 and

3 km). / PZ / SRS

Topic 1.6. Fulfillment of control standards in short and middle distance running. / PZ.

Section 2. General physical fitness. Topic 2.1.

Performing physical exercises that promote general health improvement of the body. / PZ.

Topic 2.2. Performing sets of physical exercises that promote overall strengthening of the musculoskeletal, cardiovascular and respiratory systems. / PZ / SRS

Topic 2.3. Teaching physical education tools aimed at strength and strength endurance of students. / PZ SRS.

Topic 2.4. Teaching the technique of shuttle running. / PZ /

SRS. Topic 2.5. Fulfillment of control standards for strength exercises. /PZ.

Section 3. Basketball.

Topic 3.1. Teaching movements, stops, and jumps. / PZ / SRS

Topic 3.2. Teaching passes with both hands from the chest and with both hands from above. / PZ / SRS

Topic 3.3. Teaching two-handed passes from below, one hand from the shoulder. / PZ

Topic 3.4. Teaching one-handed passing of the ball from the head, from below to the side, one-handed "hook", hidden passing. / PZ

Topic 3.5. Teaching dribbling techniques. / PZ / SRS

Topic 3.6. Teaching the technique of throwing a ball. / PZ.

#### Section 4. Volleyball.

Topic 4.1. Exercises for developing speed and flexibility. / PZ. Topic 4.2. Exercises for developing speed qualities. / PZ.

Topic 4.3 Teaching the stance and movements of a volleyball player. / PZ

Topic 4.4. Teaching the technique of receiving and passing the ball from above with two hands. / PZ / SRS.

Topic 4.5. Teaching the technique of receiving and passing the ball from below with both hands. / PZ / SRS. Topic

4.6. Underhand and overhand direct serve of the ball. / PZ /

SRS. Topic 4.7. Completion of control standards in volleyball.

#### Section 5. General physical training

Topic 5.1. Performing physical exercises that promote general health improvement of the body. / PZ.

Topic 5.2. Improving the complexes of physical exercises that contribute to the overall strengthening of the musculoskeletal, cardiovascular and respiratory systems. / PZ / SRS

Topic 5.3. Teaching the technique of performing general developmental exercises on the spot and in motion. / PZ / SRS.

Topic 5.4. Improving the technique of performing exercises with one's own weight. / PZ Topic

5.5 Teaching the technique of

long jumps from a standing position. / PZ / SRS.

Topic 5.6. Fulfillment of control standards for strength exercises. / PZ.

#### Topic 6. Athletics.

Topic 6.1. Improving short-distance running technique. / PZ / SRS.

Topic 6.2. Improving middle-distance running technique (cross-country running). / PZ / SRS.

Topic 6.3. Teaching shot put technique. / PZ.

Topic 6.4. Teaching grenade throwing techniques. / PZ.

Topic 6.5. Teaching the technique of long jump with a run-up. / PZ.

Topic 6.6. Control "express" tests on general physical fitness preparation. / PZ

Section 7. Football.

Topic 7.1. Teaching the technique of dribbling. / PZ / SRS.

Topic 7.2. Teaching the technique of stopping the ball.

/ PZ / SRS. Topic 7.3. Teaching the technique of hitting

the ball. / PZ / SRS. Topic 7.5. Fulfilment of control

standards. /PZ.

Section 8. General physical training

Topic 8.1. Teaching the technique of performing fitness exercises

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. Teaching kettlebell exercise techniques. / PZ

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

Topic 8.5. Control "express" tests on general physical fitness preparation. / PZ

Section 9. Basketball.

Topic 9.1. Teaching dribbling techniques in combination with other techniques. / PZ / SRS

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

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

Topic 9.4. Teaching how to pass the ball with one hand from the head, from below to the side, one-handed "hook", hidden pass. / PZ / SRS

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

Topic 9.6. Control "express" tests on general physical fitness preparation. / PZ

Section 10. Volleyball.

Topic 10.1. Improving the technique of receiving and passing the ball from above with two hands. / PZ / SRS.

Topic 10.2. Improving the technique of receiving and passing the ball from below with both hands. / PZ / SRS.

Topic 10.3. Teaching the technique of passing the ball from above with two hands and moving. / PZ

Topic 10.4. Improving the lower and upper straight serve of the ball. / PZ.

Topic 10.5 Teaching the technique of attacking strikes and blocking. Topic 10.6. Completion of control standards in volleyball.

Section 11. General physical training

Topic 11.1. Teaching exercises on simulators and special devices. / PZ / SRS.

Topic 11.2. Teaching the technique of performing the jerk with two kettlebells from the chest. PZ.

Topic 11.3. Teaching the technique of performing exercises with fitness balls and an expander. / PZ / SRS.

Topic 11.4. Teaching the technique of performing exercises with a barbell. / PZ / SRS.

Topic 11.5. Improving the technique of performing kettlebell swings. / PZ.

Topic 11.6. Control "express" tests on general physical fitness preparation. / PZ.

## Section 12. Athletics

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

Topic 12.2. Improving the technique of long jump with a run-up. / PZ / SRS

Topic 12.3. Improving Short-Distance Techniques / PZ

Topic 12.4. Improving middle-distance running technique. / PZ / SRS

Topic 12.5. Improving grenade throwing techniques. / PZ  
Topic 12.6. Control "express" tests on general physical fitness preparation. / PZ.

## Section 13. Athletics

Topic 13.1. Improving relay running technique. / PZ.

Topic 13.2. Improving the technique of long jump with a run-up. / PZ. Topic 13.3. Improving technique over short distances. / PZ.

PZ. Topic 13.4. Improving middle-distance running technique.

Topic 13.5. Control "express" tests on general physical fitness preparation. / PZ.

## Section 14. General physical training

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

Topic 14.2. Improving Exercise Techniques on Exercise Machines and Specialized Devices.

Improving the Double Kettlebell Jerk Technique. / PZ

Topic 14.3. Improving the technique of performing exercises for the muscles of the trunk. / PZ.

Topic 14.4. Control "express" tests on general physical fitness preparation. / PZ

## Section 15. Basketball.

Topic 15.1. Teaching technical actions of players on offense, shooting, and finishing. Teaching tactical actions of players on offense, individual actions with and without the ball. / PZ

Topic 15.2. Teaching tactical actions to players in defense, individual. Teaching tactical actions to players in attack, group interactions. Teaching tactical actions to players in defense, group and team interactions. / PZ

Topic 15.3. Control "express" tests on general physical fitness preparation. / PZ

## Section 16. Volleyball.

Topic 16.1. Improving the technique of receiving and passing the ball from above with two hands. / PZ.

Topic 16.2. Improving the technique of passing the ball from above by two players with hands and movement. / PZ.

Topic 16.3. Improving the lower and upper straight serve of the ball. / PZ.

Topic 16.4 Improving the technique of attacking strikes and blocking. / PZ.

Topic 16.5. Implementation of control standards in volleyball. / PZ.

## Section 17. General physical training.

Topic 17.1. Improving the technique of performing exercises on simulators and special devices. / PZ.

Topic 17.2. Improving the technique of performing general developmental exercises in motion and on the spot. Improving Techniques for performing exercises with a barbell. / PZ.

Topic 17.3. Improving the technique of performing exercises with barbell and kettlebell. / PZ.

Topic 17.4. Control "express" tests on general physical fitness preparation. / PZ.

## Section 18. Athletics

Topic 18.1 Improving technique for short and medium distances. / PZ.

Topic 18.2. Control "express" tests on general physical fitness preparation. / PZ.

## Section 19. Football.

Topic 19.1. Improving the technique of dribbling and stopping the ball. / PZ. Topic 19.2. Improving the technique of passing the ball and hitting the ball. / PZ.

Topic 19.3. . Control "express" tests on general physical fitness preparation. / PZ.

## Section 20. Track and Field.

Topic 20.1. Development of Basic Physical Qualities.

Special running and jumping exercises. / PZ

Topic 20.2. Control "express" tests on general physical fitness. / PZ

Section 21. General physical training

Topic 21.1. Teaching the Technique of Performing Exercises for the Arm Flexor Muscles. Improving the Technique of Performing Exercises on Exercise Machines and Special Devices/PZ

Topic 21.2. Control "express" tests on general physical fitness preparation. / PZ

Section 22. Volleyball.

Topic 22.1. Improving individual and group tactical actions, technical techniques (passes, serves, attacking hits, blocking).

Topic 22.2. . Control "express" tests on general physical fitness. / PZ

Section 23. General physical training.

Topic 23.1. Improving basic physical qualities. /PZ.

Topic 23.2. . Control "express" tests on general physical fitness preparation. / PZ.

Section 24. Track and Field.

Topic 24.1. Development of Basic Physical Qualities.

Special running and jumping exercises. / PZ

Topic 24.2. Control "express" tests on general physical fitness. / PZ

## 2.5. Thematic plan of laboratory work

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

## 2.6. Course project/coursework

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

## 3. Evaluation of learning outcomes

The assessment of learning outcomes in a discipline is carried out within the framework of ongoing monitoring and midterm assessment, conducted using a point-rating system (PRS).

Learning outcomes assessment scale for the discipline:

Code computer tendencie	Competenc y	Plan- rated learning  disciplin	Level of development of the competency			
			High	indicator	averag	Shor
			from 85 to 100 0 to 54	from 70 to 84	from 55 to 69	from 60 to 69
			Grea	Fine	satisfactoril	unsatisfact ory
UK-7	7.2	knows rules and methods for planning individual lessons with various orientations physical	Excellent	Good know	oral	Bad target Y

	<p>exercises, terminology, technology and consistent awn execution exercises; - methods control and assessments physical development and physical prepared sti. (ÿ1)</p>	<p>terminology physical their exercised th, technology and follow-up ity complete d and l exercised th, methods control and assessments physical Wow development And physical Ouch prepare d ency.</p>	<p>terminology physical their exercised th, technology and follow-up ity complete d and l exercised th, methods control and assessments physical Wow development And physical Ouch prepare d ency.</p>	<p>knows terminology physical their exercised th, technology and follow-up ity complete d and l exercised th, methods control and assessments physical Wow development And physical Ouch prepare d ency.</p>	<p>terminology physical their exercised th, technology And succession atelynost ÿ complete d and l exercised th, methods control and assessments physical Wow development And physical Ouch prepared laziness.</p>
	<p>be able to: perform a set of physical exercises (U1)</p> <p>- on one's own to compose and technically Right t fulfill complexes general development shih exercises; - use physical exercises For prevention professional nykh diseases (U1)</p>	<p>Very selects wisely And composes T complex y general education living exercised th for fortified and l health prophylactic tics professional onal sic k</p>	<p>Selects well And composes T complex y general education living exercised th for fortified and health prophylactic tics professional onal sick yy.</p>	<p>Allowed know the mistakes in selection carried out And compile d and complex A general education living exercised th for fortified and l health prophylactic tics professional onal</p>	<p>Doesn't the order has and l physical their exercised y and Badly compose s T complex y general education performing exercises yy.</p>

possess: : skills to carry out a set of physical exercises

		<b>exercises with a group</b>				
		-skill s use funds physical education for preservation and <b>fortifications</b> health. (B1)	Great owns skills use ania funds physical Wow brought up and I For saved and I And fortified and I health.	Fine owns skills use ania funds physical Wow brought up and I For saved and I And fortified and I health.	Satisfied orally owns skills use ania funds physical Wow brought up and I For saved and I And fortified and I health.	Badly owns skills And use vaniya funds physical Wow brought up and for saved and I And fortified and I health.

*An “excellent” grade is awarded to a student who has demonstrated a comprehensive, systematic and profound knowledge of the program material; the ability to freely complete tasks provided for by the program; has mastered the basic literature and is familiar with the additional, recommended program; has mastered the interrelationship of the basic concepts of the discipline in their significance for the acquired profession; has demonstrated creative abilities in understanding, presenting and using the educational material*

*Material. A*

*"good" grade is awarded to a student who demonstrates a thorough knowledge of the curriculum material; has successfully completed the assignments provided in the curriculum, has mastered the key literature recommended in the curriculum, and has demonstrated a systematic nature of knowledge in the discipline and the ability to independently expand and update it during professional activity. A "satisfactory" grade is awarded to a student who demonstrates knowledge of the core curriculum material to the extent necessary for further study and future work in the*

*specialty; is able to complete the assignments provided in the curriculum, and is familiar with the key recommended by the curriculum. As a rule, a "satisfactory" grade is awarded to students who made errors in their exam answers and assignments, but possess the necessary knowledge to correct them under the guidance of the instructor.*

*The grade “unsatisfactory” is given to a student who has discovered gaps in his/ her knowledge of the main educational program material and has made fundamental mistakes in completing the assignment.*

tasks provided by the program.

A "pass" grade corresponds to the grading criteria from "excellent" to "satisfactory." A "fail" grade corresponds to the grading criteria of "unsatisfactory."

Assessment materials for conducting ongoing monitoring and midterm certification are provided in the Appendix to the work program.  
disciplines.

A complete set of assignments and materials required for assessment learning outcomes for the discipline are stored at the developer's department.

## **4. Educational, methodological and informational support of the discipline**

### **4.1. Educational and methodological support**

#### 4.1.1. Primary Literature

1. Vilensky, M. Ya., Physical education and healthy lifestyle of a student: a tutorial / M. Ya. Vilensky, A. G. Gorshkov. - Moscow: KnoRus, 2022. - 239 p. - ISBN 978-5-406-09309-2. - URL: <https://book.ru/book/942846> - Text: electronic.

2. 3. Gorshkov, A. G., Elective courses in physical education and sports: textbook / A. G. Gorshkov, A. L. Volobuev, M. V. Eremin. - Moscow: KnoRus, 2023. - 317 p. - ISBN 978-5-406-10826-0. - URL: <https://book.ru/book/947361> - Text: electronic.

3. Theory and practice of volleyball: a short course: a tutorial / G. R. Danilova, E. V. Nevmerzhitskaya, I. E. Konovalov [et al.]. - 2nd ed., stereotype. - Kazan: Povolzhsky GUFKSiT, 2020. - 195 p. - Text: electronic // Lan: electronic library system. - URL: <https://e.lanbook.com/book/154963>

#### 4.1.2. Additional literature

1. Bezborodov, A. A. Physical Education: Practical Basketball Classes / A. A. Bezborodov, S. A. Bezborodov. - St. Petersburg: Lan, 2023. - 112 p. - ISBN 978-5-507-45207-1. - Text: electronic // Lan: electronic library system. - URL: <https://e.lanbook.com/book/292844>

2. Bezborodov, A. A. Practical classes in volleyball / A. A. Bezborodov. - St. Petersburg: Lan, 2022. - 92 p. - ISBN 978-5-507-44558-5. — Text: electronic // Lan: electronic library system. — URL: <https://e.lanbook.com/book/230432>

3. Lavrinenko N.I. General physical training: A teaching aid for independent work of full-time and part-time students / N. I. Lavrinenko, Kalinina T.V. - Velikiye Luki, 2021. - 96 p. - Text: electronic // Lan: electronic library

system. – URL: <https://reader.lanbook.com/book/186428#1> – Text: electronic.

4. Skrygin, S. V., Independent classes of students in general physical training: a teaching aid / S. V. Skrygin, A. L. Yurchenko. - Moscow: KnoRus, 2021. — 177 p. — ISBN 978-5-406-09049-7. — URL: <https://book.ru/book/941856> — Text: electronic.

5. Training methods in athletics: a textbook / T. P. Yushkevich, V. G. Yaroshevich, V. V. Rudenik [et al.]. - Minsk: BSUPC, 2021. - 562 p. - ISBN 978-985-569-532-6.. - Text: electronic // Lan: electronic library system. - URL: <https://e.lanbook.com/book/245162>

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

7. Physical education. Pedagogical control of students in the process of professional and applied physical training: a tutorial / T. N. Poboronchuk, T. A. Trifonenkova, O. V. Limarenko, T. A. Martirosova. - Krasnoyarsk: Siberian State University named after Academician M. F. Reshetnev, 2021. - 122 p. - Text: electronic // Lan: electronic library system. — URL: <https://e.lanbook.com/book/195173>

## 4.2. Information support

4.2.1. Electronic and Internet resources

5. Portal "Open Education" / URL: <http://npoed.ru>

6. Single window for access to educational resources / URL: <http://window.edu.ru>

5.2.2. Professional databases / Information and reference

systems

8. Official website of the Ministry of Science and Higher Education of the Russian Federation / URL: <https://www.minobrnauki.gov.ru/>

9. National Library of Russia / URL: <http://nlr.ru/>

10. eLIBRARY.RU / URL: [www.elibrary.ru](http://www.elibrary.ru)

11. All-Russian Physical Culture and Health Complex GTO: <https://www.gto.ru/>

5.2.3. Licensed and freely distributed software for the discipline

12. LMS Moodle / URL: <https://lms.kneu.ru/>

## 6. Logistics of discipline

Name of the

type of  
academic work

Name of the  
classroom,  
specialized

List of necessary equipment and technical training aids

Name of the type of academic work	Name of the classroom, specialized	List of necessary equipment and technical training aids

	laboratories	
Practical classes	Bldg. B. Sports Hall (Auditorium No. 100).	Basketball backboards (2 pcs.), volleyball (1 pc.), net Gymnastic walls (4 pcs.), tennis tables (2 pcs.). Equipment: volleyballs (10 pcs.), basketballs (10 pcs.), skipping ropes (10 pcs.), tennis rackets (4 pcs.).  Exercise machines (various) - (15 pcs.), barbell with a set of weights (2 pcs.), dumbbells 1.5 kg. (10 pcs.), 2 kg. - (10 pcs.), 3 kg. (10 pcs.), table for playing tennis (2 pcs.), tennis rackets (10 pcs.), tennis balls (20 pcs.). Boxing ring.
Practical classes	Bldg. E. Gymnasium, Basketball backboards (6 pcs.), racks and wrestling hall, volleyball (1 pc.), gym, shooting range.	Gymnastic walls (8 pcs.), electric scoreboard (2 pcs.). Equipment: medicine balls 2 kg. (10 pcs.), 3 kg. (10 pcs.), volleyballs (10 pcs.), basketballs (10 pcs.), cones (6 pcs.), relay baton (20 pcs.), skipping ropes (20 pcs.), gymnastic mats (10 pcs.).  Complex training equipment, barbell with a set of weights, dumbbells 1.5 kg. (10 pcs.), 2 kg. (10 pcs.), 3 kg. (10 pcs.), table for playing tennis, tennis rackets (10 pcs.), tennis balls (20 pcs.)
Independent computer B-600a Job	class with Internet access	Specialized educational furniture for 30 seats, 30 computers, teaching aids (multimedia projector, computer (laptop), technical video screen), cameras, software
	Reading room libraries	Specialized furniture, computer equipment with the ability to go out Internet and access to the EIS, screen, multimedia projector, software
	Classroom for Specialists course project execution (course work) _____ (indicated if there is a course project/coursework and such an audience)	customized furniture, computer equipment with the ability to go out Internet and access to the EIS, software

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

Persons with disabilities (PWD) and disabled people

have the opportunity to move freely from one educational and laboratory building to another, go up to all floors of educational and laboratory buildings, study in educational and other rooms, taking into account the characteristics of psychophysical development and health status.

Barrier-free access to all classrooms is provided for students with disabilities and those with musculoskeletal disorders. Information on the special facilities created for students with disabilities and those with disabilities is available on the university website [www//kgeu.ru](http://www/kgeu.ru). It is possible to provide technical assistance ~~through an assistant~~, as well as the services of sign language interpreters and tactile sign language interpreters.

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

- for better orientation in the audience, signals are used notifications about the beginning and end of the lesson (the word “bell” is written on the board);
- the attention of the hearing-impaired student is attracted by the teacher gesture (a hand is placed on the shoulder and a gentle pat is made);
- when talking to a student, the teaching staff looks at him, speaks clearly, in short sentences, allowing for lip reading.

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

- use of diagrams, charts, drawings, computer presentations with hyperlinks commenting on individual components of the image;
- regular use of exercises for graphically highlighting the essential features of objects and phenomena;
- ensuring that students have the opportunity to receive targeted advice via e-mail as needed.

To adapt reference, educational and awareness-raising materials for the perception of persons with disabilities and visually impaired persons, provided by the educational program for the chosen field of study, the following conditions are ensured:

- the official website is being adapted to meet the special needs of visually impaired people, and large-font reference information on the schedule of classes is being provided;
- the teaching staff member and his interlocutor (if necessary), who are present at the lesson, introduce themselves to the student, and each time the person to whom the teaching staff member is addressing is named;
- the actions, gestures, and movements of the teaching staff are briefly and clearly commented

on;

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

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- the required level of illumination of the premises is ensured;
- the opportunity to use computers during classes and the right to record explanations on a voice recorder (at the students' request) is provided.

The format for ongoing and midterm assessments for students with disabilities is determined by the teaching staff in accordance with the curriculum. If necessary, students with disabilities and those with disabilities, taking into account their individual psychophysical characteristics, are given the opportunity to complete midterm assessments orally, in writing on paper, on a computer, through testing, etc., or are given additional time to prepare their responses.

### **7. Methodological recommendations for teachers on organizing educational work with students.**

Methodological support for the student development process is one of the defining factors of high-quality education. By demonstrating high professionalism, erudition, a clear civic position, self-discipline, and a creative approach to solving professional problems, university teachers contribute to the development of a well-rounded individual throughout the educational process.

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

- methods of forming the individual's consciousness (conversation, debate, suggestion, instruction, control, explanation, example, self-control, story, advice, persuasion, etc.);

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

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

When implementing the discipline, the teacher must take into account the following areas of educational activity: *Civic and patriotic education*:

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

- developing in students an active civic position based on the 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, and socially significant activities;

- the formation of motives, moral and semantic attitudes of the individual, allowing them to resist extremism and xenophobia,

discrimination on social, religious, racial, national grounds, interethnic and interfaith intolerance, and other

negative social phenomena.

*Spiritual and moral education:*

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

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

-formation of solidarity and a sense of social responsibility towards people with disabilities, overcoming psychological barriers towards people with disabilities;

-the formation of an emotionally rich and spiritually elevated attitude to the world, the ability and skill to convey one's aesthetic value to others experience.

*Cultural and educational education:*

-formation of an aesthetic picture of the world;

-developing respect for the cultural values of one's hometown, regions, countries;

-increasing the cognitive activity of students.

*Scientific and educational education:*

-formation of a scientific worldview in students;

-development of the ability to acquire knowledge;

-development of skills for analysis and synthesis of information, including in the professional field.

Changes and approvals for the new academic year

No. p/	1	2	3	4	5	6
1.1						
2						
3						



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.01 General physical training**

*(Name of the discipline in accordance with the curriculum)*



Assessment materials for the discipline, designed to evaluate learning outcomes for compliance with competency achievement indicators.

The assessment of learning outcomes in a discipline is carried out within the framework of current monitoring (CM) and interim assessment, conducted using a point- rating system (PRS).

### 1. Technological map

#### Semester 1

Section name		Rating indicators							
			Additional	1clour	Additional	1cloul	Additional	Tota	Intermediat e
<b>Section 1. "Athletics"</b> <b>Topic 1. "Development speed endurance."</b>	<b>TK1</b>	<b>15</b>	<b>0-15</b>					<b>15-30</b>	<b>15-30</b>
1. 60m sprint (seconds) (control norm) or an essay for students who missed classes due to illness		5						5	5
2. 100m(cm) run (control norm) or a report (article) for students who missed classes due to illness.		5						5	5
Shuttle run 3x10 m (sec) (control norm) or test for students who missed classes due to illness.		5						5	5
<b>Section 2. "General physical training"</b> Forward bend	<b>TK2</b>			<b>15</b>	<b>0-15</b>			<b>15-30</b>	<b>15-30</b>
from a standing position on a gymnastic bench (from the level of the bench - cm) (control norm) or a test for students who missed classes due to illness				4				4	4
Pull-ups from a hang on a high bar (boys), on a low bar (girls) (number of times) (control norm.) or flexion and extension of arms in a support position lying on the floor (number of times) or a report (article) for				7				7	7

students who missed classes due to illness									
Raising the torso from supine position (number of times in 1 minute) (control norm.) or abstract (article) for students who missed classes due to illness				4				4	4
<b>Section 3. "Basketball"</b>	<b>TK3</b>					<b>25-40</b>	<b>25-40</b>	<b>25-40</b>	<b>25-40</b>
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 hoop from the free throw line (number of times) (control norm) or a report (article) for students who missed classes due to illness						8		8	8
Dribbling the ball around cones (distance between cones 3 m, segment 15 m (there and back) (control norm) or abstract (article) for students who missed classes due to illness						8		8	8
<b>Credit</b>	<b>OM</b>		0-15						<b>55-100</b>
1. Completing tests in an elective subject 2. Squats (number of times in 1 min.) 3. Jumping rope (number of times in 1 min.)					0-15				0-15
								0-15	0-15

Semester 2	Rating indicators								
		Additional	Additional	Additional	Additional	Total	Intermediate		
Section name	afixopamea contr	Additional	Iclout	Additional	Icloul	Additional	Total	Intermediate	
<b>Section 4. "Volleyball"</b>	<b>TK4</b>	<b>15-30</b>					<b>15-30</b>	<b>15-30</b>	<b>15-30</b>
Passing the ball overhead with both hands (number of times) (control norm) or a test for students who missed			4				4	4	4

classes due to illness									
Passing the ball from below (number of times) (control norm) or an essay for students who missed classes due to illness								4	4
Serving the ball from below, from above (counter-norm) or a report (article) for students who missed classes due to illness								7	7
<b>Section 5. "General Physical Training"</b>	<b>TK5</b>				<b>15 0 -15</b>			<b>15 - 30</b>	<b>15-30</b>
Forward bend from a standing position on a gymnastic bench (from the bench level - cm) (control norm) or a test for students who missed classes due to illness					5			5	5
Pull-ups from a hanging position on a high bar (boys) (number of times), pull-ups from a hanging position lying on a low bar horizontal 90 cm bar (number of times) (girls) or flexion and extension of arms in a support position lying on the floor (number of times) control norm.								5	5
or a report (article) for students who missed classes due to illness									
Raising the torso from supine position (number of times in 1 minute) or an essay by students who missed classes due to illness								5	5
<b>Section 6. "Track and Field" TC6</b>							<b>2 5 0 -15</b>	<b>25 - 40</b>	<b>25-40</b>
3000m boys, 2000m girls (min. sec.) or test for students who missed classes due to illness							10	10	10
100m dash (sec.) or report (article) for students who missed classes due to illness							8	8	8

Long jump from a place with a  
push of two legs (cm) (control

norm) or a report (article) of  
students who missed classes

on

For

7

7

7

diseases									
<b>Credit</b>	<b>OM</b>								<b>55-100</b>
1. Completing tests in an elective discipline 2.			0-15						0-15
Bending and unbending arms in support on the bars.					0-15				0-15
3. Raising legs in support on the bars.							0-15		0-15

Semester 3									
Section name	contr	Rating indicators						Total	Intermediate
		Additional	Additional	Additional	Additional	Additional	Additional		
<b>Section 7. "Football"</b>	<b>TK7</b>	<b>15</b>	<b>0-15</b>					<b>15-30</b>	<b>15-30</b>
Dribbling the ball around cones (distance between cones 3m, segment 30m (there and back) (control norm) or a test for students who missed classes due to illness)		5						5	5
Juggling, hitting a ball (number of times) (control norm) or an essay (article) for students who missed classes due to illness		5						5	5
Taking free kicks (number of times) (control norm.) or an essay (article) for students who missed classes due to illness		5						5	5
<b>Section 8. "General Physical Training"</b>	<b>TK8</b>			<b>15</b>	<b>0-15</b>			<b>15-30</b>	<b>15-30</b>
Forward bend from a standing position on a gymnastic bench (from the bench level - cm) (control norm) or a test for students who missed classes due to illness				4				4	4

Pull-ups from a hanging position on a high bar (boys), on

a low bar

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6  
6  
6

horizontal bar (girls) (number of times) (control norm) or flexion and extension of arms in a support position lying on the floor (number of times) or a report (article) for students who missed classes due to illness									
Raising the torso from supine position (number of times per 1 min) (control norm) or an essay for students				5				5	5
who missed classes due to illness									
<b>Section 9. "Basketball"</b>	<b>TK9</b>					<b>25 0-15</b>		<b>25-40</b>	<b>25-40</b>
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 hoop from the free throw line (number of times) (control norm) or a report (article) for students who missed classes due to illness						8		8	8
Dribbling the ball around cones (distance between cones 3 m, segment 15 m (there and back) (control norm) or abstract (article)						8		8	8
for students who missed classes due to illness									
<b>Credit</b>	<b>OM</b>								<b>55-100</b>
1. . Completing tests on an elective subject 2. Completing a comprehensive			0-15						0-15
strength exercise for 1 minute.					0-15				0-15

3. Raising and lowering legs while hanging high crossbar.

0-15

0-15

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Semester 4

Section name	afipodpimea contr	Rating indicators							
		—	Additional —	1clour	Additional —	1cloul	Additional —	Tota	Intermediat e
<b>Section 10. "Volleyball"</b>	<b>TK10</b>	<b>15</b>	<b>0-15</b>					<b>15-30</b>	<b>15-30</b>
Passing the ball overhead with both hands (number of times) (control norm) or a test for students who missed classes due to illness		5						5	5
Passing the ball from below (number of times) (control norm) or a report (article) for students who missed classes due to illness		5						5	5
Serving the ball from below (counter- norm) or an essay for students who missed classes due to illness		5						5	5
<b>Section 11. "General Physical Training"</b>	<b>TK11</b>			<b>15</b>	<b>0-15</b>			<b>15-30</b>	<b>15-30</b>
Forward bend from a standing position on a gymnastic bench (from the bench level - cm) (control norm) or a test for students who missed classes due to illness				5				5	5
Pull-ups from a high hang (boys), horizontal low crossbar on al bar on (girls) (number of times) (number of times) or flexion and extension of arms in a support position lying on the floor (number of times) control norm.				5				5	5
or a report (article) for students who missed classes due to illness									
Raising the torso from supine position (number of times in 1 minute) or an abstract (article) for students who missed classes due to illness				5				5	5



athletics"								40	
3000m men's and 2000m women's races (min. sec.) or test for students who missed classes due to illness						10		10	10
100m dash (sec.) or a report with a presentation (article) for students who missed classes due to illness						9		9	9
Standing long jump with two legs (cm) (control norm) or an essay for students who missed classes due to illness						7		7	7
<b>Credit</b>	<b>OM</b>								<b>55-100</b>
1. Completing tests on an elective subject 2. Jumping rope (number of times in 1 min.).			0-15						0-15
					0-15				0-15

3. Performing a 3x10m shuttle run 0-15

Semester 5	Section name	Contr	Rating indicators					Total	Intermediate
			Additional	Colour	Additional	Colour	Additional		
	<b>Section 13. "Light athletics"</b>	<b>TK13</b>	<b>15</b>					<b>15-30</b>	<b>15-30</b>
	60m run (sec) (control norm) or test for students who missed classes due to illness		5					5	5
	Standing long jump with two legs (cm) (control norm) or a report with a presentation (article) for students who missed classes due to illness		5					5	5
	Shuttle run 10x10 m (sec) (control norm) or an essay for students who missed classes due to illness		5					5	5



								<b>30</b>	
Forward bend from a standing position on a gymnastic bench (from the bench level - cm) (control norm) or a test for students who missed classes due to illness				5				5	5
Pull-ups from a hang on a high bar (boys), low bar (girls) (number - on (times) (number of times) or flexion and extension of arms in a support position lying on the floor (number of times) control norm. or a report with a presentation (article) of students who missed classes due to illness				5				5	5
Raising the torso from supine position (number of times in 1 minute) or an abstract (article) for students who missed classes due to illness				5				5	5
<b>Section 15. "Basketball"</b>	<b>TK15</b>						<b>25 - 40</b>	<b>25 - 40</b>	<b>25-40</b>
Passing the ball in pairs in 30 seconds									
or a test for students who missed classes due to illness							8	8	8
Throwing into the hoop from the free throw line (number of times) (control norm) or a report with a presentation (article) for students who missed classes due to illness							10	10	10
Dribbling the ball around cones (distance between cones 3m, segment 15m (there and back) (control norm) or an essay for students who missed classes due to illness)							7	7	7
<b>Credit</b>	<b>OM</b>								-15
1. Completing tests in an elective subject				0 -15					

2. Jumping rope (number of times in 1 min.)
3. Raising and lowering legs while hanging high

0  
-15

0

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55-100

0 -15

0 -15

0 -15

crossbar.									
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## Semester 6

Section name	control norm	Rating indicators							Total	Intermediate
		Additional	Initial	Additional	Initial	Additional	Initial			
<b>Section 16. "Volleyball"</b>	<b>TK16</b>	<b>15</b>	<b>0-15</b>						<b>15-30</b>	
Passing the ball over the net with two hands in pairs (number of times) (control norm) or a test for students who missed classes due to illness		5						5	5	
Performing a direct attacking strike (number of times) (control norm) or a report with a presentation (article) for students who missed classes due to illness		5						5	5	
Completing a single block (control norm) or an abstract (article) for students who missed classes due to illness		5						5	5	
<b>Section 17. "General Physical Training"</b>	<b>TK17</b>		<b>15</b>	<b>0-15</b>				<b>15-30</b>	<b>15-30</b>	
Forward bend from a standing position on a gymnastic bench (from the bench level - cm) (control norm) or a test for students who missed classes due to illness				5				5	5	
Pull-ups from a high hang (boys), horizontal bar on low crossbar (girls) (number of times) (number of times) or flexion and extension of arms in a support position lying on the floor (number of times) control norm.				5				5	5	

or a report with a presentation  
(article) of students who missed classes

diseases									
Raising the torso from supine position (number of times in 1 minute) or an essay by students who missed classes due to illness					5			5	5
<b>Section 18. "Light athletics"</b>	<b>TK18</b>						<b>25-40</b>	<b>25-40</b>	<b>25-40</b>
100m dash (sec.) or report (article) for students who missed classes due to illness						7		7	7
1000m dash for boys, 500m dash for girls (min. sec.) or a test for students who missed classes due to illness						8		8	8
3000m men's and 2000m women's races (min. sec.) or an essay for students who missed classes due to illness						10		10	10
<b>Passed.</b>	<b>OM</b>								<b>55-100</b>
1. Completing tests in an elective discipline			0-15						0-15
2. Squats (number of times in 1 min.)					0-15				0-15
3. Raising and lowering legs while hanging high									0-15

crossbar.

15

Section name	TK	Rating indicators							Total	Intermediate
		1	Additional	1	Additional	1	Additional	1		
<b>Section 19. "Football"</b>	<b>TK19</b>	<b>15-30</b>							<b>15-30</b>	<b>15-30</b>
Dribbling the ball around cones (distance between cones 3m, segment 30m (there and back) (control norm) or a test for students who missed classes due to illness)									5	5

Juggling, stuffing

5

5

5



10

10

10

<b>Credit</b>	<b>OM</b>								<b>55-100</b>
1. Squats (number of times in 1 min.) 2. Jumping rope (number of times in 1 min.)			0-15						0-15
3. Bending and unbending arms in the initial lying position on the floor								0-15	0-15

## Semester 8

Section name	Control norm	Rating indicators							Total	Intermediate
		Additional	Additional	Additional	Additional	Additional	Additional			
<b>Section 22. "Volleyball"</b>	<b>TK22</b>	<b>15</b>	<b>0-15</b>					<b>15-30</b>	<b>15-30</b>	
Passing the ball over the net with two hands in pairs (number of times) (control norm) or a test for students who missed classes due to illness		5						5	5	
Performing a direct attacking strike (number of times) (control norm) or a report with a presentation for students who missed classes due to illness		5						5	5	
Completing a single block (control norm) or an abstract (article) for students who missed classes due to illness		5						5	5	
<b>Section 23. "General Physical Fitness"</b>	<b>TK23</b>			<b>15</b>	<b>0-15</b>			<b>15-30</b>	<b>15-30</b>	
Forward bend from a standing position on a gymnastic bench (from the bench level - cm) (control norm) or a test for students				5				5	5	
Pull-ups from a hanging position on a high (boys), low (girls) horizontal crossbar (number				5				5	5	

(number of times) or flexion and extension of arms in a support position lying on the floor (number of times) control norm.									
or a report with a presentation (article) of students who missed classes due to illness									
Raising the torso from supine position (number of times in 1 minute) or an abstract (article) for students who missed classes due to illness.				5				5	5
<b>Section 24. "Light athletics"</b>	<b>TK24</b>							<b>25-40</b>	<b>25-40</b>
100m dash (sec.) or a report with a presentation (article) for students who missed classes due to illness							25-15	25-40	25-40
3000m boys, 2000m girls (min. sec.) or test for students who missed classes due to illness							8	8	8
Standing long jump with two legs (cm) (control norm) or abstract (article) for students who missed classes due to illness							10	10	10
Standing long jump with two legs (cm) (control norm) or abstract (article) for students who missed classes due to illness							7	7	7
<b>Credit</b>	<b>OM</b>								<b>55-100</b>
1. Squats (number of times in 1 min.) 2. Jumping rope (number of times in 1 min.) 3. Bending and unbending arms in the starting position lying on the floor			0-15						0-15
							0-15		0-15
								0-15	0-15

<b>2. Assessment materials for ongoing monitoring and midterm certification</b>			
Learning outcomes assessment scale for the discipline:			
Code	Plan-rated learning	Level of development of the competency indicator	
		High Average	Below average
		Short	Long

computer-tendencies

Competency indicator code

outcomes for

discipline

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4 from 55 to 69 from 0 to 54

70

o

8

Rating scale

Great

Fine

satisfactorily

unsatisfactory  
telno

			passed	not credited		
		know: rules and methods for planning individual lessons with various target orientations (ÿ1)				
		- types physical exercises, terminology, technique and sequence  awn execution exercises; - methods  control and assessments physical development and physical  prepared  sti.	- types physical their exercises,  terminolog y, technique and follow-up ity complete d and l exercises; -  method s control and assessments physical Wow developme nt And physical	- types physical their exercises,  terminolog y, technique and follow-up ity complete d and l exercises; -  method s control and assessments physical Wow developme nt And physical	- types physical their exercises,  terminolog y, technique and follow-up ity complete d and l exercises; -  methods control and assessments physical Wow developme nt And physical	- types physical their exercises,  terminology, technique  And SUCCESSION atelynost ÿ complete d and l  exercises; -  methods control and assessments physical Wow development  And
			prepare d ency.	prepare d ency.		
		be able to : perform a set of physical exercises (U1)  - on one's own to compose and technically Righ t fulfill complexes general development shih	- independe nt spruce make up ÿ technical	- independe nt spruce make up ÿ technical		
			prepare d ency.	physical prepare d laziness . - independentl y telno make up ÿ technical		

exercises;  
- use  
physical  
exercises for

Machine Translated by

	general	general	general	general
professional prevention	development	development	development	development
	exercises;	exercises;	exercises;	exercises;
nykh	-	-	-	-
diseases.	use	use	use	use
	ate	ate	ate	vat

			physical and exercises	physical and exercises	physical and exercises	physical and exercises
			prophylactic tics profession	prophylactic prophylactic tics profession profession	prophylactic tics profession	tics
possess: skills to conduct a set of physical exercises with a -skills - - - -						
		use means of physical education for maintaining and strengthening health.	skills use ania physical means Wow brought up and for saved and and fortified and I health.	skills use ania physical means Wow brought up and for saved and and fortified and I health.	skills use ania physical means Wow brought up and for saved and and fortified and I health.	skills And use vaniya physical means Wow brought up and for saved and and fortified and I health

*An "excellent" grade is awarded to a student who has demonstrated a comprehensive, systematic and profound knowledge of the program material; the ability to freely complete tasks provided for by the program; has mastered the basic literature and is familiar with the additional, recommended program; has mastered the interrelationship of the basic concepts of the discipline in their significance for the acquired profession; has demonstrated creative abilities in understanding, presenting and using the educational material*

material. A

*"good" grade is awarded to a student who has demonstrated complete knowledge of the program material; successfully completed the assignments provided in the program, mastered the basic literature recommended in the program, demonstrated a systematic nature of knowledge in the discipline and the ability to independently replenish and update it in the course of professional activity. A "satisfactory" grade is awarded to a student who has demonstrated knowledge of the basic educational and program material to the extent necessary for further study and future work in the*

*literature recommended by;*

*the program, is familiar with the basic is given*

students who made mistakes in their answers to exam questions and while completing exam assignments, but who have the necessary knowledge to correct them under the guidance of a teacher.

The grade "unsatisfactory" is given to a student who has discovered gaps in his or her knowledge of the basic curriculum material or who has made fundamental mistakes in completing the tasks provided for in the curriculum.

A "pass" grade corresponds to the grading criteria from "excellent" to "satisfactory." A "fail" grade corresponds to the grading criteria of "unsatisfactory."

### 3. List of assessment tools

Brief description of the assessment tools used for ongoing monitoring of student progress and midterm assessment

by discipline:

Name evaluative means	Brief description of the assessment tool	Description evaluative means
Report (R), message (Sbsh)	A product of a student's independent work, which is a public presentation of the results obtained in solving a specific educational-practical, educational-research or scientific topic	Topics of reports, messages
Control standards (CS)	Assessment of general and special physical fitness of students, assessment of the technique of performing motor actions	List of practical tasks, control exercises
Abstract (Russian Federation)	A product of a student's independent work, which is a brief written summary of the results of a theoretical analysis of a specific scientific (academic research) topic	Topics of papers
Test (Test)	System standardized to automate the procedure for measuring the level of knowledge and skills of a student	Set of test tasks

### 4. A list of test assignments or other materials necessary for assessing knowledge, skills and abilities characterizing the stages of competence development in the process of mastering the discipline

Example of a

task **For current control TK1:**

Competency tested: UK-7.2

Test

Question

Answer options

6. Outdoor games should be carried out:	A) only on the sports ground;
	B) only in compliance with safety rules and regulations; C) only in the gym.
7. What type of bleeding is the most dangerous of all types of bleeding?	A) Venous; B)
	Arterial; C)
	Internal;
9. While playing basketball, you must not:	D) Intracranial.
	A) dribble past the opponent;
	B) throw into the ring;
8. Often the cause of injuries is:	B) holding the
	opponent. A) neglect of attitude
	the preparatory part
	of the lesson, warm-up, improper teaching of physical exercise techniques; B) lack of insurance, its incompetent use, forcing loads, transferring the means and methods of training professional athletes to students of a university with a non-sports profile; C) deficiencies in educational planning, which does not ensure comprehensive physical training and continuity in the development of motor skills of students.
10. When performing jumps, you should land:	A) only on the legs;
1. In what year were the first track and field competitions held?	B) as is comfortable for the jumper;
	B) only on both hands.
2. To the track and field disciplines NOT refer...	A) 776 BC;
	B) 888;
	B) 1896;
3. Where does middle and long distance running begin?	D) 1912
	A) running;
	B) jumping;
4. What is a sprint?	B) lifting weights;
	C) throwing.
	A) From a low start; B) From a running start;
5. Select the row that lists exercises that are included in the types of light athletics:	B) From a high start; D)
	With support on one hand.
	A) Judge at the start;
5. Select the row that lists exercises that are included in the types of light athletics:	B) Long distance running;
	B) Short-distance running; D)
	Throwing a ball.
	A) running, walking, jumping, throwing, all-around;
	B) outdoor games;
	B) swimming;
	C) exercise for developing the lower limbs.

## Topics of reports (articles)

1. Safety rules during athletics, injury prevention in athletics.

2. History of the development of athletics.

3. History of the development of athletics in Russia.

4. History of the development of athletics abroad.

5. Track and field in the system of physical education (technique

walking, running, jumping, throwing.

### Topics of papers

1. Safety rules during athletics, injury prevention in athletics.

2. History of the development of athletics.

3. History of the development of athletics in Russia.

4. History of the development of athletics abroad.

5. Track and field in the system of physical education (technique walking, running, jumping, throwing).

### For current control of TK2:

Competency tested: UK-7.2

Test

Question	Answer options
1. Physical education is: A) a subject at school	B) performing physical exercises
	B) the process of improving human capabilities
	C) part of the general culture of society
	D) natural physical properties of a person
2. View education, the specific content of which is mastery special physical education knowledge, teaching movements, physical qualities and the formation of a upbringing conscious need for physical education classes, It's called:	A) physical training
	B) physical education
	B) physical education
	C) physical education
3. What is the main a means of physical education?	A) proper nutrition
	B) morning exercises
	B) physical exercise
4. The technique of physical exercises means:	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 expenditure
	B) a clearly defined and unchanging order of movements
5. Several exercises selected in a certain order for a specific solutions to the problem,	A) complex
	B) group
	B) algorithm
6. What types of physical training exist? training	A) general physical fitness
	B) special physical

7. General physical training (GPT) is understood as a training process aimed at:	A) to form correct posture
	B) for the harmonious development of man
	B) for the comprehensive and harmonious development of man
8. Physical qualities – This:	A) individual characteristics that determine the level of a person's motor abilities
	B) innate morphofunctional qualities that make human physical activity possible
	B) a set of abilities involved in physical education and sports, expressed in specific results
9. Endurance is:	A) the ability to perform a motor action in a minimum period of time
	B) the ability to overcome external resistance
	B) the ability to perform any activity for a long time without loss of 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
	B) the ability to perform any activity for a long time without loss of efficiency

#### Topics of reports (articles)

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

#### Topics of papers

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

#### For current control of TK3:

Competency tested:

UK-7.2 Test	

Question 1. In what year did it appear? A) in 1891

Answer options

basketball?	B) in 1901
	B) in 1790
	D) in 1592
2. What is the name for passing the ball in basketball?	A) Throw
	B) Transfer
	B) Pass
3. What are the dimensions of the basketball court?	A) 30x20m
	B) 40x20m
	B) 28x15m
	D) 30x17m
4. What is the weight of a basketball?	A) 500 g
	B) 1200 g
	B) 700 g
	D) 600 g
	D) 600-650 g
5. Select the correct statement	A) the ball crossing the court boundaries, unlike the situation with an out in football, is not always considered an out in basketball out
	B) the ball crossing the boundaries of the court, unlike the situation with out-of-bounds in football, is always out-of-bounds in basketball
	B) the ball crossing the boundaries of the court, unlike the situation with out-of-bounds in football, is not considered out-of-bounds in basketball.
6. Match basketball in consists of	A) two halves of 45 minutes each and a 15-minute break
	B) two halves of 20 minutes each
	B) one half is 40 minutes
	C) four halves of 10 minutes each
7. In which country is basketball the national sport?	A) USA
	B) Canada
	B) Latvia
	D) Spain
8. In what year did basketball appear as a game?	A) 1888
	B) 1805
	B) 1891
	D) 1890
9. In what year did basketball enter the Olympic Games?	A) 1936
	B) 1980
	B) 1991
	D) 1997
10. Which country is the birthplace of basketball?	A) Russia
	B) France
	B) 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 protection.
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 variations.

## Topics of papers

1. Analysis of individual tactical actions of basketball players in attack.
  2. Analysis of individual tactical actions of basketball players in protection.
  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 variations.

**For current control of TK4:**

Competency tested: UK-7.2

## Test

Question	Answer options
1: What are the position numbers of the players along the net (front line)?	A) 1, 2, 3
	B) 2, 3, 4
	B) 4, 5, 6
	C) 1, 5, 6
2. How <i>minimum</i> many players per team should participate in a game of volleyball?	A) 3
	B) 4
	B) 5
	D) 6
3. How many points to win in The 5th volleyball game must be scored by one team, provided that is the gap at least 2 <i>rival</i> points?	A) 15
	B) 1
	7
	B)20
4. How many points should one team score to win 1-4 volleyball games, provided that, is the gap at least 2 <i>rival</i> points?	A) 15
	B) 20
	B) 25
	D) 30
5. What is the score in volleyball? match is wrong?	A) 3:2
	B) 3:1
	B) 3:0
	D) 4:0
6. What <i>maximum</i> number of games can be in one volleyball game match?	A) 3
	B) 4
	B) 5
	D) 6
7. Which of the following is prohibited in volleyball?	A) a game without numbers
	B) playing in cold weather in tracksuits
	B) game with glasses
	C) playing barefoot

8. What is the maximum number? is a volleyball player allowed to have?	A) 12
	B) 16
	B) 18
	D) 24
9. What maximum quantity players Is it allowed to register a volleyball for team for one game?	A) 10
	B) 12
	B) 14
	D) 16
10. What is a weight volleyball?	A) 260 – 280 g
	B) 325 – 375 g
	B) 410 – 450 g

### Topics of reports (articles)

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

### Topics of papers

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

### Semester 2

#### For current control of TK5:

Competency tested:

UK-7.2 Test

Question	Answer options
1. Flexibility is:	A) the ability to overcome external resistance
	B) the ability to perform any activity for a long time without reducing efficiency
	B) the ability to perform movements with a large amplitude
2. Strength is:	A) the ability of a person to exert muscular effort of varying magnitude in the shortest possible time
	B) the ability of a person to overcome external resistance or resist it through muscular 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 restructure motor activity
	B) the ability to master an action and maintain balance

4. What physical qualities must be properly developed for this activity?  productive life?	A) speed
	B) strength
	B) dexterity
	C) flexibility
	D) endurance
	E) all answers are correct
5. Basic methods development of endurance are:	A) interval
	B) repeated
	B) competitive
	C) variable
	D) all answers are correct
6. Which sport or training method is most effective in developing speed?	A) figure skating;
	B) 60m dash;
	B) weightlifting; D) slalom.
7. Which sport or training method is most effective in developing strength?	A) kettlebell
	snatch; B) powerlifting;
8. Which sport or training method is most effective in developing agility?	B) football,
	D) all answers are correct.
	A) team sports;
	B) figure skating;
	B) slalom;
	D) all answers are correct.
9. Which sport or training method is most effective in developing flexibility?	A) rhythmic gymnastics;
	B) oriental martial arts;
	B) classical choreography;
	D) all answers are correct.
10. Which sport or training method is most effective in developing endurance?	A) marathon running;
	B) 100m dash;
	B) triple long jump,
	C) horse riding.

#### Topics of reports (articles)

1. Health-improving systems of physical exercises.
2. The importance of physical education in a healthy lifestyle.
3. Self-control techniques when performing physical activity.
4. Hardening procedures and their positive effects on the body person.
5. The process of organizing a healthy lifestyle.
6. Physical education as a means of combating fatigue and low performance.

#### Topics of papers

1. Health-improving systems of physical exercises.
2. The importance of physical education in a healthy lifestyle.
3. Self-control techniques when performing physical activity.
4. Hardening procedures and their positive effects on the body person.

5. The process of organizing a healthy lifestyle.
6. Physical education as a means of combating fatigue and low performance.

### For current control of TK6:

Competency tested: UK-7.2

### Test

Question	Answer options
1. Running with stops and change of direction signal predominantly contributes	A) reaction speed; B) speed strength; B) coordination of movements.
formation: 2. What physical quality is developed during long-term running at a slow pace?	A) Speed; B) Dexterity; B) Endurance.
3. The best conditions for developments are created in time:	A) high jump; B) athletics; B) outdoor and sports games.
4. One physical is:	A) strength; B) attention; B) performance.
5. Which of the following physical exercises below are cyclical?	A) Somersaults; B) Running; C) Throwing.
6. The best conditions for developing agility are created in time:	A) high jump; B) athletics; B) outdoor and sports games.
7. The most common means of self-study are – This...	A) boxing; B) martial arts; B) walking and running.
8. Types of motor actions (including their totality), which are aimed at achieving the objectives of physical education and are subordinated to it regularities are called:	A) physical rehabilitation; B) physical training; B) physical exercise; C) physical qualities
9. The principle of building a system of physical exercise and maintaining the continuity of the effectiveness of the exercises is ensured by:	A) age adequacy of pedagogical influences; B) adaptation of physical activity; B) clarity; C) continuity.
10. The degree of mastery of the technique of action, in which the control of movements occurs automatically and the action is highly reliable – this is	A) a higher order skill; B) motor skill; B) dynamic stereotype;

Topics of reports (articles)

1. Agility as a physical quality: means and methods of education.
2. Development of agility in volleyball players.
3. Physical qualities and exercises for their development.
4. Functions of the respiratory system during physical exercise exercises.
5. The influence of athletics exercises on strengthening health and

major body systems.

6. Bad habits and physical exercise.

Topics of papers

1. Agility as a physical quality: means and methods of education.
2. Development of agility in volleyball players.
3. Physical qualities and exercises for their development.
4. Functions of the respiratory system during physical exercise exercises.
5. The influence of athletics exercises on strengthening health and

major body systems.

6. Bad habits and physical exercise.

*Semester 3*

**For current control of TK7:**

Competency tested: UK-7.2 Test

<i>Question:</i>	<i>Answer options</i>
Team composition for a football game	A) 12 players
	B) 22 players
	B) 11 players
	D) 10 players
2. How long is a half in	A) 30 minutes;
	B) 20 minutes;
	B) 45 minutes;
	D) 60 minutes;
3. From what distance is a penalty kick taken in football?	A) 11 meters;
	B) 9 meters;
	B) 12 meters;
	D) 7 meters;
4. Which sheet was included in What is the name of the sneaky cut used by football players?	A) Wet;
	B) Dry;
	B) Bathhouse;
	D) Notebook.
5. Which Moscow football team? They called it "the fifth wheel on the cart" in Soviet times?	A) Spartacus;
	B) Dynamo;
	B) Locomotive;
	D) Torpedo.
...	

6. In what year was Rubin the Russian champion?	A) 2006;
	B) 2007;
	B) 2005;
	D) 2008.
7. The first official international football match. What year?	A) 1870;
	B) 1875;
	B) 1872;
	D) 1877.
8. According to UEFA standards, the size of football goals should be	A) 7.22x2.20m;
	B) 7.40x2.40m;
	B) 7.32x2.44 m;
	D) 7.44x2.32 m.
9. Maximum field dimensions for international matches	A) 110x80m;
	B) 100x78m;
	B) 110x73.2m;
	D) 100x60m
10. What is a standard in football?	A) Throwing in the ball from the side line;
	B) Throwing the ball out of the penalty area by the goalkeeper;
	B) Putting the ball into play after a corner, free kick or penalty kick has been awarded;
	D) The goalkeeper kicking the ball out of the penalty area.

#### Topics of reports (articles)

1. History of the development of football.
2. Methodology for teaching running technique in football.
3. Running and special exercises are an effective means of preparing for a training session.
4. Analysis of techniques and methods for teaching dribbling and stopping the ball.
5. Typical mistakes in learning and ways to correct them.
6. Methodology for teaching free kick technique in football.

#### Topics of papers

1. History of the development of football.
2. Methodology for teaching running technique in football.
3. Running and special exercises are an effective means of preparing for a training session.
4. Analysis of techniques and methods for teaching dribbling and stopping the ball.
5. Typical mistakes in learning and ways to correct them.
6. Methodology for teaching free kick technique in football

#### For current control of TK8:

Competency tested: UK-7.2

Test

Question	Answer options
1. Specify	correct A) strength, speed, endurance, flexibility
	B) flexibility, endurance, speed, strength

subsequence performing exercises during training classes	<del>B) speed, endurance, flexibility, strength</del> <del>C) for endurance, flexibility, speed, strength</del>
2. Specify main principles of variability physical activity:	A) linear, wavy B) straight, short, intermittent B) continuous, long-term
3. The indicator of the intensity zone of physical the load is:	A) Heart rate <del>B) blood pressure</del> <del>B) SpO2</del>
4. In process systematic classes physical exercise resting pulse: 5. If before each one is observed	A) is being arranged <del>B) becomes more frequent</del> <b>B) remains unchanged</b> A) about feeling unwell
occupation approximately the same magnitude pulse, This speaks: 6. If the original value	B) about good recovery of the body <del>B) insufficient training of the body</del> A) about good recovery of the body and increased fitness
Heart rate tends to increase with general good health, this indicates: 7. For small and medium	<del>B) about insufficient recovery of the body after exercise</del> <del>B) about the correctly selected load</del> <b>A) in 5-15 minutes</b>
loads normal restoration is considered <small>Heart rate and blood pressure:</small> 8. What is the formula for calculate the maximum heart rate of an individual, which should not be exceeded during training sessions?	<del>B) in 30 minutes</del> <del>B) in an hour</del> A) 220-20 B) 220-30 B) 220-age
9. What are the components of a training session?	<b>A) preparatory</b> <b>B) introductory</b> B) main D) final
10. In what part of the educational Is the training aimed classes at developing physical qualities?	<del>A) final</del> <del>B) preparatory</del> <del>B) main</del>

### Topics of reports (articles)

1. Development of general endurance in students during physical education classes.
2. Physical education of students.
3. Development of general endurance. Means and methods.
4. Development of strength and strength endurance. Means and methods.

5. Functions of the respiratory system during physical exercise exercises.

Topics of papers

1. Development of general endurance in students during physical education classes.

2. Physical education of students.

3. Development of general endurance. Means and methods.

4. Development of strength and strength endurance. Means and methods.

5. Functions of the respiratory system during physical exercise exercises.

**For current control of TK9:**

Competency tested:

UK-7.2 Test

Question	Answer options
1. Who invented basketball as a game?	A) J. Mikan
	B) D. Fraser
	B) D. Naismith
2. What does the word mean? basketball?	A) Basket-ball
	B) Basket
	B) Ball
3. What is the name for a tied score at the end of the main game? match time?	A) Overtime
	B) Foul
	B) Out
4. How much time is allotted to attack the opponent's basket (sec)?	A) 15
	B) 20
	B) 24
5. What is the maximum How much time is a player given to throw the ball?	A) 3 s
	B) 5 s
	B) 10 s
	D) 12 s
6. How many steps can you take after dribbling the ball?	A) 3 steps
	B) 2 steps
	B) Step 1
7. Ball handling technique includes the following techniques?	A) catching, stopping, turning, dribbling
	B) passing the ball, throwing into the basket, catching, stopping, turns
	B) catching, passing, dribbling, shooting
8. How much time is allotted for the transition from the rear to the forward zone(s)?	A) 8
	B) 10
	B) 12
9. How many points are given for a goal scored from the penalty line?	A) 2 points
	B) 1 point
	B) 3 points
10. Soviet basketball player inducted into the NBA Basketball Hall of Fame	A) Belov S.
	B) Morozov V.
	B) Petrov A.

## Topics of reports (articles)

1. Rapid attack in basketball, characteristics and variations.
2. Positional offense in basketball. Characteristics and variations.
3. Methods for teaching individual tactical actions in basketball offense. Exercise selection.
4. Methods for teaching individual tactical actions in basketball defense. Exercise selection.
5. Methodology for teaching group tactical actions in attack in basketball. Exercise selection.
6. Methodology for teaching group tactical actions in defense in basketball. Selection of exercises.

## Topics of papers

1. Rapid attack in basketball, characteristics and variations.
2. Positional offense in basketball. Characteristics and variations.
3. Methods for teaching individual tactical actions in basketball offense. Exercise selection.
4. Methods for teaching individual tactical actions in basketball defense. Exercise selection.
5. Methodology for teaching group tactical actions in attack in basketball. Exercise selection.
6. Methodology for teaching group tactical actions in defense in basketball. Selection of exercises.

*Semester 4***For current control TK10:**

Competency tested:

## UK-7.2 Test

Question	Answer options
1. At what distance from the center is the attack line in volleyball?	A) 2.5 m
	B) 3m
	B) 3.5 m
	D) 4m
2. What is the height of the free above volleyball spaces gaming field?	A) 8.5 m
	B) 10.5 m
	B) 12.5 m
	D) 14.5 m
3. Which of the following is not a mistake when playing a ball in volleyball?	A) foot play
	B) a strike with the support of a partner
	B) 4 hits
	C) successive touching with different parts of the body
4. What are the dimensions of a volleyball court?	A) 8x16 m
	B) 9x18 m
	B) 10.97 x 23.77 m
	D) 15x28m
5. Which hit in volleyball is called an attacking hit?	A) any hit on the ball, which is above the hitter's head, into the opponent's half of the court (except for a serve or block)
	B) any hit on a ball that is above the level of the net,

	<i>half of the opponent's court (except for serving and blocking)</i>
	<i>B) any jump hit on the ball into the opponent's half of the court (except for a serve or block)</i>
	<i>D) any hit on the ball to the opponent's half (except for a serve or block)</i>
6. How does a volleyball game begin?	A) at the suggestion of
	B) from the transmission
	<i>B) with a throw by the referee under the net</i>
	<i>D) from a throw-in by the referee to one of the sides</i>
7. Which country is considered the birthplace of volleyball?	A) Brazil
	B) Cuba
	B) USA
	D) Spain
8. Who counts the creator of the game volleyball?	A) William J. Morgan
	B) Pierre de Coubertin
	B) James Naismith
	D) Holger Nielsen
9. What does volleyball word mean?	A) hand and ball
	B) net and ball
	B) volley and ball
	C) a punch and a ball
10. What position number does the server have in volleyball?	A) 1
	B) 2
	B) 5

#### Topics of reports (articles)

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

#### Topics of papers

1. Psychological and pedagogical aspects of volleyball players' development.
2. The importance of building a special sports foundation for players to develop volleyball.
3. The influence of training on the development of sports team spirit volleyball players.
4. The psychological atmosphere in the team and its influence 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 control TK11:**

Competency tested: UK-7.2

## Test

Question	Answer options
1. For preparatory training parts training characteristic next tasks?	A) 1; 2; 3 B) 2; 3; 6 B) 2; 4; 5 D) 1; 3; 5
2. Specify subsequence execution ORU:	A) neck muscles B) muscles of the lower limbs B) muscles of the upper limbs C) muscles of the trunk
3. Volume and intensity dosing factors physical activity are:	A) number of repetitions B) range of motion B) starting position C) terrain D) the pace of exercise E) degree of difficulty G) wind speed and direction 3) muscle work power
4. What is a motor training session density?	A) the amount of time spent warming up B) the ratio of the time directly spent on performing exercises to the total time of the lesson B) total lesson time
5. Correct breathing during exercise execution characterized by:	A) a longer exhalation B) a longer inhalation B) inhale through the nose and exhale through the mouth C) even duration of inhalation and exhalation
6. Arrange the physical qualities tested by the VFSK GTO means in the correct sequence:	A) speed, endurance, strength, flexibility, agility B) endurance, speed, strength, agility, flexibility B) speed, endurance, flexibility, strength, agility C) strength, speed, endurance, agility, flexibility
7. Distribute the zones V in the correct order	A) up to 130 beats/ min. B) 130-150 beats/ min. B) 150-180 beats/ min. D) from 180 beats/ min and higher
load intensity: 8. What time of day is best to conduct physical education classes?	A) in the morning B) at lunchtime B) in the evening D) in accordance with age and individual circadian rhythms
9. What is the cumulative training effect?	A) processes occurring in the body directly during exercise B) the combined effect of immediate and delayed training effects of a sufficiently large number of sessions, leading to improved fitness B) B) processes occurring in the body immediately after performing exercises
10. Specify, are called training	A) training, competitive, recovery B) microcycles, mesocycles, macrocycles B) operational, current, stage cycles

cycles on the basis of which sports training process is built: (physical)	C) preparatory, basic, competitive
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### Topics of reports (articles)

1. The purpose and objectives of general physical training.
2. The 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 free time.
5. General physical and special training in the physical education system.

### Topics of papers

1. The purpose and objectives of general physical training.
2. The 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 free time.
5. General physical and special training in the physical education system.

### For current control of TK12:

Competency tested: UK-7.2

### Test

	Answer options
Question 1. One of the long jump techniques in athletics is called the long jump...	A) "With a running start"; B) "Stepping over"; B) "Rolling"; D) "With scissors".
2. A projectile that is released in athletics after the "leap" It's called:	A) spear; B) hammer; B) core; D) disk.
3. What is the distance in easy athletics no is classical?	A) 100m; B) 200m; B) 400m; D) 500m.
4. When running in track and field, the determining link in technique is:	A) the pace of movement; B) correct positioning of the supporting leg; B) pushing off with the supporting leg and quickly moving it forward; C) footwork technique.
5. In athletics, the shot:	A) throw; B) throw; B) push;

	C) launch.
6. "The Queen of Sports" they call it...	A) Artistic gymnastics; B) Athletics; B) Chess; C) Skiing.
7. Sprinting in track and field includes...	A) 5000m run; B) cross; B) 100m dash; C) marathon running.
8. To the types of athletics does not apply ...	A) long jump; B) race walking; B) pole vaulting; C) jumping over a horse.
9. In long-distance running in athletics, the main physical quality, defining success is...	A) speed; B) strength; B) endurance; C) dexterity.
10. To the Olympic track and field relay race does not apply to athletics...	A) running 4 x 100m; B) 4 x 400m run; B) running 4 x 1000m.

### Topics of reports (articles)

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

### Topics of papers

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

### Semester 5

#### For current control TK13:

Competency tested:

#### UK-7.2 Test

Question	Answer options
1. What distances are considered sprint (short)? 2. What start is used in short distance running?	A) 800m, 1000, 1500m; B) 60m, 100m, 200m, 400m; C) 2000m, 3000m, 5000m. A)
	What start is used in short-distance running?

distances?	B) What start is used in short-distance running? C) What start is used in short-distance running? A) 400m;
3. What is the length of a standard treadmill?	B) 330m; B) 100m; D) 500m.
4. What is the name of the line that a runner crosses when finishing a race:	A) lateral; B) facial; B) finish; D) marking.
5. What physical quality does sprinting develop?	A) speed; B) strength; C) endurance; D) agility. A) run-
6. A 20 m long section of the distance marked with markers in a relay race is called:	up; B) take-over zone; C) obstacle course; D) finish line. A) edge; B) steeplechase;
7. Sprinting with obstacle course called:	C) cross-country. A) at the discretion of the chief judge; B)
8. When running short distances, a participant is disqualified:	false start; C) crossing the running track; D) drug use. A) sneakers;
9. Athletes-runners use:	B) studs; B) sneakers. C) sneakers;
10. . The main physical qualities necessary for success in short-distance running:	A) flexibility; B) speed; C) strength; D) speed endurance.

### Topics of reports (articles)

1. Analysis of race walking technique.
2. Physiological significance of health walking and running.
3. History of race walking.
4. Methods of teaching race walking.

### Topics of papers

1. Analysis of race walking technique.
2. Physiological significance of health walking and running.
3. History of race walking.
4. Methods of teaching race walking.

**For current control TK14:**  
**Competency tested:**  
**UK-7.2 Test**

Question	Answer options
1. General physical training is:	A) characteristics of the production process and work methods with their description, features of the organization and work regime.
	B) the process of improving physical motor skills aimed at comprehensive and harmonious physical development person.
	B) requirements for the level of development of physical qualities and motor abilities, functional, mental and personal qualities
	D) all answers are correct
2. Professional and applied physical training is:	A) specially targeted and selective use of physical education and sports to prepare a person for a specific professional activity;
	B) the process of improving motor skills, aimed at the comprehensive and harmonious physical development of a person;
	B) a specialized type of preparation for performance in professional sports
3. What is the difference between exercise therapy and general physical training:	A) overcoming psychological barriers that prevent you from experiencing a full life;
	B) Regular exercise strengthens muscles and the cardiovascular system;
	B) these are classes for the prevention and correction of developmental disorders of the musculoskeletal system and flat feet;
	C) Exercises strengthen the immune system and increase a person's resistance to any stress.
4. What are the main means of general physical training:	A) sports complexes;
	B) physical exercise;
	B) gyms;
5. The objectives of general physical training are:	A) development of comprehensive and special physical qualities;
	B) a general increase in the level of physical capabilities of the body;
	B) development of necessary motor skills and abilities;
6. Indicate the main factors that determine the content of general physical training:	D) all answers are correct.
	A) fatigue during the training process;
	B) healthy lifestyle;
7. Motor skills are:	B) conditions and nature of training.
	A) the ability to move and bear loads
	B) a complex of morphological and psychophysiological properties of a person that meet the requirements of a certain type of muscular activity and ensure the effectiveness of its implementation
8. The basis of human motor abilities make up:	B) the ability to perform complex sets of physical exercises without preparation
	A) the makings of psychodynamic abilities
	B) physical qualities;
9. Professionally significant motor skills	B) medical indications;
	C) moral and volitional qualities.
	A) static endurance
	B) reaction speed
	B) dexterity

<i>abilities:</i>	<i>C) precision of muscular efforts</i>
	<i>D) sense of tempo</i>
<i>10. Static endurance is:</i>	<i>A) the ability to maintain the body in the same position for a long time</i>
	<i>B) the ability to perform moderate-intensity work without fatigue for a short period of time</i>
	<i>B) the body's ability to perform any work for a long time without a noticeable decrease in performance, as well as its restoration</i>

Topics of reports (articles)

Topics of papers

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

Topics of papers

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

**For current control TK15:**

Competency	tested:
UK-7.2 Test	
<i>Question</i>	<i>Answer options</i>
<i>1. When was it created?</i>	<i>A) June 21, 1940</i>
<i>International Basketball Federation?</i>	<i>B) December 5, 1955</i>
	<i>B) June 18, 1932</i>
<i>2. Where and when was the first exhibition basketball tournament organized?</i>	<i>A) III O.I. in St. Louis</i>
	<i>B) I O.I. in Athens</i>
	<i>B) VIII O.I. in Paris</i>
<i>3. When it was turned on basketball in the Olympic Games program?</i>	<i>A) 1908, IV O.I., London</i>
	<i>B) 1936, XI-XI in Berlin</i>
	<i>B) 1952, XV O.I., Helsinki</i>
<i>4. At which Olympic Games was women's basketball first included in the competition program?</i>	<i>A) XVII O.I. - Rome, 1960</i>
	<i>B) XIV O.I. - London, 1948</i>
	<i>B) XXI O.I. - Montreal, 1976</i>

<p>5. At which Olympics? Soviet basketball players became famous in the games champions?</p>	<p>A) XX O.I. - Munich, 1972 B) XVIII O.I. - Tokyo, 1964 B) XXI O.I. - Montreal, 1976</p>
<p>6. Learning to pass on the move is essential start after mastering practicing the techniques of catching and passing the ball on the spot and stopping in two steps with</p>	<p>A) throwing into the basket B) passing the ball B) catching the ball</p>
<p>7. Group ball selection used most often</p>	<p>A) with the most active defense and pressure B) in the opponent's half of the court B) when the team is clearly losing</p>
<p>8. The choice of transmission method and trajectory depends also from</p>	<p>A) the condition of the sports ground surface B) the nature of the opponent's counteraction B) the teamwork of the partners</p>
<p>9. Who heads the Russian Basketball Federation?</p>	<p>A) Sergey Chernov B) Valery Kuzin B) Andrey Kirilenko</p>
<p>10. Choose what "pivot" is</p>	<p>A) free throw B) stop after dribbling B) steps in place without lifting the supporting leg C) throw after dribbling the ball</p>

### Topics of reports (articles)

1. Methodology for teaching team tactical actions in defense in basketball. Selection of exercises.
2. Methods of teaching team offense in tactical actions in basketball. Selection of exercises.
3. Characteristics of general and special physical training basketball players.
4. Characteristics of technical training of basketball players.
5. Analysis and system of competitions in basketball for children youth contingent.
6. Analysis of the competition system for college basketball teams.

### Topics of papers

1. Methodology for teaching team tactical actions in defense in basketball. Selection of exercises.
2. Methods for teaching team tactical actions in basketball offense. Selection of exercises.
3. Characteristics of general and special physical training basketball players.
4. Characteristics of technical training of basketball players.
5. Analysis and system of competitions in basketball for children youth contingent.

## 6. Analysis of the competition system for college basketball teams.

## Semester 6

## For current control of TK16:

## Competency tested:

## UK-7.2 Test

Question	Answer options
1. What sanction does a red card provide in volleyball?	<p>A) Warning</p> <p>B) Note</p> <p>B) Removal</p> <p>D) Disqualification</p>
2. What does it mean when the volleyball first referee has four fingers raised and spread out on one hand?	<p>A) the fourth batch</p> <p>B) 4 hits on the ball</p> <p>B) the time for filing has expired</p> <p>C) player number 4</p>
3. Net height for women A) 2.34 m	<p>B) 2.14 m</p> <p>B) 2.24 m</p> <p>D) 2.31 m</p>
4. Net height for men A) 2.43 m	<p>B) 2.5 m</p> <p>B) 2.2 m</p> <p>D) 2.4 m</p>
5. What should I do? volleyball referee if the winning team is declared "incomplete"?	<p>A) A draw or a win is awarded to the team that won the games, without taking into account the unfinished game.</p> <p>B) a draw or a win is awarded in the game at the time it is stopped, and a draw or a win is awarded in the match based on the games played and the games not played</p> <p>B) award a draw in the match</p> <p>D) the opponent of the "incomplete" team is awarded the required number of points to win the games and the match</p>
6. What is the score in a volleyball match and in each game if one of the teams is considered "not appeared"?	<p>A) 0:1 and 0:1</p> <p>B) 0:1 and 0:25</p> <p>B) 0:3 and 0:25</p> <p>D) 0:3 and 0:1</p>
7. What decision does the volleyball referee make if the team loses the rally on his own serve?	<p>A) the serve goes to the opponent without scoring a point for anyone</p> <p>B) the serve remains with the previous team, and the opponent gets a point</p> <p>B) the serve goes to the opponent, and the opponent gets a point</p> <p>C) the serve goes to the opponent and the opponent scores two points</p>
8. What decision does a volleyball referee make if the ball hits the line?	<p>A) the ball is "in the court"</p> <p>B) the ball is "for"</p> <p>B) replay</p> <p>D) loss of the right to serve without scoring a point for anyone</p>
9. What do they mean? crossed on the chest	<p>A) mutual error and replay</p> <p>B) the end of a game or match</p> <p>B) the ball is "for"</p>

forearms of a volleyball first referee?	D) blocking error
10. How does a volleyball lineman signal?	A) give two thumbs up
judge unable to make a decision?	B) cross your arms over your chest
	B) lower both arms along the body

#### Topics of reports (articles)

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

#### Topics of papers

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

#### For current control TK17:

##### Competency tested:

UK-7.2 Test	
Question	Answer options
1. Reaction speed is:	A) the ability to accurately perform movements in complex and/ or unexpectedly changing conditions
	B) the ability of a person to quickly select an adequate response to various stimuli in conditions of a lack of time and space
2. Accuracy of muscular efforts are:	B) the ability to perform complex coordinated movements rationally and economically
	A) the ability to coordinate movements <i>It's difficult to do it well</i>
	B) the ability to develop maximum force in the shortest possible period of time
3. Which sport or means of training	B) the ability to accurately differentiate muscle efforts
	A) cycling;
	B) kettlebell lifting;

<i>mo</i> <i>develops static</i>	<i>effecti</i>	B) <i>lifting the barbell;</i>
4. What method is needed? use for static development		A) <i>isometric</i> B) <i>circular</i> B) <i>competitive</i>
5. Which sport or training method is most effective in developing		A) <i>basketball;</i> B) <i>boxing;</i> B) <i>cross-country skiing;</i> C)
6. With the help of what pedagogical test		A) <i>Cooper test</i> B) <i>Falling ruler</i>
7. The accuracy of muscle effort (proprioceptive sensitivity) depends from		A) <i>the degree of development of skeletal muscles</i> B) <i>the functional state of the cardiovascular system</i>
8. When selecting applied physical		A) <i>their psychophysiological impact was maximally useful and effective for solving specific problems of the PFPF;</i>
9. What functional fitness?	<i>refle</i>	B) <i>physical exercises were varied;</i> B) <i>the selection of funds took into account the features of the body type.</i> B) <i>the state of the nervous system</i> B) <i>state of the musculoskeletal system</i>
10. Functional test		A) <i>physical exercise performed under the supervision of a physician;</i> B) <i>a method for determining the degree of influence on the body of any disturbing effect or physical activity;</i> B) <i>an exercise performed to determine the maximum result shown by a particular athlete.</i>

### Topics of reports (articles)

1. The influence of general developmental exercises on human health.
2. General developmental exercises in motion.
3. Development of physical qualities. Strength.
4. Exercises with various weights.
5. The history of the GTO complex.

### Topics of papers

1. The influence of general developmental exercises on human health.
2. General developmental exercises in motion.
3. Development of physical qualities. Strength.
4. Exercises with various weights.
5. The history of the GTO complex.

**For current control TK18:**  
**Competency tested:**  
**UK-7.2 Test**

Question	Answer options
1. Middle distance running is conducted over a distance of:	A) 500m; B) 800m; B) 2500m.
2. Long distance running is carried out over a distance of:	A) 2500m; B) 3000m; B) 2000m.
3. What classical distance is included in the Olympic Games program?	A) 1500m; B) 2000m; B) 2500m.
4. How many parts does middle and long distance running technique consist of?	A) Two; B) Three; B) Four.
5. What start is used in long-distance running?	A) High start only; B) High and low start; B) Low start.
6. The correct take-off angle in middle-distance running is:	A) about 50°; B) about 40°; B) about 30°.
7. Is there an error in the start is too wide or narrow stance in the starting position?	A) Yes; B) No.
8. Is it a mistake to not be psychologically prepared for the initial acceleration?	A) Yes; B) No.
9. What is the length of the finish throw in middle and long distance running?	A) 500m; B) 150-250m; A) 50-100m.
10. What physical quality does long distance running develop?	A) Dexterity; B) Strength; B) Endurance.

Topics of reports (articles)

1. Analysis of short-distance running technique.
2. Methods of teaching short-distance running.
3. Sprinting.
4. History of the development of shot put.
5. Rules for conducting competitions.
6. World record in shot put.

Topics of papers

1. Analysis of short-distance running technique.
2. Methods of teaching short-distance running.
3. Sprinting.

4. History of the development of shot put.
5. Rules for conducting competitions.
6. World record in shot put.

## Semester 7

**For current control of TK19:**

Competency tested:

## UK-7.2 Test

Question	Answer options
1. What is the name of the line on which the gates are located?	A) end line; B) transverse line; B) lateral line; D) goal line
2. At what distance from the goal is the penalty area line on a football field, parallel to the goal?	A) 15m; B) 15.5 m; B) 16m. D) 16.5
3. What is the circumference of a soccer ball?	A) 56-58 cm; B) 65-67 cm; B) 68-70 cm; D) 69-71 cm.
4. What is the weight of a soccer ball before the game starts?	A) 300-330g; B) 41-450g; B) 425-475 D) 470-500g
5. What is the minimum How many players are allowed in one football team?	A) 6; B) 7; B) 8; .G) 9.
6. From what moment after the resumption of play is a goal in football considered in play?	A) from the moment the player touches the ball; B) from the moment the ball starts moving; B) when the ball has traveled a distance equal to the length of its circumference C) when after the initial kick the ball is touched by another player.
7. In which of In the above cases, can an offside position arise in football?	A) when kicking from the goal; B) when throwing in; B) at a corner kick; D) during a penalty kick.
8. What does the football referee's gesture mean? one hand raised up?	A) penalty kick; B) free kick; B) replacement; .C) end of the match.
9. What is the diameter of the central circle?	A) 9.15 m; B) 18.3 m; B) 27.4 m; D) 36.6 m.
10. Which of the following A) England;	

Which countries have more World Cup titles in football?	By	B) Spain;
		B) USSR
		D) Uruguay

#### Topics of reports (articles)

1. The impact of football on the comprehensive development of students.
2. Injury prevention during classes.
3. Characteristics of the special physical training of a football player.
4. Classification of attack tactics.
5. Rules for conducting competitions.
6. Classification of defense tactics.

#### Topics of papers

1. The impact of football on the comprehensive development of students.
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#### For current control of TK20:

Competency tested:

UK-7.2 Test

Question	Answer options
1. The result of the functional test is used to assess:	A) the functional state and fitness of the body B) exercise techniques
2. Physical performance is the ability human fulfill:	B) type of breathing A) specific activities within given time limits and performance parameters B) special skills, abilities, certain mental, physiological and physical characteristics B) responsibly and conscientiously perform the work required in a specific activity C) quickly, efficiently, and purposefully perform the assigned work
3. Does the change in physical performance during the work week correspond to the dynamics of his mental performance?	A) yes B) no
4. With the help of what functional test is it possible to measure a person's physical performance?	A) PWC170 B) Ruffier's test B) Orthostatic test
5. Specify the types of sports or training means,	A) weightlifting; B) cross-country skiing;

<i>whic h</i>	<i>promote physical</i>	B) <i>chess;</i> C) <i>billiards.</i>
6. <i>The basis (foundation) of the</i>		A) <i>athletics</i> B) <i>ski training</i> B) <i>general physical fitness</i> D) <i>special physical training</i>
7. To <i>compensatio</i> <i>reduce energy consumption</i> <i>during the working day, it is</i> <i>necessarv</i> <i>physical exercise with</i> <i>energy expenditure:</i>		A) <i>no more than 350 kcal per day</i> B) <i>at least 500-650 kcal per day</i> B) <i>at least 350-500 kcal per dav</i>
8. Is it significant? <i>short-term (working)</i> <i>activiti</i>		A) <i>yes</i> B) <i>no</i>
9. <i>What sport or training method is most</i> <i>effective in developing short-term</i>		A) <i>badminton;</i> B) <i>cross-country skiing;</i> B) <i>chess;</i> C) <i>shooting..</i>
10. <i>What</i> <i>attention</i> <i>professionally</i> <i>sianificant?</i>	<i>properties</i> <i>are</i>	A) <i>attention span</i> B) <i>distribution of attention</i> B) <i>concentration of attention</i> C) <i>attention span</i>

### Topics of reports (articles)

1. Gymnastics as a means of developing flexibility and balance.
2. The structure of the GTO complex (USSR).
3. Revival of GTO.
4. Strength exercises with a barbell.
5. Technique for performing exercises with a barbell.
6. Types and classification of sports equipment.

### Topics of papers

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

### For current control TK21:

Competency tested:  
UK-7.2 Test

Question	Answer options
1. The width of the path is:	A) 1.00 m 1.10 m; B) 1.22 m 1.25 m; B) 1.31 m 1.35 m.
2. The length of a standard treadmill is:	A) 500m.; B) 250m.; B) 400m.
3. To start, the following commands are given:	A) "Ready!" - and a shot is fired from the starting gun. pistol; B) "On your marks!", "Get set" - and a shot is fired from the starting pistol; B) "On your marks!", "Get set", "March" - and a shot is fired from the starting pistol.
4. What distances are considered sprint (short)?	A) 800m, 1000, 1500m; B) 60m., 100m., 200m., 400m.; B) 2000m, 3000m, 5000m.
5. What phases does short distance running consist of?	A) gaining speed, finish; B) starting run, running the distance, finishing sprint; B) start, starting run, running the distance, finishing.
6. Length of the take-off run equals:	A) 10-15m; B) 20-25m; B) 30-35m.
7. Which distances are considered short?	A) 500m-800m; B) 30m-400m;
8. A 20 m long section of the distance marked with markers in a relay race is called:	A) obstacle course; B) transmission zone; A) finish line.
9. What physical quality does sprinting develop?	B) speed; B) endurance;
10. How many relay legs is each relay participant allowed to run?	A) No more than three. B) Only one; C) No more than two;

#### Topics of reports (articles)

1. Analysis of short-distance running technique.
2. Methods of teaching short-distance running.
3. Sprinting.
4. History of the development of shot put.
5. Rules for conducting competitions.
6. World record in shot put.

#### Topics of papers

7. Analysis of short-distance running technique.
8. Methods of teaching short-distance running.
9. Sprinting.
10. History of the development of shot put.
11. Competition rules.

## 12. World record in shot put.

## Semester 8

## For current control of TK22:

## Competency tested:

## UK-7.2 Test

Question	Answer options
1. What is the minimum number of referees that makes up a volleyball refereeing team?	A) 2 B) 3 B) 4 D) 5
2. What card designation of a sanction is not provided in volleyball?	A) yellow card B) red card B) yellow and red cards together D) yellow and red cards separately
3. Which of the following is not prohibited for a libero in volleyball?	A) serve B) perform blocking B) perform an attack hit with the ball completely above the level of the net D) come on as a substitute an unlimited number of times
4. One of the teams scored 8 points, and the referee changed courts. What was the score of the volleyball games at that time?	A) 2:0 B) 2:2 B) 2:1 D) any of the above
5. Which volleyball player has a different colored jersey from the other players?	A) team captain B) a substitute player B) a player who has a warning C) libero
6. Which of the following is prohibited in volleyball?	A) blocking the opponent's serve B) a player hitting the ball after the same player has touched the ball in a block B) three hits on the ball after the ball has touched its blockers C) several consecutive touches of the ball by blocking players
7. How many seconds are allowed in volleyball to serve after the referee's whistle?	A) 9 B) 8 B) 5 D) 3
8. What decision should the referee make if the ball goes out of bounds after both opposing players have touched the ball over the net?	A) credit the team on whose side the ball landed with a mistake B) award a point to the team on whose side the ball landed B) count the mutual fault and order a replay C) award 1 point to each team
9. Which of the following cases is considered a mistake in volleyball?	A) three hits in addition to the blocking one touch by his player B) three hits in addition to the opponents' mutual touch of the ball over the net B) simultaneous contact of the ball with different body parts D) a blow with support

10. In which of the following cases in volleyball are multiple touches of the ball considered one touch?	A) successive touches with one action when performing the first strike
	B) unintentional touching of the ball by a player
	B) several players touched the ball at the same time

Topics of reports (articles)

1. Muscle relaxation is the key to a good volleyball player's performance.
2. The influence of running on the level of athletic training of volleyball players.
3. The importance of exercise For development and control of professional qualities of athletes.
4. Pedagogical principles of training volleyball players from school age
5. Playing volleyball in childhood as a way to prepare for adulthood life.
6. Volleyball as a means of developing team spirit.

Topics of papers

1. Muscle relaxation is the key to a good volleyball player's performance.
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<b>For current control of TK23:</b>	
Competency tested: UK-7.2	
<b>Test</b>	
Question	Answer options
1. What kind of sport or training tool is most effective for development and improvement of vision	A) weightlifting; B) cross-country skiing; B) table tennis; C) billiards.
2. The impact of physical exercise on the circulatory system consists of:	A) in the general narrowing of blood vessels B) in increasing the elasticity of the walls of blood vessels B) an increase in the number of red blood cells and hemoglobin in them
3. The main functional features of the human circulatory system,	A) high performance of functions at rest and when performing loads below the maximum B) high performance of the circulatory system when performing maximum loads

systematically

those involved in physical activity

exercises are:

4. What kind of sport or A) weightlifting;

## Machine Translated by

*B) high efficiency of functions at rest and when performing loads below the maximum*

the most effective means the respiratory system?	Does cardio training effectively develop	B) cross-country skiing; B) chess; C) billiards.
5. What is the name of the condition?		A) physical inactivity
body, lack of physical activity?	caused by the	B) hypokinesia B) hypoglycemia
6. The main reason for the presence hypoxia during performance professional tasks is:		A) physical inactivity B) high VO2 max B) air pollution D) medical mask
7. Condition muscular system assessed based on results	nervous	A) tapping test B) Genchi samples B) Stange's test
8. What is the indicator?		A) VC or FVC B) blood pressure B) ECG
9. Assess the vegetative systems can be done using:	states nervous	A) Romberg's test B) Kerdo vegetative index B) Genchi test
10. For psycho-emotional states test	assessments is used	A) Pirogov B) SAN B) Martin

### Topics of reports (articles)

1. Exercises on exercise machines in recreational physical education.
2. General direction of using the simulators.
3. Goals, objectives and means of general physical training.
4. Physiological characteristics of the body's states during physical exercise and sports.
5. Modern popular health systems of physical exercises.

### Topics of papers

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5. Modern popular health systems of physical exercises.

### For current control of TK24:

Competency tested:  
UK-7.2 Test

Question	Answer options
1. Race walking is...	A) race running or rading with obstacles

	rough terrain;
	B) an Olympic track and field discipline in which, unlike running events, there must be constant contact of the foot with the ground;
	B) an Olympic sport that includes running, walking, jumping and throwing.
2. In race walking, how many judges monitor the correct technique?	A) from 6 to 9 judges;
	B) from 3 to 5 judges;
	B) from 1 to 3 judges;
	D) from 10 to 20 judges.
3. The types of athletics do not include A) long jump; refers to ...	B) race walking;
	B) pole vaulting;
	C) jumping over a horse.
4. The stride length during race walking increases to ...	A) 110-120 cm;
	B) 50-60 cm;
	B) 210-220 cm;
	D) 190-200 cm.
5. The basis for the classification of sports in athletics make up:	A) running, jumping, throwing, marathon distances;
	B) running, jumping, throwing and all-around events;
	B) walking, running, jumping, throwing and all-around.
6. Which of the following sports is not part of athletics?	A) Walking;
	B) Running;
	B) Jumping;
	C) Swimming.
7. Race walking is... A) an Olympic track and field discipline in which, unlike running events, there must be constant contact of the foot with the ground;	
	B) an Olympic sport that includes running, walking, jumping and throwing;
	B) Nordic walking, a type of physical activity that uses a specific training method and walking technique with the help of specially designed poles.
8. The types of athletics do not include A) long jump; refers to ...	B) race walking;
	B) pole vaulting;
	C) jumping over a horse.
9. It is considered that a pedestrian goes fast if it moves at a speed of about ...?	A) 6 km/h;
	B) 10 km/h;
	B) 14 km/h;
	D) 20 km/h.
10. The first race walking competitions were held in...	A) 1483
	B) 1344
	B) 1244;

### Topics of reports (articles)

1. Analysis of middle distance running technique.
  2. Methods of teaching middle-distance running.
  3. History of middle distance running.
  4. Exercises for middle distance running.
  5. Individual tactical training for middle-distance runners
- distances of sports improvement groups.

Topics of the papers:

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distances of sports improvement groups.