

Документ подписан простой электронной подписью  
Информация о владельце:  
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Должность: ректор  
Дата подписания: 10.06.2024 11:46:50  
Уникальный программный ключ:  
e3a68f3eaa1e62674b54f4998099d3d6bfdcf836

## Diagnostic testing

### Discipline “Physical Education and Sports”

#### *Term 2*

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

Competence	Task	Answers	Types of complexity
UC-7	<b>1. The main goal of this sport is to achieve the highest sporting results</b> <i>(Choose one answer from the following options)</i>	a) high-performance sport; b) mass sport; c) amateur sport; d) school sport	low
UC-7	<b>2. Cyclic sports include ...</b> <i>(Choose one answer from the following options)</i>	a) rowing, swimming, running, cross-country skiing, cycling; b) rowing, swimming, volleyball, basketball, cycling; c) rowing, swimming, running, cross-country skiing, multi-sport military competitions; d) volleyball, basketball, military sports all-sports	low
UC-7	<b>3. Identify objective indicators of self-monitoring</b> <i>(Choose one answer from the following options)</i>	a) heart rate, blood pressure, barbell test, body weight, height; b) well-being, blood pressure, mood, sleep; c) mood, well-being, sleep, fatigue; d) heart rate, blood pressure, body weight, well-being	low
UC-7	<b>4. Denote the time interval, between loads in the test PWC170</b> <i>(Choose one answer from the following options)</i>	a) 3 min; b) 5 min; c) 1 min; d) 2 min	low
UC-7	<b>5. Ergonomics is a scientific discipline that comprehensively studies [1] human capabilities in labour and everyday life processes, revealing the regularities of creating [2] conditions of highly efficient life and highly productive labour</b> <i>(Select the missing words in the text from those given)</i>	1 a) functional; b) physical; c) mental; d) labour  2 a) optimum; b) high; c) best; d) difficult	medium
UC-7	<b>6. The organization of a student's workplace is understood as -...</b> <i>(Choose one answer from the following options)</i>	a) a system of measures to equip the workplace with means and items of labour and to place them in a certain order; b) different placement of objects in the room; c) specific place of work; d) a system of measures to keep the workplace in order	low
UC-7	<b>7. Correlate the characteristics of students with groups for physical education and sports</b>	a) students with average, above average and high level of physical development, without deviations, as well as with minor deviations in health status – main group; б) students with a below average level of physical development without deviations in health status, as well as those with an average, above average and high level of physical development, but with deviations in health status – preparatory group; в) students with persistent health abnormalities, with pronounced functional disorders on the part of the affected organs or systems (confirmed by a medical certificate of the Medical	medium

		Advisory Commission (VCC) – special medical group; r) students who have persistent deviations in health status, with more pronounced, compared with the SMG group, functional disorders from the affected organs or systems (confirmed by a medical certificate of the HCC), temporarily exempt from active physical exercises for a period of at least 3 months (recovery from injuries, pregnancy, etc.), as well as disabled people – adaptive physical education group	
UC-7	<b>8. The key competence that should be formed within the disciplines of physical culture and sports is [1] to maintain the proper level of [2] preparedness to ensure a full-fledged social and professional [3]</b> <i>(Select the missing words in the text from those given)</i>	1 a) the ability; b) requirement; c) possibility; d) necessity 2 a) physical; b) mental; c) technical; d) creative 3 a) activities; b) works; c) needs; d) categories	medium
UC-7	<b>9. Put in order the somatoscopic indicators of external examina</b>	a) musculoskeletal condition; b) degree of subcutaneous fat development; c) skin condition; d) condition of the mucous membranes of the eyes and oral cavity	high
UC-7	<b>10. Arrange the sequence of body length measurements in sequence</b>	a) stand without shoes on the rostrometer platform with your back to the vertical stand; b) press against a vertical bar with heels, buttocks and interscapular area; c) опустить планку ростомера до верхушечной точки головы; d) gauge	medium
UC-7	<b>11. With the correct posture, the shoulders [1], are slightly lowered and are on the same level, the line of the shoulder girdle [2]?</b> <i>(Select the missing words in the text from those given)</i>	1 a) deployed; b) asymmetrical; c) come forward 2 a) horizontal; b) vertical; c) diagonal	medium
UC-7	<b>12. The following groups of means are used to achieve the goal of physical education</b> <i>(Mark all the correct answers from those given)</i>	a) physical exercise; b) health-promoting forces of nature; c) hygiene factors; d) ergonomic factors	high
UC-7	<b>13. Arrange the groups of physical exercises in the order in which they are performed in a whole complex during warm-up exercises</b>	a) cervical spine exercises; b) arm and shoulder exercises; c) trunk exercises; d) leg and hip exercises; e) full-body exercises	high

UC-7	<b>14. Correlate the various manifestations of fatigue and match them to a specific level of fatigue</b>	a) reduced labour productivity, reduced speed and accuracy of work – behavioural level; b) difficulty in developing conditional connections, increased inertia in the dynamics of nervous processes – physiological level; c) decreased sensitivity, impaired attention, memory, intellectual processes, shifts in the emotional and motivational sphere – psychological level	medium
UC-7	<b>15. The following types of work-ability are distinguished ...</b> <i>(Mark all the correct answers from those given)</i>	a) mental performance; b) physical performance; c) moral efficiency; d) ethical performance	high
UC-7	<b>16. The following human chronobiological types are distinguished</b> <i>(Mark all the correct answers from those given)</i>	a) morning type; b) daytime type; c) evening type; d) night type	high
UC-7	<b>17. The highest level of mental performance is observed when combining [1] activities at HR 130-160 beats/min with intervals of [2] days</b> <i>(Select the missing words in the text from those given)</i>	1 a) 3; b) 2; c) 4; d) 5  2 a) 1-2; b) 3-4; c) 4-5; d) 5-6	medium
UC-7	<b>18. The main objective of this direction of motor activity is to restore the efficiency of the organism, to recreate psychological and physical harmony of a person through active rest and leisure activities</b> <i>(Choose one answer from the following options)</i>	a) recreational orientation; b) health orientation; c) preventive orientation; d) sports orientation	medium
UC-7	<b>19. Static endurance is used to build static endurance ...</b> <i>(Mark all the correct answers from those given)</i>	a) prolonged dynamic exercise; b) special dynamic exercises; c) static exercise; d) stretching exercises	medium
UC-7	<b>20. One of the tasks of professional-applied physical training for humanitarian specialities is to increase the functional [1] organism to the unfavourable impact [2] of specific working conditions</b> <i>(Select the missing words in the text from those given)</i>	1 a) sustainability; b) stability; c) durability; d) fundamentals  2 a) factors; b) reasons; c) spectrum; d) conditions	medium