

Federal State Budgetary Educational Institution of Higher Education  
"Privolzhsky Research Medical University"  
Ministry of Health of the Russian Federation

**BANK OF ASSESSMENT TOOLS FOR DISCIPLINE/PRACTICE**

**PHYSICAL CULTURE AND SPORT**

Training program (specialty): 33.05.01 Pharmacy  
*code, name*

Department: Physical culture and sport

Mode of study Full-time  
*(full-time/mixed attendance mode/extramural)*

Nizhniy Novgorod  
2021

## 1. Bank of assessment tools for the current monitoring of academic performance, mid-term assessment of students in the discipline / practice

This Bank of Assessment Tools (BAT) for the discipline "physical culture and sport" is an integral appendix to the working program of the discipline "physical culture and sport". All the details of the approval submitted in the WPD for this discipline apply to this BAT.

*(Banks of assessment tools allow us to evaluate the achievement of the planned results stated in the educational program.*

*Assessment tools are a bank of control tasks, as well as a description of forms and procedures designed to determine the quality of mastering study material by students.)*

## 2. List of assessment tools

The following assessment tools are used to determine the quality of mastering the academic material by students in the discipline/ practice:

No.	Assessment tool	Brief description of the assessment tool	Presentation of the assessment tool in the BAT
1	The main component (attendance of classes, passing tests to determine physical fitness)	Attending classes, lectures (practicing classes, lectures)	3
2	The main component (attendance of classes, passing tests to determine physical fitness)	Physical fitness testing (for 1 test): satisfactory good excellent	1 2 3
3	Additional component	Participation in competitions: - among the students of PIMU (Freshman Olympiad, PIMU Olympiad, "Fun Starts", etc. competitions) - the first place in the PIMU competition - second place in the PIMU competition - third place in the PIMU competition	6 9 8 7
4	Additional component	Participation in the PIMU competitions (secretarial work, etc. types of activities)	6
5	Additional component	Participation as a spectator during sports events in the PIMU (for one event)	2
6	Additional component	Publication of a scientific article, presentation at a scientific conference on issues related to a healthy lifestyle, physical culture and sports	6
7	Additional component	The presence of the TRP sign in the age-appropriate group	5
8	Step-down component	Failure to comply with the teacher's requirements in physical education and sports classes, violation of safety regulations (for each detected violation)	3

Note:

- 1) students – members of the national teams of PIMU participating in competitions receive the maximum number of points (120 points);
- 2) students who have sports categories or titles, performing at competitions in sports not represented in the program of the Universiade of the Volga Student Sports Union and in competitions of the Ministry of Health can receive the maximum number of points (120 points) when submitting to the Department of Physical Culture at the end of each semester a discharge book, competition protocols, petitions of the official federation.

The methodology for calculating rating points:

the number of classes (in fact) x 3 points + tests to determine physical fitness + points of the additional component (– points of the lowering component) = the total number of points.

- 3) Students take a test in physical culture and sports, consisting of a theoretical part: computer testing on questions from lecture materials and a practical part: passing a set of exercises on the Pilates system. A student is allowed to take credit after the fourth semester (2nd year) if he has scored at least 360 points in four semesters.

*Approximate list of assessment tools (select the one you need)*

№	Name of assessment tool	Brief description of the assessment tool	Presentation of assessment tool in the bank
1	Test №1	A system of standardized tasks that allows you to automate the procedure of measuring the level of knowledge and skills of a student	Bank of test tasks
	Test №2		
2	Colloquium	A tool of controlling the mastering of study materials of a topic, section or sections of a discipline, organized as a class in the form of an interview between a teacher and students.	Questions on topics/sections of the discipline
3	Solving sets of tasks	The following tasks are distinguished : a) of reproductive level, allowing to evaluate and diagnose knowledge of factual material (basic concepts, algorithms, facts) and the ability to correctly use special terms and concepts, recognition of objects of study within a certain section of the discipline; b) of reconstructive level, allowing to evaluate and diagnose the ability to synthesize, analyze, summarize factual and theoretical material with the formulation of specific conclusions, the establishment of cause-and-effect relationships; c) of creative level, allowing to evaluate and diagnose skills, integrate knowledge of various fields, argue your own point of view	A set of multi-level tasks
4	Individual survey	A control tool that allows you to assess the degree of comprehension of the material	List of questions
5	Interview	A tool of control organized as a special conversation between the teacher and the student on topics related to the discipline being studied, and designed to clarify the amount of knowledge of the student on a specific section, topic, problem, etc.	Questions on topics/sections of the discipline

**3. A list of competencies indicating the stages of their formation in the process of mastering the educational program and the types of evaluation tools**

Code and formulation of competence*	Stage of competence formation	Controlled sections of the discipline	Assessment tools
UC-7	Mid-term	<b>Section 1</b> Gymnastic <b>Section 2</b> Athletics <b>Section 3</b> Skiing <b>Section 4</b> Basketball <b>Section 5</b> Volleyball <b>Section 6</b> Badminton <b>Section 7</b> Table tennis	Test №1 Test №2 Solving sets of tasks Individual survey Interview

\* - not provided for postgraduate programs

#### 4. The content of the assessment tools of entry, current control

Entry /current control is carried out by the discipline teacher when conducting classes in the form of: test 1, test 2, solving sets of tasks, individual survey, interview

Assessment tools for current control.

#### Algorithm of application of the point-rating system for students of 1-2 courses

Assessment in rating points in each semester (from 1st to 4th semester)	Result
120 and more	Getting a physical education credit
105-119	Exemption from passing the theoretical part of the credit. Passing the practical part of the test.
90-104	Passing the credit in full (theoretical and practical part).
89 and less	The student is not allowed before the credit

#### 4.1. Tasks for the assessment of competence " universal competence" (UC-7):

To pass the intermediate certification in the discipline "Physical Culture and Sports" in the first year, a student must dial 180 points, attend lectures. To pass the intermediate certification in the discipline "Elective course in physical Culture and Sports" in the third year, a student must dial 450 points, attend lectures, get a credit.

#### 4.2. Questions for colloquiums, interviews (UC-7):

- What types of work activities are distinguished in practice?
- Which muscle contracts spontaneously?
- What is fatigue manifested in?
- What organs are included in the excretory system?
- What types of activities are acyclic physical exercises?
- Which blood cells contain hemoglobin?
- What are the components of a healthy lifestyle?
- What foods should be consumed daily?
- What are bad habits?
- What effect does motor activity have on the body?
- What rules are recommended to adhere to during classes?
- What are the advantages of recreational walking?
- What kind of physical activity is most accessible to beginners?
- What benefits do cyclical sports bring?

- What is the main thing at the initial stage of training in wellness walking and running?
- The duration of walking to achieve a healing effect?
- What pace of walking already requires strong-willed efforts?
- What time interval is recommended to maintain between a heavy meal and the start of running exercises?
- Tasks
- What are the tasks of muscle relaxation?
- What are the main tasks of special physical training (SFP)?
- What parts does the training session consist of?
- What techniques can be used to relax the muscles?
- What benefits does morning gymnastics bring?
- How to breathe properly when doing exercises?
- How many times is it recommended to repeat each exercise of morning gymnastics?
- What exercises should I start my morning gymnastics with?
- What are the basic principles of "Strong-willed gymnastics"?
- Determine the classification of exercises by anatomical feature
- What are the main exercises for the development of the muscles of the trunk (back and abdominal press)?
- Name the basic exercises for the development of the muscles of the arms and shoulder girdle?
- Name the basic exercises for the development of leg muscles?
- To eliminate the negative consequences of a long stay in a sitting position, it is recommended to follow the following rules
- What is a dynamic physical education minute for knowledge workers?
- What is recommended to do to relieve tension by working at the computer for a long time in a sitting position?
- What are the rules for the correct position when sitting on a chair?
- At the first dousing, it is recommended to use water with a temperature of
- What factors influence the hardening effect of air?
- What is the principle of systematic use of hardening procedures?
- The body should be tempered:
- What is the recommended sequence of hardening procedures:
- Name the types of air baths:
- What kind of food is called "organic", "live"?
- What foods cause excess weight?
- Under what conditions will a person's weight be stable?
- What are the foods with a low glycemic index?
- Which foods have a greater energy value?

#### 4.3. Tasks (assessment tools) for the exam/credit

The proposed test tasks contain correct and incorrect answers.

Grades are given according to the following criteria:

"5" (excellent) – 77% or more correct answers;

"4" (good) – 57- 66% correct answers;

"3" (satisfactory) – at least 40% of correct answers

### **Topic 1. Socio-biological foundations of physical culture (correct 5 out of 6)**

1. What types of work activities are distinguished in practice?

+Physical labor

+Mental work

Agricultural labor

Intellectual work

2. Which muscle contracts spontaneously?

+Heart muscle

Rhomboid muscle

Calf muscle

Trapezius muscle

3. What is fatigue manifested in?

A surge of strength is felt

Memory improves

+Muscle strength and endurance decreases

+Coordination improves

4. Which organs are included in the excretory system?

+Kidneys

+Bladder

Spleen

Gallbladder

5. What types of activities relate to acyclic physical exercises?

+ Somersault

+Shot put

Skiing

Cycling

6. Which blood cells contain hemoglobin?

Plasma

White blood cells

Platelets

+Red blood cells

## **Topic 2. Basics of a healthy lifestyle**

1. What are the components of a healthy lifestyle?

Reception of energy cocktails

Night club trips

+Proper nutrition and daily routine

+Physical activity and rejection of bad habits

2. What foods should be consumed daily?

+Vegetables, fruits and meat products

+Cereals and dairy products

Smoked sausage

Sweets

3. What are bad habits?

+ Smoking

+Taking alcohol and drugs

Walking in the country

Dance classes

+The state of physical, spiritual and social well-being

+Absence of diseases

Feeling good

Comfortable condition

## **Topic 3. Types of physical activity to preserve health**

1. What effect does motor activity have on the body?

+ Increases vitality and functionality

+Allows you to consume more calories to maintain optimal weight

Lowers endurance and performance

Reduces the number of years

2. What rules are recommended to adhere to during classes?

Rest for a long time after each exercise

Replenish wasted calories with food and drinks

+Move more actively

+Correctly combine the load and rest intervals by pulse

3. What are the benefits of recreational walking:

Rapid achievement of a healing effect

Monotony of walking

+You can practice at any age

+It is easy to dose the load according to your well-being

4. What kind of physical activity is most accessible to beginners?

Box

+Walking

+Swimming

Weightlifting

#### **Topic 4. Cyclic exercises for health purposes**

1. What benefits do cyclical sports bring?

Increase power abilities

Increase the amount of adipose tissue

+Improve the body's oxygen consumption

+Increase the efficiency of the heart

2. What is the main thing at the initial stage of training in wellness walking and running?

Movement technique

Movement speed

+Time spent at the distance

+Selection of the right shoes

3. The duration of walking to achieve a healing effect

+not less than 30 minutes

more than 5 hours

not more than 10 minutes

not more than 30 minutes

4. What pace of walking already requires volitional efforts?

+120-140 steps per minute

+ Over 140

No more than 80 steps per minute

80-100 steps per minute

5. What time interval is recommended to maintain between a heavy meal and the start of running exercises?

4 hours

+2 hours

1 hour

10 minutes

#### **Topic 5. General physical and special training in the system of physical education**

1. Tasks

Education of athletes of mass categories

Education of athletes of the highest ranks

+Health promotion

+Harmonious development of personality

2. What are the tasks of muscle relaxation?

Increasing the length of muscle fibers

Increase in the thickness of muscle fibers

+Removal of decay products from working muscles

+Stress relief

3. What are the main tasks of special physical training (SFP)?

Strength development

Endurance development

+Improvement of physical qualities characteristic of this sport

+Preferential development of motor skills necessary for the improvement of this sport

4. What parts does the training session consist of?

+ Main

+ Preparatory

+ Final

Additional

5. What techniques can be used to relax the muscles?

+Combining relaxation of some muscles with tension of others

+Arbitrary relaxation of individual muscles

Blows to a tense muscle

Static voltage

### **Topic 6. Motor activity during the day**

1. What benefits does morning gymnastics bring?

Reduces the activity of the physical condition

+Promotes increased blood circulation and metabolism

+Improves performance

Worsens the mood

2. How to breathe properly when doing exercises?

Hold your breath

Ignore the breathing

+Rhythmically

2.+Combine breathing with the movement of the arms, legs, torso

3. How many times is it recommended to repeat each exercise of morning gymnastics?

As much as you want

2-4 times

More than 20-30 times

+At least 8-12 times

4. What exercises should I start my morning gymnastics with?

Exercises for the back and abdominal press

Flexibility exercises

+Exercises like "stretching", breathing exercises

+Walking on the spot in order to activate the activity of the cardiovascular and respiratory systems

5. What are the basic principles of "Strong-willed gymnastics

Don't think about anything

Repeat the exercise only 2 times

+Consciously strain the appropriate muscles

+Simulate overcoming a particular resistance

### **Topic 7. General developmental physical exercises**

1. Determine the classification of exercises by anatomical feature

Exercises for developing flexibility

Exercises for developing the quality of strength

+Exercises for leg muscles

+Exercises for the trunk (back and abdominal press)

2. Name the main exercises for the development of the muscles of the trunk (back and abdominal press):

+Lifting the upper part of the trunk in the supine position

+Lifting the legs and pelvis while lying on your back

Jumping

Pull-up in the hang on the crossbar



3. Name the basic exercises for the development of the muscles of the arms and shoulder girdle

Lifting the legs and pelvis while lying on your back

Turns and tilts of the torso

+Push-ups

+Pull-up in the hang on the crossbar

4. Name the basic exercises for the development of leg muscles

+Jumping

+Squats

Flexion and extension of the arms in the prone position

Pull-up in the vise

### **Topic 8. Exercises for outdoor activities**

1. To eliminate the negative consequences of a long stay in a sitting position, it is recommended to follow the following rules: sit so that the knees are located well above the hips and try not to move for several hours

+sit still for no more than 20 minutes

+keep your back and neck straight

2. What is a dynamic physical education minute for knowledge workers?

A means of developing physical qualities

A means that helps to reduce the excitability of the central nervous system and analyzer systems, the removal of pronounced neuro-emotional states

+A means of improving performance

+A means to promote the normalization of cerebral and peripheral blood circulation

3. What is recommended to do to relieve tension by working at the computer for a long time in a sitting position?

+ Perform exercises to relieve eye strain

+ Perform stretching and muscle relaxation exercises

Do nothing

Move the computer monitor closer

4. What are the rules for the correct position when sitting on a chair

+Keep your upper back and neck straight

+Change the position of the legs more often

Sit with one leg crossed over the other

Sit for a long time in one position

### **Topic 9. Hardening as one of the most important components of a healthy lifestyle**

1. During the first dousing, it is recommended to use water with a temperature of

+30C, further increasing the water temperature

+50C, further reducing the water temperature

+50C, further increasing the water temperature

+30C, further reducing the water temperature

2. What factors influence the hardening effect of air?

Day of the week

Time of day

+Air temperature

+Humidity

3. What is the principle of systematic use of hardening procedures?

The body should be tempered:

depending on the daily routine

from 2 to 5 times a year

+without long breaks

+year-round

4. What is the recommended sequence of hardening procedures:

Contrast shower, douching, outdoor walks

Wiping with snow, air baths, bathing in an ice hole  
 +Outdoor walks, showers, hardening in the steam room  
 +Air baths, wiping, dousing

5.Name the types of air baths:

+Hot  
 +Indifferent

Icy  
 Summer

**Topic 10. Fundamentals of rational nutrition**

1. What kind of food is called "organic", "live"?

Meat  
 Seafood  
 +Vegetables  
 +Nuts

2.What foods cause overweight?

Vegetables  
 Fruit  
 +Fried and fatty dishes  
 +Sausages

3. Under what conditions will a person's weight be stable?

+ When receiving an amount of energy equal to the consumed  
 +With daily active sports

When getting insufficient calories  
 When getting more energy from food than the body can use

4. What are the foods with a low glycemic index?

Beet  
 Bananas  
 +Buckwheat  
 +Pasta

5. Which products have a greater energy value?

+Nuts  
 +Butter  
 Potatoes  
 Eggs

**5. The content of the assessment tools of mid-term assessment**

Mid-term assessment is carried out in the form of a credit

5.1 The list of control tasks and other materials necessary for the assessment of knowledge, skills and work experience (*the teacher indicates only those tasks and other materials that are used within the framework of this discipline*)

**5.1.1. Questions for the credit in the discipline physical culture and sport**

Tests for determining and evaluating the physical fitness of students of the main educational department

№	Exercise	(excellent) 3b.		(good)2b.		(satisfactory)1b.	
		Y.	G.	Y.	G.	Y.	G.
1	Push-ups g.		17		12		10

	Chin-ups y.	15		12		10	
2	Flexibility Test	+13	+16	+8	+11	+6	+8
3	Running 60 m	7,9	9,6	8,6	10,5	9,0	10,9
4	Shuttle Run	7,1	8,2	7,7	8,8	8,0	9,0

Control tests to assess the level of physical and functional state of the body of students of a special educational department

Indicators		Score in points				
		1	2	3	4	5
Orthostatic test, bl/min		23-20	19-16	15-12	11-8	7-0
Vital index, ml/kg	Y	<50	51-55	56-60	64-65	>66
	G	<40	41-45	46-50	51-56	>56
Gencha sample, sec	Y	<26	27-34	35-49	50-57	>58
	G	<14	15-20	21-31	32-36	>37
PWC <sub>170</sub> kgm/min/kg	Y	<13,5	13,6-14,6	14,7-15,7	15,8-16,8	>16,8
	G	<9,5	9,6-10,5	10,6-11,5	11,6-12,5	>12,5
Biological age, conl.years (methodology of the Kiev Research Institute of Gerontology)		от +9,0 до +15	от +8,9 до +3,0	от +2,9 до -2,9	от -3,0 до -8,9	от -9,0 до -15,0
UFSF by E.A. Pirogova, conl.ed		<0,375	0,376-0,525	0,526-0,675	0,679-0,825	>0,825
The Romberg test, sec		<9	10-15	16-29	30-40	>41
Tapping test, bl/sec	Y	<5,2	5,3-5,8	5,9-6,9	7,0-7,5	>7,5
	G	<4,8	4,9-5,2	5,3-5,9	6,0-6,4	>6,4
Martinet 's Trial, %		>100	99,9-74,9	74,8-49,9	49,8-25,0	<25
Accuracy of muscle effort, %	Y	>41,8	41,8-33,1	33,0-15,4	15,3-6,7	6,6-0
	G	>50,6	50,6-39,1	39,0-16,0	15,9-4,4	4,3-0
The level of depression, points (according to the method of E.R. Akhmedzhanov)		80-71	70-60	59-42	41-31	30-20

Table of assessment of physical fitness of students  
of the special educational department

Test orientation characteristic / gender	Score in points					
	5	4	3	2	1	
<b>Strength abilities of abdominal muscles</b>						
lifting the shoulder girdle from the supine position, hands behind the head, legs bent at the knees, count times	G	57 and higher	50 - 56	44 - 49	37 - 43	36 and below
	Y	61 and higher	51 - 60	43 - 50	36 - 42	35 and below
lifting the legs up and down from the supine position, arms to the sides, count times	G	36 and higher	31 - 35	28 - 30	24 - 27	23 and below
	Y	37 and higher	33 - 36	29 - 32	25 - 28	24 and below
<i>or</i>						
flexion and extension of the legs at the knees, pulling the heels to the buttocks from the supine position, arms to the sides, count times	G	43 and higher	38 - 42	33 - 37	28 - 32	27 and below
	Y	45 and higher	41 - 44	36 - 40	30 - 35	29 and below
<b>Strength abilities of the back muscles</b>						
lifting the upper part of the trunk from the lying position on the stomach, hands forward, count times	G	52 and higher	45 - 51	39 - 44	32 - 38	31 and below
	Y	50 and higher	45 - 49	38 - 44	31 - 37	30 and below
<b>Strength abilities of the shoulder girdle muscles</b>						
flexion and extension of the arms from the stop while kneeling, count times	G	36 and higher	28 - 35	23 - 27	19 - 22	18 and below
flexion and extension of the arms from the prone position, count times	Y	43 and higher	35 - 42	30 - 34	25 - 29	24 and below

## 6. Criteria for evaluating learning outcomes

*For the credit (example)*

Learning outcomes	Evaluation criteria	
	Not passed	Passed
<b>Completeness of knowledge</b>	The level of knowledge is below the minimum requirements. There were bad mistakes.	The level of knowledge in the volume corresponding to the training program. Minor mistakes may be made
<b>Availability of skills</b>	Basic skills are not demonstrated when solving standard tasks. There were bad mistakes.	Basic skills are demonstrated. Typical tasks have been solved, all tasks have been completed. Minor mistakes may be made.

<b>Availability of skills (possession of experience)</b>	Basic skills are not demonstrated when solving standard tasks. There were bad mistakes.	Basic skills in solving standard tasks are demonstrated. Minor mistakes may be made.
<b>Motivation (personal attitude)</b>	Educational activity and motivation are poorly expressed, there is no willingness to solve the tasks qualitatively	Educational activity and motivation are manifested, readiness to perform assigned tasks is demonstrated.
<b>Characteristics of competence formation*</b>	The competence is not fully formed. The available knowledge and skills are not enough to solve practical (professional) tasks. Repeated training is required	The competence developed meets the requirements. The available knowledge, skills and motivation are generally sufficient to solve practical (professional) tasks.
<b>The level of competence formation*</b>	Low	Medium/High

\* - not provided for postgraduate programs

For the exam (example)

<b>Learning outcomes</b>	<b>Assessment of competence developed</b>			
	<b>unsatisfactory</b>	<b>satisfactory</b>	<b>good</b>	<b>excellent</b>
<b>Completeness of knowledge</b>	The level of knowledge is below the minimum requirements. There were bad mistakes	The minimum acceptable level of knowledge. A lot of light mistakes were made	The level of knowledge in the volume corresponding to the training program. A few light mistakes were made	The level of knowledge in the volume corresponding to the training program, without errors
<b>Availability of skills</b>	Basic skills are not demonstrated when solving standard tasks. There were bad mistakes	Basic skills are demonstrated. Typical problems with light mistakes have been solved. All tasks have been completed, but not in full.	All basic skills are demonstrated. All the main tasks have been solved with light mistakes. All tasks have been completed, in full, but some of them with shortcomings	All the basic skills were demonstrated, all the main tasks were solved with some minor shortcomings, all the tasks were completed in full
<b>Availability of skills (possession of experience)</b>	Basic skills are not demonstrated when solving standard tasks. There were bad mistakes	There is a minimal set of skills for solving standard tasks with some shortcomings	Basic skills in solving standard tasks with some shortcomings are demonstrated	Skills in solving non-standard tasks without mistakes and shortcomings are demonstrated
<b>Characteristics of competence formation*</b>	The competence is not fully formed. The available knowledge and skills are not	The formation of competence meets the minimum	The formation of competence generally meets the	The formation of competence fully meets the requirements. The

Learning outcomes	Assessment of competence developed			
	unsatisfactory	satisfactory	good	excellent
	enough to solve professional tasks. Repeated training is required	requirements. The available knowledge and abilities are generally sufficient to solve professional tasks, but additional practice is required for most practical tasks	requirements, but there are shortcomings. The available knowledge, skills and motivation are generally sufficient to solve professional tasks, but additional practice is required for some professional tasks	available knowledge, skills and motivation are fully sufficient to solve complex professional tasks
<b>The level of competence formation*</b>	Low	Below average	Intermediate	High

*For testing:*

Mark "5" (Excellent) - points (120 and higher)

Mark "4" (Good) - points (105-119)

Mark "3" (Satisfactory) - points (90-104)

*Less than 89 points – Unsatisfactory – Mark "2"*

Developer(s):

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