



KSPEU

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

APPROVING IT

Director of the Institute of Digital
Technologies and Economics

_____ Zainullin R. R.

"24" February 2026

WORKING PROGRAM OF THE DISCIPLINE

B1.M.07 Physical education and sports

*(Code and name of the discipline in accordance with the
RUP)*

Field of training

38.03.02 Management

Qualification_

Bachelor's Degree

Kazan, 2026

The program was developed by:

Name of the department	Position, academic degree, academic rank	Full name of the developer
Physical education	Head of Department, Ph.D. in Biology, Associate Professor Vasenkov N.V.	Vasenkov N. V.
	teaching degree	Bortnikova L. V.

Coordination	Subdivision	Date	Protocol No.	Signature
Approved	Military Training	17.03.2026	Protocol No 7	Head of Department, Ph.D. in Biology, Associate Professor Vasenkov N.V.
Approved	Management	10.02.2026	Protocol №5	_____ Head of the Department., Doctor of Social Sciences, prof.Makhiyanova A.V.
Approved	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, objectives and planned learning outcomes of the discipline

The purpose of mastering the discipline "Physical Education and Sports" is to acquire knowledge in the field of physical education, the formation of a motivational and value-based attitude towards physical education, an attitude towards a healthy lifestyle, the need for regular physical exercise, the formation of personal physical culture, preparation for social and professional activities, and the maintenance and improvement of health.

The objectives of the discipline are:

- understanding the social significance of physical culture and its role in personal development and preparation for professional activities;
- knowledge of the biological, psychological, pedagogical, and practical foundations of physical culture and a healthy lifestyle;
- formation of a motivational and value-based attitude towards physical culture, a commitment to a healthy lifestyle, physical self-improvement, and self-education of the habit of regular physical exercises and sports;
- mastering a system of practical skills and abilities that ensure health preservation and promotion, mental well-being, development and improvement of psychophysical abilities, personal qualities and traits, and self-determination in physical culture and sports;
- acquiring personal experience in enhancing motor and functional capabilities, ensuring general and professionally applied physical fitness for future profession and daily life;
 - creating a foundation for the creative and methodologically sound use of physical culture and sports activities for future life and professional achievements.

Competencies and indicators formed in students:

Code and name of the competency	Code and name of the indicator
UC-6 Ability to manage one's own time, to build and implement a self-development trajectory based on the principles of lifelong education.	UC-6.1 Applies knowledge of one's own resources and their limits (personal, situational, temporal, etc.) to successfully perform assigned work.

UC-7 – Ability to maintain an appropriate level of physical fitness to ensure full-fledged social and professional activity.	UC-7.1 – Understands the influence of health-improving systems of physical education on health promotion and the prevention of occupational diseases. UC-7.2 – Performs individually tailored complexes of health-improving or adaptive physical culture.
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2. Place of the discipline in the structure of the curriculum

Prerequisite disciplines (modules): General Physical Training, Health-Improving Physical Training, Applied Physical Training.

Subsequent disciplines (modules), including practical training / internships.

Structure and content of the discipline

3.1. Structure of the discipline

For full-time (in-person) mode of study

Type of academic work / Type of instructional activity	Total credits	Total hours	Semester(s)
			4
TOTAL WORKLOAD OF THE DISCIPLINE	2	72	2
CONTACT WORK (supervised learning)*	0,63	23	23
CLASSROOM-BASED WORK	0,5	18	18
Lectures	0,5	18	18
Practical (seminar) classes	-	-	-
Laboratory classes	-	-	-
INDEPENDENT WORK OF THE STUDENT	1,5	54	54
In-depth study of learning materials	0,13	5	5
Course project		-	-
Course project		-	-
Preparation for interim assessment		0	0
Interim assessment:			3
			-

For distance learning

Type of academic work	Total credits	Total hours	Semester(s)
			2
TOTAL LABOR INTENSITY OF THE DISCIPLINE	2	72	72

CONTACT WORK*	0,3	11	11
CLASSROOM WORK	0,11	4	4
Lectures	0,11	4	4
Practical (seminar) classes	-	-	-
Laboratory classes	-	-	-
INDEPENDENT WORK OF THE STUDENT	1,89	68	68
STUDY OF EDUCATIONAL MATERIAL	0,19	7	7
Course project	-	-	-
Course project	-	-	-
Preparation for interim assessment		0	0
Interim assessment:			3
			-

1.2. Course content, structured by sections and types of classes

Sections of the discipline	Total hours	Распределение трудоемкости по видам учебной работы				Forms and type of control assignments	Indices of indicators of formed competencies
		Lectures	Lab. works	Pract. assignments	Self. work assignments		
Section 1. General information about physical culture and sports	72	18	-		54	TK-1, TK-2, TK-3	UC-6.1, UC-7.1, UC-7.2 K1, S1, A1
Pass exam	2				0	AT-1	UC-6.1, UC-7.1, UC-7.2 K1, S1, A1
ИТОГО	72	18	-	-	54		

1.2. Course content

Section 1. General information about physical culture and sports

Topic 1.1. Physical culture in the general cultural and professional training of students

Topic 1.2. Socio-biological foundations of physical culture

Topic 1.3. Sport. Olympic Games

Topic 1.4. Organization of independent physical culture classes

Topic 1.5. Healthy lifestyle

Topic 1.6. Drill training

1.2 Thematic plan of practical classes

This type of work is not provided for by the curriculum

1.2 Thematic plan of laboratory works

This type of work is not provided for by the curriculum

3. 6. Course project / course paper

This type of work is not provided for by the curriculum

4. Assessment of learning outcomes

Assessment of learning outcomes in the discipline is carried out within the framework of ongoing monitoring and intermediate assessment, conducted according to the point-rating system (PRS).

Scale for assessing learning outcomes in the discipline:

Competency code	Competency indicator code	Planned learning outcomes for the discipline	Level of formation of the competency indicator			
			High	Medium	Below average	Low
			or 85 to 100	from 70 to 84	from 55 to 69	from 0 to 54
			Assessment scale			
			Excellent	Good	Satisfactory	Unsatisfactory
			Passed		Not passed	
UC-6	UC-6.1	Knowledge:				
		scientific and practical foundations of physical culture and a healthy lifestyle, the main provisions of the general military regulations of the Armed Forces of the Russian Federation	excellently knows the foundations of physical culture and healthy lifestyle, the main provisions of the general military regulations of the Armed Forces of the Russian Federation	well knows the foundations of physical culture and healthy lifestyle, the main provisions of the general military regulations of the RF Armed Forces	satisfactorily knows the foundations of physical culture and healthy lifestyle, the main provisions of the general military regulations of the Armed Forces of the Russian Federation	poorly knows the foundations of physical culture and healthy lifestyle, the main provisions of the general military regulations of the Armed Forces of the Russian Federation
		Ability:				

		perform a morning exercise set, apply the provisions of regulatory legal acts	performs the morning exercise set without errors, applies the provisions of regulatory legal acts	performs the morning exercise set with minor errors, applies the provisions of regulatory legal acts	performs the morning exercise set with one major error, applies the provisions of regulatory legal acts	performs the morning exercise set with two major errors, hesitantly, applies the provisions of regulatory legal acts
		Possess:				
		methods of moving across rough terrain, drill techniques in place and on the move	excellently masters the methods of moving across rough terrain, drill techniques in place and on the move	well masters the methods of moving across rough terrain, drill techniques in place and on the move	hesitantly masters the methods of moving across rough terrain, drill techniques in place and on the move	poorly masters the methods of moving across rough terrain, drill techniques in place and on the move
UC-7	UC-7.1, UC-7.2	Knowledge:				
		methodological principles for designing sets of physical exercise complexes	excellently knows the methodological principles for designing sets of physical exercise complexes	well knows the methodological principles for designing sets of physical exercise complexes	knows the methodological principles for designing sets of physical exercise complexes satisfactorily	knows the methodological principles for designing sets of physical exercise complexes poorly
		Ability:				
		perform a set of physical exercises	performs a set of physical exercises without errors	performs a set of physical exercises with one minor error	performs a set of physical exercises with one major error	performs a set of physical exercises with two major errors, hesitantly
		Possess:				
		skills in conducting a set of physical exercises with a group	confidently, without errors, conducts a set of physical exercises with a group	conducts a set of physical exercises with a group with one minor error	conducts a set of physical exercises with a group with two minor errors	hesitantly, with one major error, conducts a set of physical exercises with a group

Assessment materials for ongoing monitoring and intermediate assessment are provided in the Appendix to the discipline's syllabus.

The complete set of assignments and materials necessary for assessing learning outcomes in the discipline is stored at the developing department.

Educational, methodological and informational support of the discipline

5.1. Educational and methodological support

5.1.1 Core literature

1. Basic Physical Culture: textbook / compiled by L. V. Rubtsova [et al.]. — Izhevsk: Izhevsk State Agricultural Academy, 2020. — 132 p. — Text: electronic // Lan: electronic library system. — URL: <https://e.lanbook.com/book/158618>
2. Physical Culture and Sports: textbook / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [et al.]. — Moscow: MISI – MGSU, 2021. — 380 p. — ISBN 978-5-7264-2861-1. — Text: electronic // Lan: electronic library system. — URL: <https://e.lanbook.com/book/179192>
3. Physical Culture and Sports. A Course of Lectures: textbook / compiled by E. M. Revenko [et al.]. — 2nd ed., revised. — Omsk: SibADI, 2019. — 181 p. — ISBN 978-5-00113-129-8. — Text: electronic // Lan: electronic library system. — URL: <https://e.lanbook.com/book/149520>
4. Physical Culture and Sports: textbook / S. I. Filimonova, L. B. Andryushchenko, M. O. Aksenov [et al.]; edited by S. I. Filimonova, L. B. Andryushchenko. — Moscow: Knorus, 2022. — 611 p. — URL: <https://book.ru/book/943779>. — ISBN 978-5-406-08845-6. — Text: electronic.

5.1.2. Additional literature

1. Bardamov, G. B. Physical Culture and Sports: textbook / G. B. Bardamov, K. V. Baldaev. — Ulan-Ude: Buryat State Agricultural Academy named after V. R. Filippov, 2020. — 405 p. — Text: electronic // Lan: electronic library system. — URL: <https://e.lanbook.com/book/226094>
2. Elective Courses in Physical Culture and Sports: educational and methodological guide / compiled by E. V. Klimova [et al.]. — Novosibirsk: SGUPS, 2019. — 42 p. — ISBN 978-5-00148-074-7. — Text: electronic // Lan: electronic library system. — URL: <https://e.lanbook.com/book/164632>
3. Physical Culture and Sports: organization of students' independent work: educational and methodological guide / compiled by A. I. — Irkutsk: IrGUPS, 2018. — 96 p. — Text: electronic // Lan: electronic library system. — URL: <https://e.lanbook.com/book/117581>
4. Theoretical and Methodological Foundations of the Educational Process in Physical Culture and Sports: educational and methodological guide / M. T. Lobzha, A. I. Pavliy, T. E. Veselkina [et al.]. — Saint Petersburg: PGUPS, 2020. — 109 p. — ISBN 978-5-7641-1450-7. — Text: electronic // Lan: electronic library system. — URL: <https://e.lanbook.com/book/156034>
5. Physical Culture: methods of practical training: textbook / I. S. Barchukov. — Moscow: Knorus, 2022. — 297 p. — (Bachelor's degree). — URL:

<https://book.ru/book/943968>. — ISBN 978-5-406-09973-5. — Text: electronic..

5.2. Information support

5.2.1. Electronic and internet resources

1. Electronic library system "Lan" <https://e.lanbook.com/>
2. Electronic library system "ibooks.ru" <https://ibooks.ru/>
3. Electronic library system "book.ru" <https://book.ru/>
4. Portal "Open Education" <https://npoed.ru/>

5.2.2. Professional databases / Information and reference systems

5. "Consultant Plus" <https://www.consultant.ru/>
6. "eLIBRARY.RU" <https://www.elibrary.ru/>

5.2.3. Licensed and freely distributed software of the discipline

7. Chrome browser, internet search information system (including Russian-language). <https://www.google.ru>
8. LMS Moodle, software for effective online interaction between teacher and student. Free license.

6. Material and technical support of the discipline

Item No.	Name of the type of academic work	Name of the classroom, specialized laboratory	List of necessary equipment and technical teaching aids
1	Lectures	Classroom	Classroom board (2 pcs.), acoustic system, amplifier-mixer for public address systems, mini computer, monitor, projector, wall-ceiling screen, microphone
2	Independent work	Classroom	All-in-one PC (30 pcs.), video surveillance system (6 video cameras), projector, screen.
3	Intermediate assessment	Classroom	All-in-one PC (30 pcs.), video surveillance system (6 video cameras), projector, screen.

7. Features of the organization of educational activities for persons with disabilities and invalids

Persons with disabilities (PWD) and invalids have the opportunity to move freely from one academic laboratory building to another, access all floors of academic laboratory buildings, and study in classrooms and other premises taking into account the characteristics of their psychophysical development and health status.

For the education of PWD and invalids with musculoskeletal disorders, conditions for unimpeded access to all academic premises are provided. Information about special conditions created for students with PWD and invalids is posted on the university website [www//kgeu.ru](http://www.kgeu.ru). Technical assistance by an assistant is available, as well as sign language interpretation and typhlo-sign language interpretation services.

To adapt reference and educational materials in the discipline for PWD and invalids with hearing impairments, the following conditions are provided:

- For better orientation in the classroom, warning signals are used to indicate the beginning and end of a class (the word "bell" is written on the board);
- The attention of a hearing-impaired student is attracted by the instructor with a gesture (a hand is placed on the shoulder, followed by light tapping);
- When speaking with a student, the instructor looks at them, speaks clearly, in short sentences, allowing for lip reading.

Compensation for speech and intellectual development difficulties of hearing-impaired students is carried out through:

- The use of diagrams, charts, drawings, computer presentations with hyperlinks commenting on individual components of the image;
- Regular exercises for graphically highlighting essential features of objects and phenomena;
- Providing the student with the opportunity to receive targeted consultation via email as needed.

To adapt reference, educational, and informational materials provided by the educational program for the chosen field of study for PWD and invalids with visual impairments, the following conditions are provided:

- The official website is adapted to the special needs of visually impaired individuals, with large-print reference information about the class schedule;

- The instructor and their interlocutor (if necessary) present themselves to the students, and each time the person being addressed by the instructor is named;
- Actions, gestures, and movements of the instructor are briefly and clearly commented on;
- Printed information is provided in large font (from 18 points) and fully voiced;
- The necessary level of room illumination is ensured;
- Students are given the opportunity to use computers during classes and the right to record explanations on a voice recorder (at the students' discretion).

The format of ongoing and intermediate assessment for students with PWD and invalids is determined by the instructor in accordance with the curriculum. If necessary, a student with PWD or an invalid, taking into account their individual psychophysical characteristics, is given the opportunity to take intermediate assessment orally, in writing on paper, in writing on a computer, in the form of testing, etc., or is provided with additional time to prepare an answer.

8. Methodological recommendations for instructors on organizing educational work with students.

Methodological support for the process of student upbringing is one of the determining factors for high-quality education. A university instructor, by demonstrating high professionalism, erudition, a clear civic position, self-discipline, and a creative approach to solving professional tasks, contributes to the formation of a well-rounded personality during the educational process.

When implementing the discipline, the instructor may use the following methods of educational work:

- methods of forming personality consciousness (conversation, debate, suggestion, instruction, control, explanation, example, self-control, storytelling, advice, persuasion, etc.);
- methods of organizing activities and forming behavioral experience (assignment, public opinion, pedagogical demand, commission, habituation, creation of educational situations, training, exercise, etc.);
- methods of motivating activity and behavior (approval, encouragement of social activity, disapproval, creating situations of success, creating situations for emotional and moral experiences, competition, etc.).

When implementing the discipline, the instructor should consider the following directions of educational activity:

Civic and patriotic education:

- forming in students a holistic worldview, Russian identity, respect for their family, society, state, the spiritual, moral and sociocultural values accepted in the family and society, for national, cultural and historical heritage, fostering a desire to preserve and develop it;
- forming in students an active civic position based on traditional cultural, spiritual and moral values of Russian society, to increase the ability to responsibly exercise their constitutional rights and duties;
- developing students' legal and political culture, expanding constructive participation in decision-making affecting their rights and interests, including in various forms of self-organization, self-government, and socially significant activities;
- forming motives, moral and meaning-based attitudes of the individual that allow resisting extremism, xenophobia, discrimination based on social, religious, racial, national characteristics, 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 generations;
- forming principles of collectivism and solidarity, a spirit of mercy and compassion, the habit of caring for people in difficult life situations;
- fostering solidarity and a sense of social responsibility towards persons with disabilities, overcoming psychological barriers towards persons with disabilities;
- forming an emotionally rich and spiritually elevated attitude towards the world, the ability and skill to convey one's aesthetic experience to others.

Cultural and educational upbringing:

- forming an aesthetic picture of the world;
- fostering respect for the cultural values of one's hometown, region, and country;
- increasing students' cognitive activity.

Scientific and educational upbringing:

- forming a scientific worldview in students;
- developing the ability to acquire knowledge;
- developing skills in analyzing and synthesizing information, including in the professional field.

№ п/п	No. of the amendment section	Date of amendmen t	Content of amendments	"Approved by" Head of the department delivering the discipline	"Approved by" Chair of the Educational and Methodological Committee of the faculty / institute / the faculty that includes the graduating department
1	2	3	4	5	6
1	3.3	27.05.2025	Topic 1.6. Drill Training	Vasenkov N. V.	Zakieva R.R.
2	4	27.05.2025	Know the scientific and practical foundations of physical culture and a healthy lifestyle, as well as the main provisions of the general military regulations of the Armed Forces of the Russian Federation.	Vasenkov N. V.	Zakieva R.R.
3	4	27.05.2025	Be able to perform a morning exercise set and apply the provisions of regulatory legal acts.	Vasenkov N. V.	Zakieva R.R.
4	4	27.05.2025	Master methods of moving across rough terrain, drill techniques in place and on the move.	Vasenkov N. V.	Zakieva R.R.
5	AT (1)	27.05.2025	6. Drill Training	Vasenkov N. V.	Zakieva R.R.
6	AT (2)	27.05.2025	Know the scientific and practical foundations of physical culture and a healthy lifestyle, as well as the main provisions of the general military regulations of the Armed Forces of the Russian Federation.	Vasenkov N. V.	Zakieva R.R.
7	AT (2)	27.05.2025	Be able to perform a morning exercise set and apply the provisions of regulatory legal acts.	Vasenkov N. V.	Zakieva R.R.
8	AT (2)	27.05.2025	Master methods of moving across rough terrain, drill techniques in place and on the move.	Vasenkov N. V.	Zakieva R.R.

9	TK 3	27.05.2025	<p>Distance in formation is:</p> <ul style="list-style-type: none">-: the positioning of military personnel as established by the regulations+: the depth distance between military personnel (vehicles), units and subunits-: the front distance between military personnel <p>On the command "AT EASE" it is permitted to:</p> <ul style="list-style-type: none">-: relax attention, talk in formation, remove headgear and equipment-: step out of formation, take a weapon off the shoulder and sit down on the ground+: stand freely, but not move from one's place, not relax attention and not talk	Vasenkov N. V.	Zakieva R.R.
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*Appendix to the discipline's
syllabus*



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ASSESSMENT TOOLS
for the discipline
B1.M.07 Physical education and sports

(Name of the discipline in accordance with the curriculum)

2. Squats (number of times per 1 minute)										3
3. Jumping rope (number of times per 1 minute)										3

2. Assessment materials for ongoing monitoring and intermediate assessment Scale for assessing learning outcomes in the discipline:

Competency code	Competency indicator code	Planned learning outcomes for the discipline	Level of formation of the competency indicator				
			High	Medium	Below average	Low	
			от 85 to 100	from 70 to 84	from 55 to 69	from 0 to 54	
			Шкала оценивания				
			Excellent	Good	Satisfactory	Unsatisfactory	
			Passed		Not passed		
UC-6	UC-6.1	Knowledge:					
		Scientific	excellently knows	well knows	Satisfactorily	poorly knows the foundations	

		practical foundations of physical culture and a healthy lifestyle, the main provisions of the general military regulations of the Armed Forces of the Russian Federation	foundations of physical culture and a healthy lifestyle, the main provisions of the general military regulations of the Armed Forces of the Russian Federation	foundations of physical culture and a healthy lifestyle, the main provisions of the general military regulations of the Armed Forces of the Russian Federation	knows the foundations of physical culture and a healthy lifestyle, the main provisions of the general military regulations of the Armed Forces of the Russian Federation	of physical culture and a healthy lifestyle, the main provisions of the general military regulations of the Armed Forces of the Russian Federation
		Ability:				
		perform a morning exercise set, apply the provisions of regulatory legal acts	performs the morning exercise set without errors, applies the provisions of regulatory legal acts	performs the morning exercise set with minor errors, applies the provisions of regulatory legal acts	performs the morning exercise set with one major error, applies the provisions of regulatory legal acts	performs the morning exercise set with two major errors, hesitantly, applies the provisions of regulatory legal acts
		Possess:				

		methods of moving across rough terrain, drill techniques in place and on the move	excellently masters the methods of moving across rough terrain, drill techniques in place and on the move	well masters the methods of moving across rough terrain, drill techniques in place and on the move	hesitantly masters the methods of moving across rough terrain, drill techniques in place and on the move	poorly masters the methods of moving across rough terrain, drill techniques in place and on the move		
UC-7	UC-7.1 UC-7.2	Knowledge:						
		methodological principles for designing sets of physical exercise complexes	excellently	well	knows	satisfactorily	poorly	knows
Ability:								
		perform a set of physical exercises	performs a set of physical exercises without errors	performs a set of physical exercises with one minor error	performs a set of physical exercises with one major error	performs a set of physical exercises with two major errors, hesitantly		
Possess:								
		skills in conducting a set of physical exercises with a group	confidently, without errors, conducts a set of physical exercises with a group	with one minor error, conducts a set of physical exercises with a group	with two minor errors, conducts a set of physical exercises with a group	hesitantly, with one major error, conducts a set of physical exercises with a group		

3. List of assessment tools

Brief description of assessment tools used for ongoing progress monitoring and intermediate assessment of the student in the discipline:

Name

of the assessment tool

Brief description of the assessment tool

Description of the assessment tool

A system of standardized tasks that allows automating the procedure for measuring the student's level of knowledge and skills | Set of test tasks

Test (Test)

3. List of control tasks or other materials necessary for assessing knowledge, skills, and abilities characterizing the stages of competency formation in the process of mastering the discipline

For ongoing monitoring TK1:

Competency assessed: UC-6.1, UC-7.1, UC-7.2

Name of the assessment tool	Brief description of the assessment tool	Assessment materials
Тест (Тест)	The assessment of students' theoretical preparedness is carried out through testing.	<p>1. Which of the concepts is the broadest (including all the others): a — sport; b — system of physical education; c — physical culture.</p> <p>2. The state of the body characterized by progressive functional changes that occurred under the influence of repetition of motor actions is referred to as: a — development; b — hardening; c — fitness; d — preparedness.</p> <p>3. The set of exercises, techniques, and methods aimed at teaching motor and other skills and abilities, as well as their further improvement, is referred to as: a — training; b — methodology; c — system of knowledge; d — pedagogical influence.</p> <p>4. Where were the ancient Greek Olympic Games held: a — in Olympia; b — in Sparta; c — in Athens.</p> <p>5. The Olympic Games (summer or winter) are held every: a — 5 years; b — 4 years; c — 2 years; d — 3 years.</p> <p>6. During physical work in a stuffy room or in clothing that does not allow air to pass through well, the following may occur: a — burn; b — heatstroke; c — overheating; d — sunstroke.</p>
		<p>7. Rational nutrition ensures: a — proper growth and formation of the body; b — health maintenance; c — high performance and life extension; d — all of the above.</p> <p>8. What is meant by hardening:</p>

		<p>a — visiting a bathhouse or sauna; b — increasing the body's resistance to adverse environmental conditions; c — bathing, taking air and sun baths in summer; d — health improvement.</p> <p>9. Name the main risk factors in people's lifestyle: a — low physical activity (hypokinesia), psychological stress; b — eating disorders, overeating, alcoholism, drug addiction, smoking; c — all of the above.</p> <p>10. By what indicators is physical development characterized: a — anthropometric indicators; b — height and weight indicators, physical fitness; c — physique, development of physical qualities, health status.</p>
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For ongoing monitoring TK2:

Competency assessed: UC-6.1, UC-7.1, UC-7.2

Name of the assessment tool	Test
Presentation and content of assessment materials	<p>By physical culture is meant: -: the pedagogical process of physical improvement of a person; -: regular physical exercises, hardening of the body; +: the achievements of society reflecting the physical and spiritual development of a person.</p> <p>Which of the concepts is the broadest (including all the others): -: sport; -: system of physical education; +: physical culture.</p> <p>The process aimed at the comprehensive education of a person's physical qualities, ensuring the formation from childhood of a physically strong young generation with harmonious development, is called: +: general physical training; -: special physical training; -: harmonious physical training; -: applied physical training.</p> <p>The state of the body characterized by progressive functional changes that occurred under the influence of repetition of motor actions is referred to as: +: development; -: hardening; -: fitness; -: preparedness.</p>

Assessment criteria and grading scale in points	For each correct answer, the student receives 2 points.
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For ongoing monitoring TK3:

Competency assessed: UC-6.1, UC-7.1, UC-7.2

Name of the assessment tool	Test
Presentation and content of assessment materials	<p>The set of exercises, techniques, and methods aimed at teaching motor and other skills and abilities, as well as their further improvement, is referred to as:</p> <ul style="list-style-type: none"> -: training; +: methodology; -: system of knowledge; -: pedagogical influence. <p>Which country is the birthplace of the Olympic Games:</p> <ul style="list-style-type: none"> -: Rome; -: China; +: Greece; -: Egypt. <p>Where were the ancient Greek Olympic Games held:</p> <ul style="list-style-type: none"> +: in Olympia; -: in Sparta; -: in Athens. <p>Why were the ancient Olympic Games called the festivals of peace:</p> <ul style="list-style-type: none"> -: they had worldwide fame; -: athletes from all over the world took part in them; +: wars ceased during the games; -: they were distinguished by the peaceful nature of the competitions. <p>The Olympic Games (summer or winter) are held every:</p> <ul style="list-style-type: none"> -: 5 years; +: 4 years; -: 2 years; -: 3 years. <p>Distance in formation is:</p> <ul style="list-style-type: none"> -: the positioning of military personnel as established by the regulations; +: the depth distance between military personnel (vehicles), units and subunits; -: the front distance between military personnel. <p>On the command "AT EASE" it is permitted to:</p>

	<p>-: relax attention, talk in formation, remove headgear and equipment; -: step out of formation, take a weapon off the shoulder and sit down on the ground; +: stand freely, but not move from one's place, not relax attention and not talk.</p>
Assessment criteria and grading scale in points	For each correct answer, the student receives 2 points.