

# BUNIN YELETS STATE UNIVERSITY

## WORKING PROGRAM OF THE DISCIPLINE

### B1.C.03.04 Elective disciplines in physical culture and sports

**Training area:** 38.03.02 Management

**Orientation (profile):** Organization management and logistics

**Qualification (degree):** Bachelor's degree

**Form of study:** *full-time*

**The Institute:** Economics, Management and Service Technologies

**Department of** Physical Culture, Professional Physical Training and Life Safety

	full	-time part- shape	time correspondence
Course	1-3		
Semester / trimester	23456		

Lectures			
Laboratory classes			
Practical (seminar) classes	328		
Including practical training Form			
(s) of intermediate certification	credit		
Control			
Other forms of work			
Independent work			

**Total hours:** 328 hours

**Labor intensity:**

Developer(s) of the work program:

Candidate of Pedagogical Sciences, Associate Professor V. V. Semyannikova

## I. ORGANIZATIONAL AND METHODOLOGICAL SECTION

**The purpose of studying the discipline:** formation of physical culture of the individual and the ability to use the developed means of physical culture, sports and tourism to preserve and strengthen health, psychophysical training and self-preparation for future life and professional activities.

**Objectives of studying the discipline:** understanding the role of physical culture in the development of the individual, preparing it for life and professional activities;

- knowledge of the scientific and practical foundations of physical culture and a healthy lifestyle, age characteristics;
- formation of a motivational and value-based attitude to physical culture, orientation to a healthy lifestyle, physical self-improvement and self-education, the need for regular physical exercises and sports;
- mastering a system of practical skills and abilities that ensure the preservation and strengthening of one's own health, mental well-being, development and improvement of psychophysical abilities, qualities and properties of the individual, self-determination in physical culture;
- ensuring general and professionally applied physical fitness, which determines the psychophysical readiness of university graduates for the profession;
- gain experience in the creative use of physical culture and sports activities to achieve life and professional goals.

**Place of the discipline in the structure of the OPOP:** it is implemented within the mandatory part of block B1. Disciplines (modules), according to the Regulation on the implementation of disciplines (modules) in physical culture and Sports at the I. A. Bunin Yelets State University dated 31.09.2017 No. 333a.

For disabled people and persons with disabilities, the organization establishes a special procedure for mastering the discipline "Physical Culture and Sport", taking into account their state of health.

### Planned results of training in the discipline:

Code of competence	Indicators of achievement of competence	Planned results of training in the discipline
UC-7	<b>Knowledge:</b> - adaptive reserves of the body, ways to improve health and achieve the proper level of physical fitness.	<b>Knows:</b> - fundamentals of physical culture and a healthy lifestyle; - the impact of health-improving physical education systems on health promotion, prevention of occupational diseases and bad habits; - methods for monitoring and evaluating physical development and physical fitness; - rules and methods for planning individual classes of different target orientation.
	<b>Mind you:</b> - use the basics of physical education to make an informed choice of health-saving technologies, taking into account the internal and external conditions for the implementation of a specific professional activity.	<b>Can do:</b> - use their physical culture and sports activities to improve their functional and motor capabilities, maintain and strengthen their health, and achieve their personal life and professional goals.

	<b>VladT:</b> - skills of maintaining the proper level of physical fitness to ensure full-fledged social and professional activities and compliance with the norm of a healthy lifestyle.	<b>Owens:</b> - a system of practical skills and abilities that ensure the preservation and promotion of health, development and improvement of psychophysical abilities and qualities
GPC-3	<b>To know:</b> - basic methods and models for making organizational and managerial decisions and their socio-economic consequences.	<b>Knows:</b> - basic methods and models for making organizational and managerial decisions and their socio-economic consequences. - influence of health-improving physical education systems on health promotion, prevention of occupational diseases and bad habits; - methods of monitoring and evaluating physical development and physical fitness.
	<b>Be able to:</b> - identify the problem situations of the organization's activity, justify, develop and implement organizational and managerial decisions; - evaluate the expected results of the proposed organizational and managerial decisions and assess the organizational and social consequences of the decisions taken.	<b>Can do:</b> - identify the problem situations of the organization's activity, justify, develop and implement organizational and managerial decisions; - evaluate the expected results of the proposed organizational and managerial decisions and assess the organizational and social consequences of the decisions taken. - perform individually selected complexes of health-improving and adaptive (therapeutic) physical culture, compositions of rhythmic and aerobic gymnastics, sets of athletic exercises, overcome artificial and natural obstacles using a variety of transportation methods for students;
	<b>Possess:</b> - methods of evaluating the expected results of implementing the proposed organizational and managerial solutions, using modern tools; - methods of analyzing the results of problem situations in the organization and developing organizational and managerial solutions, taking into account the achievement of economic and social efficiency.	<b>Owens:</b> - methods of evaluating the expected results of implementing the proposed organizational and managerial solutions, using modern tools; - methods of analyzing the results of problem situations in the organization and developing organizational and managerial solutions, taking into account the achievement of economic and social efficiency. - acquired knowledge and skills in practical activities, individual training and educational activities.

**II. CONTENT AND SCOPE OF THE DISCIPLINE**  
**with an indication of the number of hours allocated for students ' contact work**  
**with a teacher (by type of training sessions) and for independent work**

**Full-time education**

n /	a Name of modules and	topics Total	Classroom classes			Sam. Rab.
			LK	PZ	LB	
1.	Topic 1. Physical training in your favorite sport	34		34		
2.	Topic 2. Technical and tactical training in a selected sport	34		34		
3.	Topic 3. Judicial practice in a selected sport	2		2		
4.	Topic 4. Competitive practice in a selected sport	2		2		
5.	<i>Credit</i>					
6.	<i>Total for 2 semester</i>	72		72		
7.	Topic 1. Physical training in your favorite sport	34		34		
8.	Topic 2. Technical and tactical training in a selected sport	34		34		
9.	Topic 3. Judicial practice in a selected sport	2		2		
10.	Topic 4. Competitive practice in your favorite sport	2		2		
11.	<i>Test</i>					
12.	<i>Total for the 3rd semester</i>	72		72		
13.	Topic 1. Physical training in a selected sport	34		34		
14.	Topic 2. Technical and tactical training in a selected sport	34		34		
15.	Topic 3. Judicial practice in a selected sport	2		2		
16.	Topic 4. Competitive practice in your favorite sport	2		2		
17.	<i>Test</i>					
18.	<i>Total for the 4th semester</i>	72		72		
19.	Topic 1. Physical training in a selected sport	34		34		
20.	Topic 2. Technical and tactical training in a selected sport	34		34		
21.	Topic 3. Judicial practice in a selected sport	2		2		
22.	Topic 4. Competitive practice in a selected sport	2		2		
23.	<i>Credit</i>					
24.	<i>Total for the 5th semester</i>	72		72		
25.	Topic 1. Physical training in your favorite sport	18		18		

26.	Topic 2. Technical and tactical training in a selected sport	<b>18</b>		<b>18</b>		
27.	Topic 3. Judicial practice in a selected sport	<b>4</b>		<b>4</b>		
28.	Topic 4. Competitive practice in a selected sport	<b>2</b>		<b>2</b>		
29.	<i>Credit</i>					
30.	<i>Total for the 6th semester</i>	<b>40</b>		<b>40</b>		
31.	Including practical training					
	<b>TOTAL:</b>	<b>328</b>		<b>328</b>		

### **Full-time and part-time education**

Not implemented

### **Part-time education**

Not implemented

## **III. EVALUATION MATERIALS FOR THE CURRENT AND FUTURE EVALUATION OF THE PROJECT.**

### **INTERMEDIATE CERTIFICATION OF STUDENTS IN THE DISCIPLINE**

Current certification is carried out in the form of an abstract, testing of motor fitness. The level of preparation of students (the main group) by means of control testing (appendix 1).

Functional (motor) readiness of students of medical groups is determined using functional tests (Appendix 2).

### **Approximate topics of research papers**

#### ***For students of medical groups***

- Goals, objectives and means of physical culture for students who are engaged in special medical groups for health reasons.
- Interrelation of physical culture and general human culture.
- The influence of physical culture on the development of moral and other personal qualities of a person.
- Development of physical qualities in persons with disabilities in the state of health.
- Features of the organization of FC classes with people with diseases of the cardiovascular system.
- Features of the organization of FC classes with people with hypertension.
- Features of organizing FC classes with people with pyelonephritis.
- Features of the organization of FC classes with people who have suffered a lower limb injury.
- Features of the organization of FC classes with overweight people.
- Features of organizing FC classes with people with visual impairments.
- Characteristics of means of physical culture that contribute to weight loss.
- Features of organization of athletic gymnastics classes with persons with disabilities in their state of health.
- Socio-biological foundations of physical culture, its role in human development and preparation for professional activity in the field of education.
- Fundamentals of physical culture and a healthy lifestyle.
- Fundamentals of targeted use of physical exercises for the purpose of positive influence on the dynamics of age - related development of the body.

16. Modern systems of physical exercises and their selection criteria, taking into account the educational regime at the university and labor characteristics.
17. Organizational and methodological foundations of health-improving physical culture.
18. Influence of bad habits (alcohol, tobacco smoking, drugs) on the human body.
19. Modern GFSK TRP.

***For students of the main and special preparatory groups***

1. Power and methods of its development.
2. Dexterity and methods of its development.
3. Speed and methodology of its development.
4. Flexibility and methods of its development.
5. Endurance and methods of its development.
6. Physical culture in primitive society.
7. Development of physical culture and sports in Ancient Greece.
8. Development of physical culture and sports in Ancient Rome.
9. Development of physical culture and sports in Russia.
10. Development of physical culture and sports in the USSR.
11. Olympic Games of Antiquity.
12. Modern Olympic Games.
13. Modern GFSK TRP.

Intermediate certification of students is carried out in the form of credits based on a point-rating system. The rating is a generalized indicator of the quality of students' education and is defined as the total result of control of knowledge, skills and abilities in the form of standards. The academic material of the disciplines has several sections for which it is possible to score a certain number of points (Table 1,2,3). To complete the final control in the discipline (2-6 semesters), you must score at least 65 points in accordance with the rating list for the test.

**Table 1. Rating list for students of the main and preparatory groups**

<b>№</b>	<b>Graded component</b>	<b>Rating scale</b>	<b>Grading Scale Scores</b>
<b>FOR SEMESTER</b>			
1.	Attendance of classes	For attending one academic session, a student receives	2
2.	Control standards of special physical and sports-technical readiness	"5" "4" "3" "2" "1"	5 4 3 2 1
3.	Abstract protection	"5" "4" "3"	5 4 3
4.	Participation in research work of students. Preparation of teaching materials (preparation of multimedia presentations, development of drawings and diagrams, production of posters)		5
5.	Participation in competitions of various levels.	All-Russian Regional Interuniversity	Conferences 5 4 3
6.	Judging of competitions		3
7.	Passing the standards of the RFSK TRP*	"Gold badge"	15

		"Silver badge "	10
		"Bronze badge"	5
<b>Minimum required for scoring</b>			<b>65</b>

**\* Students are given the opportunity to pass the standards of the GFSK TRP in the official center for the acceptance of standards, after providing a certificate of passing the standards, they are awarded the number of points to the individual rating of the student, depending on the result.**

**Table 2. Rating list for Special Department students**

<b>№</b>	<b>Graded component</b>	<b>Rating scale</b>	<b>Grading Scale Scores</b>
<b>FOR SEMESTER</b>			
1.	Class attendance	For attending one academic session, a student receives -2	2
2.	Abstract defense	"5" "4" "3"	5 4 3
3.	Participation in research work of students. Preparation of teaching materials (preparation of multimedia presentations, development of drawings and diagrams, production of posters)		5
4.	Functional testing	High level Medium level Low level	10 7 4
5.	Participation in competitions and recreational activities		5
6.	Judging of competitions		3
<b>Minimum required for scoring</b>			<b>65</b>

**Table 3. Rating list for students of sports departments**

<b>№</b>	<b>Graded component</b>	<b>Rating scale</b>	<b>Grading Scale Scores</b>
<b>FOR SEMESTER</b>			
1.	Attendance of classes	For attending one academic session, a student receives -2	2
2.	Control standards of special physical and sports-technical readiness	"5" "4" "3" "2" "1"	5 4 3 2 1
3.	Judging competitions		3
4.	Participation in competitions of various levels according to the final result	1 place Prize-winning place Participation	5 4 3
5.	Participation in research work of students. Preparation of teaching materials (preparation of multimedia presentations, development of		5

	drawings and diagrams, production of posters)		
6.	Passing the GFSK TRP standards *	Gold badge " "Silver badge" "Bronze badge"	15 10 5
<b>Minimum required for scoring</b>			<b>65</b>

**\* Students are given the opportunity to pass the standards of the GFSK TRP in the official center for the acceptance of standards, after providing a certificate of passing the standards, they are awarded the number of points to the individual rating of the student, depending on the result.**

#### **IV. LIST OF LITERATURE REQUIRED FOR MASTERING THE DISCIPLINE**

##### **4.1. Basic literature**

1. Zavyalov A.V., Abramenko M. N., Shcherbakov I. V., Evseeva I. G. Fizicheskaya kul'tura i sport v vuze : uchebnoe posobie [Physical culture and sport in higher education]. - Moscow ; Berlin : Direct-Media, 2020. - 106 p.: ill. - Access mode: by subscription. – URL: <http://biblioclub.ru/index.php?page=book&id=572425>(accessed: 02.09.2024). - ISBN 978-5-4499-0718-9. - Text: electronic.
2. Kuznetsov I. A., Burov A. E., Kachanov I. V. Applied physical culture for students of special medical groups : textbook : [16+]. - Moscow; Berlin: Direct-Media, 2019. - 179 p.: ill., tab. - Access mode: by subscription. – URL: <http://biblioclub.ru/index.php?page=book&id=494862>(accessed: 02.09.2024). - Bibliogr.: pp. 143-145. - ISBN 978-5-4475-2783-9. - DOI 10.23681 / 494862. - Text: electronic.

##### **4.2. Additional literature**

1. Ivankov Ch., Litvinov S. A. Tekhnologiya fizicheskogo vospitaniya v vysshih uchebnykh zavedeniyakh : uchebnoe posobie dlya studentov vuzov [Technology of physical education in higher educational institutions: a textbook for university students]. - Moscow: Humanitarian Publishing Center VLADOS, 2015. - 304 p.: ill. - ISBN 978-5-691-02197-8; The same [Electronic resource]. - URL: <http://biblioclub.ru/index.php?page=book&id=429625>(accessed: 02.09.2024).
2. Vitun, E. V. Modern systems of physical exercises recommended for students: a textbook / E. V. Vitun, V. G. Vitun; Orenburg State University. - Orenburg : Orenburg State University, 2017. - 111 p.: ill. - Access mode: by subscription. – URL: <http://biblioclub.ru/index.php?page=book&id=481819>(accessed: 02.09.2024). - Bibliogr. in the book-ISBN 978-5-7410-1674-9. - Text: electronic.

#### **V.. LIST OF RESOURCES OF THE INFORMATION AND TELECOMMUNICATION NETWORK "INTERNET" REQUIRED FOR MASTERING THE discipline**

<b>№ Item No</b>	<b>. Link to the information resource</b>	<b>Name of the development in electronic form</b>	<b>Availability</b>
<b>1</b>	<a href="https://studopedia.net/Информационный">https://studopedia.net/Информационный</a>	student resource	is freely available.
<b>2</b>	<a href="http://bmsi.ru">http://bmsi.ru</a>	Sports electronic Library	Free access.

#### **VI. MODERN PROFESSIONAL DATABASES AND INFORMATION REFERENCE SYSTEMS**

<b>1</b>	<a href="http://www.biblioclub.ru.biblioclub.ru">http://www.biblioclub.ru.biblioclub.ru</a>	Electronic Library System (EBS)	Registration via any university computer. In
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		University Library online	the future, individual unlimited access from any point where there is access to the Internet
2	www.elibrary.ru	Russian information portal in the field of science, technology, medicine and education	Free access

## **VII. LICENSED AND FREELY DISTRIBUTED SOFTWARE**

When implementing an academic discipline, the following licensed and freely distributed software is used:

- Microsoft Windows;
- Microsoft Office;
- LibreOffice, etc..

## **VIII. EQUIPMENT AND TECHNICAL MEANS OF TRAINING NECESSARY FOR THE IMPLEMENTATION OF THE EDUCATIONAL PROCESS IN THE DISCIPLINE**

Training sessions are held in classrooms equipped with specialized furniture, including stationary or portable teaching equipment (projector, screen, computer / laptop).

Sports complex: Sports hall: A list of basic equipment: gym walls, gym benches, a set of equipment for sports games (volleyball, basketball, badminton, lawn tennis), tennis tables, a sports hall (marking out three volleyball courts, two basketball courts, a lawn tennis court, a mini-football court, three badminton courts), extendable basketball stands.

General physical training gym: A list of basic equipment: bicycle ergometers, dumbbells of various weights, kettlebells, barbells with a set of pancakes, multifunctional simulators, ellipsoid, rowing simulator, inversion table.

Independent work is carried out in classrooms equipped with computer equipment with the ability to connect to the Internet and provide access to the electronic information and educational environment of the university.

Table 1. Control tests for assessing girls ' physical fitness

Standards	Semester																													
	1					2					3					4					5					6				
	Assessment					Assessment					Assessment					Assessment					Assessment					Assessment				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
1. Pull-up on a low crossbar (number of times)	3	5	7	11	15	4	5	8	13	17	4	5	8	13	17	5	6	9	14	18	5	6	9	14	18	6	7	10	15	19
2. Push-up from the floor (numberof times)	3	4	5	9	12	4	5	6	10	13	4	5	6	10	13	5	6	7	11	14	5	6	7	11	14	6	7	8	12	15
3. Lifting the torso from the supine position (number of times)	30	35	40	50	60	35	40	45	55	65	35	40	45	55	65	40	45	50	60	70	40	45	50	60	70	45	50	55	65	75
4. Long jump from a standstill (see)	140	150	160	170	180	145	155	165	175	185	145	155	165	175	185	150	160	170	180	190	150	160	170	180	190	150	160	170	185	195
5. Lean forward while standing on a gym bench (see fig.)	0	2	3	7	10	2	3	5	9	12	2	3	6	10	13	4	6	8	12	15	6	8	9	13	16	8	10	12	16	20
6. Squat for 1 min. (numberof times)	35	40	45	50	55	36	41	46	51	56	36	41	46	51	56	37	42	47	52	57	37	42	47	52	57	38	43	48	53	60
7. Jumping rope in 1 min. (number of times)	100	110	120	130	140	105	115	125	135	145	105	115	125	135	145	110	120	130	140	150	110	120	130	140	150	115	125	135	145	160
8. Keeping the legs " bent at the knees "on the crossbar (sec.)	15	20	25	35	45	20	25	30	40	50	20	25	30	40	50	25	30	35	45	55	25	30	35	45	55	30	35	40	50	60
9. Shuttle run 3x10 m (sec.)	9,9	9,7	9,5	9,3	8,7	9,8	9,6	9,4	9,2	8,6	9,8	9,6	9,3	9,1	8,5	9,6	9,4	9,2	9,0	8,4	9,6	9,4	9,1	8,9	8,3	9,4	9,2	9,0	8,8	8,2
10. Running for 100 m. (sec.)	19,6	19,4	18,5	17,2	16,4	19,5	19,2	18,3	17,1	16,3	19,5	19,2	18,3	17,1	16,3	19,4	19,0	18,2	17,0	16,2	19,4	19,0	18,2	17,0	16,2	19,2	18,8	18,0	16,8	16,0
11. Running for 2000 m. (min, sec)	12,4 0 40	12,2 0 20	11,5 0 50	11,2 5 25	10,4 0 40	12,3 5 35	12,1 5 15	11,4 5 45	11,2 0 20	10,3 5 35	12,3 5 35	12,1 5 15	11,4 5 45	11,2 0 20	10,3 5 35	12,3 0 30	12,1 0 10	11,3 5 35	11,1 5 15	10,30 30	12,3 0 30	12,1 0 10	11,3 5 35	11,1 5 15	10,3 0 30	12,2 5 25	12,0 5 05	11,3 0 30	11,0 5 05	10,20 20

Table 2. Control tests for assessing the physical fitness of young men

Standards	Semester																													
	1					2					3					4					5					6				
	Assessment					Assessment					Assessment					Assessment					Assessment					Assessment				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
1. Pull-up on the crossbar (number of times)	3	5	7	9	12	4	6	8	10	13	4	6	8	10	13	5	7	9	11	14	5	7	9	11	14	6	8	10	12	15
2.Long jump from a standstill (see)	200	210	220	225	230	205	215	225	230	235	205	215	225	230	235	210	220	230	235	240	210	220	230	235	240	215	225	235	240	245
3. Push-up from the floor (numberof times)	20	25	30	35	45	25	30	35	40	50	25	30	35	40	50	30	35	40	45	55	30	35	40	45	55	35	40	45	50	60
4. Lifting the legs to the crossbar	2	5	8	12	20	3	6	9	13	21	3	6	9	13	21	4	7	10	14	22	4	7	10	14	22	5	8	11	15	23
5. Lean forward while standing on a gym bench(see fig.)	-5	-3	0	4	8-2	-2	0	2	7	10-2	-2	0	2	7	10	0	2	5	9	12	0	2	5	9	12	1	4	7	11	15
6. Lifting the torso from the supine position in 30 seconds. (number of times)	19	21	24	27	29	21	23	26	29	31	21	23	26	29	31	23	25	28	31	33	23	25	28	31	33	25	27	30	33	35
7. Squat for 1 min . (numberof times)	44	49	54	60	64	46	51	56	63	66	46	51	56	63	66	48	53	60	64	68	48	53	60	64	68	50	55	63	66	70
8. Jumping rope in 1 min. (number of times)	100	110	120	130	140	110	120	130	140	150	110	120	130	140	150	120	130	140	150	160	120	130	140	150	160	130	140	150	160	170
9. "Corner" on the gym wall (sec.)	0	1	4	9	14	1	3	6	11	16	1	3	6	11	16	3	5	8	13	18	3	5	8	13	18	5	7	10	15	20
10. Shuttle run 3x10 m (sec.)	8,8	8,6	8,4	8,0	7,3	8,7	8,5	8,3	7,9	7,2	8,7	8,5	8,3	7,9	7,2	8,7	8,5	8,3	7,9	7,2	8,7	8,5	8,3	7,9	7,2	8,9	8,7	7,9	7,5	6,8
11. Running for 100 m. (sec.)	15,1	14,9	14,7	14,5	13,8	15,0	14,8	14,6	14,4	13,7	15,0	14,8	14,6	14,4	13,7	14,9	14,7	14,5	14,3	13,6	14,9	14,7	14,5	14,3	13,6	14,8	14,6	14,4	14,2	13,5
12. Running for 3000 m. (min., sec.)	14.25	14.15	14.05	13.55	12.55	14.20	14.10	14.00	13.50	12.50	14.20	14.10	14.00	13.50	12.50	14.10	14.00	13.50	13.40	12.40	14.10	14.00	13.50	13.40	12.40	14.00	13.50	13.40	13.30	12.30

Table 3. Control tests for evaluating volleyball technique in young men

Standards	Semester														
	1					3					5				
	Assessment					Assessment					Assessment				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Top gear with two hands above you (number of times)	10	15	20	25	30	15	20	25	30	35	20	25	30	35	40
Lower gear with two hands above you (qty times)	10	15	20	25	30	15	20	25	30	35	20	25	30	35	40
Two-handed lower gear in pairs (min., sec.)	30 sec	45 sec	1	1.30	2	45 sec	1	1.30	2	2.30	1	1.30	2	2.30	3
Two-handed top gear in pairs (min., sec.)	30 sec	45 sec	1	1.30	2	45 sec	1	1.30	2	2.30	1	1.30	2	2.30	3
Serve of 10 attempts (number of times)	4	5	6	7	8	5	6	7	8	9	6	7	8	9	10

Table 4. Control tests for assessing the technique of basketball in young men

Standards	Semester														
	2					4					6				
	Assessment					Assessment					Assessment				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Free throws from 10 attempts (number of hits)	2	3	4	5	6	3	4	5	6	7	4	5	6	7	8
Lead - 2 steps - throw into the ring (out of 10 attempts, number of hits)	3	4	5	6	7	4	5	6	7	8	5	6	7	8	9
Throw from the sideline of 10 attempts (number of hits)	3	4	5	6	7	4	5	6	7	8	5	6	7	8	9

Table 5. Control tests for evaluating girls ' volleyball technique

Standards	Semester														
	1					3					5				
	Assessment					Assessment					Assessment				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Top gear with two hands above you (number of times)	3	6	10	15	20	5	10	15	20	25	10	15	20	25	30
Lower gear with two hands above you (qty times)	3	6	10	15	20	5	10	15	20	25	10	15	20	25	30
Two-handed lower gear in pairs (min., sec.)	20 sec	25 sec	30 sec	1	1.30	30 sec	45 sec	1	1.30	2	45 sec	1	1.30	2	2.30
Two-handed top gear in pairs (min., sec.)	20 sec	25 sec	30 sec	1	1.30	30 sec	45 sec	1	1.30	2	45 sec	1	1.30	2	2.30
Serve of 10 attempts (number of times)	3	4	5	6	7	4	5	6	7	8	5	6	7	8	9

Table 6. Control tests for evaluating girls ' basketball technique

Standards	Semester														
	2					4					6				
	Assessment					Assessment					Assessment				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Free throws from 10 attempts (number of hits)	1	2	3	4	5	2	3	4	5	6	3	4	5	6	7
Lead - 2 steps - throw into the ring (out of 10 attempts, number of hits)	2	3	4	5	6	3	4	5	6	7	4	5	6	7	8
Throw from the sideline of 10 attempts (number of hits)	2	3	4	5	6	3	4	5	6	7	4	5	6	7	8

## Sample control tests to assess the functioning of students' internal body systems medical groups

### HEART HEALTH MONITORING

#### **Test 1. Post-exercise Heart rate Measurement (HR)**

Measure your resting heart rate (HRR). Take 80 steps on the step trainer and measure your heart rate again. Steptrainer, if not, you can replace it with squats (20-40 times, with or without the support of your hands on the gymnastic ladder, based on individual capabilities).

Table 7. Test score 1

<b>Evaluation</b>	<b>Heart rate estimation (bpm)</b>
Excellent - "5"	100
Good - "4"	120
Satisfactory - "3"	Less than 140

#### **Test 2. Measuring the difference between HRSp and HRN**

Measure your resting heart rate. Perform 20-40 squats (hands forward) and immediately measure your heart rate.

Table 8. Test Score 2

<b>Estimate</b>	<b>Excess of heart rate from baseline (%)</b>
Excellent - "5"	Less than 25
Good - "4"	Less than 50
Satisfactory - "3"	Less than 75

#### **Test 3. Calculation of the orthostatic sample**

Measure HSP while lying down, then measure HSP while standing up. Calculate the difference using the formula:  

$$\text{HSSP lying down} - \text{HSSP standing up}$$

Table 9. Evaluation of the orthostatic sample

<b>Result</b>	<b>Score</b>
Less than 10	Excellent - "5"
Less than 15	Good - "4"
Less than 20	Satisfactory - "3"
More than 20	Unsatisfactory

#### **Test 4. Determination of the body's adaptability to exercise**

Measure the emergency response rate. Take 80 steps on a step trainer (20-40 squats) and measure your heart rate. Rest for 1 minute

and again measure the pulse (HR1). The body's adaptability to exercise is determined by the formula:

$$R = 0.1 (HR + HR + HR1 - 200)$$

Now you need to compare the found number R with the scale:

- less than zero – excellent adaptability of the body to the load "5";
- from 0 to 3 – high adaptability to the "4" load.
- 3-6 – a good "3".
- 7-10 – mediocre.
- 11-15 – weak.
- more than 16 – very poor adaptability to the load.

#### **Test 5. Determination of the endurance coefficient**

Measure the emergency response rate. Measure blood pressure with a tonometer: ADs – blood pressure with istolic, ADd – diastolic blood pressure. Insert the values into the formula and calculate them.

$$Kv = (10 \times \text{HSSp}) / (\text{ADs} - \text{ADd})$$

The endurance coefficient is normally 16, and if the condition worsens (overwork, overloading, overtraining) increases. As you develop stamina, numeric values

Kvs are decreasing.

- 16 – «5»;
- 17-19 – «4»;
- 20 or more – "3".

## BODY WEIGHT CONTROL

### **Test 7. Determining the weight-bearing index**

Measure height-R. Measure body weight – L. Weight-weight index is calculated using the formula:

$$IVR = L / R$$

Table 10. Weight Index estimation

Result		Rating
Husband.	Wife.	
Less than 0.35	Less than 0.325	Body mass deficit- " 3 "
0.35 – 0.4	0.325 – 0.375	Norm - "5"
More than 0.4	More than 0.375	Excess body mass – "3"

\* Usually, the weight-weight index is slightly lower in tall people.

## ENDURANCE ASSESSMENT

### **Test 8. Cooper's Test**

The degree of readiness of students to perceive physical activity depends on the distance in kilometers, which they run in 12 minutes.

Table 11. Cooper Test Score (km)

The degree of preparation	of a young	Man or girl
is very bad	1,6 or less	than 1.5 and less
Bad	1,6 – 1,9	1,5 – 1,8
Satisfactory - "3"	2,0 – 2,7	1,85 – 2,15
Good – " 4 "	2,5 – 2,7	2,16 – 2,6
Excellent – "5"	2,8 and more	2,65 and more

\* Students with diseases of the cardiovascular system and musculoskeletal disorders not tested.

## ASSESSMENT OF THE FUNCTIONAL STATE OF THE RESPIRATORY SYSTEM

### **Test 9. Serkin's Test**

The Serkin test consists of three phases.

I Phase I-determined while holding the breath while inhaling in a sitting position (Barbell test).

II Phase II – after 20 squats for 30 seconds, the breath is held on the inhale.

III Phase III – after 1 minute of standing rest, the breath retention on the inhale is repeated.

Table 12. Estimated standards of the Serkin sample

Group	of test subjects of Serkin test Phase		
	I	II	III
Healthy, trained - "5"	60 and more	30 and more	than 60 and
Healthy, untrained - "4"	40 – 55	than 15-25	more
Persons with latent circulatory insufficiency - "3"	20 – 35	12 and less	than 35 – 55
			24 and less

## ASSESSMENT OF VESTIBULAR SYSTEM FUNCTION

### **Test 10. Ozeretsky's Test**

I. P.-stand on the left leg, the right leg is bent at the knee, the foot is on the knee of the left leg, the eyes are closed. The time of maintaining balance in this position is estimated.

Table 13. Evaluation of the Ozeretsky sample

Result	Score
20 sec or more	Excellent - "5"
15-20 sec	Good – "4"
12-15 sec	Satisfactory – "3"