№ СТОМ-21 ИН

Control questions to a metodiko-practical training for the discipline in «PHYSICAL CULTURE AND SPORT»

the main professional educational program of higher education – specialty program in the specialty 31.05.03 Dentistry (partially implemented in English)

Subject 1. "Autogenic training"

Questions of the current control:

1. Give auto-training definition.
2. Open the mechanism and physiological effects of action of auto-training on a human body.
3. Open an entity of an autogenic training and its main receptions.
4. List conditions and rules of auto-training.
5. Medical indications to carrying out auto-training.
6. Open two stages steps of preparation for occupations of autogenic trainings.

Subject 2. "Operating control on classes in physical culture"

Questions of the current contro:

1. Open the purpose of operating control and an entity of a method express analysis of portability of loading
2. Describe a technique of definition of ChSS, AD and EKS.
3. Give characteristic of zones of power of loading on occupations on to physical training.
4. Describe structure of the card of the express analysis of portability of loading.
5. Make calculation of pulse and power cost of occupation on to physical training.

Subject 3. "Determination of physical working capacity"

Questions of the current control:

1. Give definition to physical working capacity.
2. List the purposes of determination of physical working capacity.
3. Open methods of determination of physical working capacity.
4. List contraindications to assignment PWC170 step test.
5. Describe a technique of determination of physical working capacity on a step - to PWC170 test.
6. Describe a technique of definition absolute and relative physical working capacity on formulas and tables.

Subject 4. "Assessment of a physical state"

Questions of the current control:

1. Give definition "a physical state" and ways of its assessment.
2. Give definition "physical development" and ways of its assessment.
3. Open a technique of assessment of a physical state: by data anthropometrical measurements; by indexes of physical development; on to tables; according to pedagogical tests (for choice).
4. Give characteristic of types of a constitution.
5. Give characteristic of shapes of a back.
6. Give characteristic of shapes of legs.
7. Give characteristic of shapes of a thorax.
8. Open a technique of determination of physical fitness by method rating assessment.

Subject 5. "Assessment of a functional condition of students of special educational office"

Questions of the current control:
1. Open a technique of assessment of activity of the autonomic nervous system.
2. Open a technique of assessment of activity of a cardiovascular system.
3. Open a technique of assessment of activity of functions of external respiration.
4. Open a technique of complex assessment of level physical and functional state.
5. Open a technique of assessment of determination of biological age.
6. Give characteristic of functional classes.

Subject 6. "Optimum motive mode and balanced diet of people of various age"

Questions of the current control:
1. Physical culture as important element of a way of life of the modern person.
2. Features of a physiological condition of people of various age.
3. The optimum motive mode as a major factor for normal functioning of an organism.
4. Bases of a balanced diet.
5. Rules of drawing up a complex of the week motive mode, the approximate menu according to:
   a) floor,
   b) age,
   c) professional group.

Subject 7. "Technique of carrying out and drawing up complex of morning hygienic exercises"

Questions of the current control:
1. Give definition "morning hygienic exercises".
2. Open medico-physiological impacts of physical exercises on a human body.
3. The purposes and problems of morning hygienic exercises in the conditions of medical institutions.
4. Structure of creation of a complex of morning hygienic exercises.
5. List the general requirements to a technique of application and carrying out morning exercises.
6. Characterize forms of work hygienic gymnastics in medical establishment.
7. Rules of drawing up and carrying out complex of morning hygienic gymnastics in the conditions of medical institution of a certain profile.

Subject 8. "Drawing up program professional and applied physical culture of the doctor"

Questions of the current control:
1. Give definition "professional and applied physical preparation"; list its main objectives and tasks.
2. List and open (for choice) types of PPFP; factors, PPFP determining content.
3. What main diseases occur in doctors different specialties (specialty for choice).
4. Specify features of professional activity and working conditions doctors of different specialties
5. Reveal features and a technique of drawing up and carrying out a complex PPFP of doctors of different specialties (specialty for choice).