

**Department of general hygiene and physical culture**

**APPROVED**  
minutes of the meeting  
Central coordination  
educational and methodological council  
" 23 " may 2023 No.5

**ASSESSMENT MATERIALS**

by discipline

**"ELECTIVE COURSE IN PHYSICAL CULTURE AND SPORTS"**

the main professional educational program of higher education – specialty program in the specialty 31.05.03 Dentistry (educational program, partially implemented in English), approved on may 24, 2023

**for students of** 1st–4rd year ( 1st–8th semester )  
**specialty** 31.05.03 Dentistry

**Reviewed and approved at a department meeting**  
From "18" may 2023 (protocol No.10)

**Head department of general hygiene and physical culture,  
doctor of medical sciences prof. Kusova A.R.**



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**Vladikavkaz, 2023**

## STRUCTURE OF ASSESSMENT MATERIALS

1. Title page
2. Structure of assessment materials
3. Reviews of evaluation materials
4. Passport of evaluation materials
5. Set of assessment materials:
  - topics of abstracts, reports
  - standards of test tasks/control standards/

**ФЕДЕРАЛЬНОЕ ГОСУДАРСТВЕННОЕ БЮДЖЕТНОЕ ОБРАЗОВАТЕЛЬНОЕ  
УЧРЕЖДЕНИЕ ВЫСШЕГО ОБРАЗОВАНИЯ «СЕВЕРО-ОСЕТИНСКАЯ  
ГОСУДАРСТВЕННАЯ МЕДИЦИНСКАЯ АКАДЕМИЯ» МИНИСТЕРСТВА  
ЗДРАВООХРАНЕНИЯ РОССИЙСКОЙ ФЕДЕРАЦИИ**

**РЕЦЕНЗИЯ  
на оценочные материалы**

по дисциплине	<u>Элективный курс по физической культуре и спорту</u>
для студентов	<u>1–4 курсов (1–8 семестры)</u>
по специальности	<u>31.05.03 Стоматология</u> (образовательная программа, частично реализуемая на английском языке)

Оценочные материалы составлены на кафедре общей гигиены и физической культуры на основании рабочей программы дисциплины «Элективный курс по физической культуре и спорту», утвержденной 24 мая 2023 г., протокол № 8 и соответствуют требованиям по специальности 31.05.03 Стоматология (образовательная программа, частично реализуемая на английском языке).

Оценочные материалы включают в себя:

- темы рефератов, докладов
- эталоны тестовых заданий (контрольные нормативы).

Эталонные тестовые задания включают в себя следующие элементы: тестовые задания (нормативы общей физической и профессионально-прикладной физической подготовки). Все задания соответствуют рабочей программе дисциплины «Элективный курс по физической культуре и спорту», формируемым при ее изучении компетенции, и охватывают все ее разделы. Сложность заданий варьируется. Количество заданий по каждому разделу дисциплины достаточно для проведения контроля знаний и исключает многократное повторение одного и того же вопроса в различных вариантах.

Замечаний к рецензируемым оценочным материалам нет.

В целом, оценочные материалы по дисциплине «Элективный курс по физической культуре и спорту», способствуют качественной оценке уровня владения обучающимися универсальной компетенции.

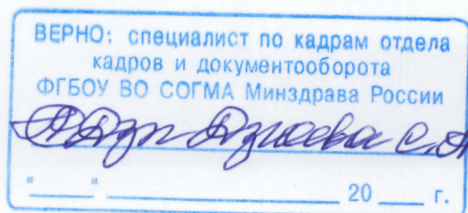
Рецензируемые оценочные материалы по дисциплине «Элективный курс по физической культуре и спорту», могут быть рекомендованы к использованию для текущего контроля успеваемости и промежуточной аттестации по специальности 31.05.03 Стоматология (образовательная программа, частично реализуемая на английском языке) у обучающихся 1–4 курсов (1–8 семестры).

Рецензент:

Председатель ЦУМК  
естественно-научных и математических дисциплин  
с подкомиссией экспертизы оценочных материалов,  
доцент кафедры химии и физики

Н.И. Боциева

20.05.2023 г.





**Passport of assessment materials**  
**by discipline**  
**"ELECTIVE COURSE IN PHYSICAL CULTURE AND SPORTS"**

No.	Name controlled section (topics) of the discipline/module	Code of the competence (stage) being formed	Name of assessment material
1	2	3	4
<b>Type of control</b>	<b>Incoming control</b>		General physical tests and professional applied physical training
<b>Type of control</b>	<b>Current progress monitoring</b>		
1.	<b>Practical section:</b>		
	➤ methodological and practical subsection	UC-7	Report (presentation)
	➤ educational and training subdivision	UC-7	Drawing up sets of exercises of various directions (visual pedagogical observations for the technique of performing the movement); control standards; abstract
<b>Type of control</b>	<b>Interim certification</b>		
1.	<b>Practical section</b>	UC-7	General physical tests and professional applied physical training; abstract

## ABSTRACT TOPICS

1. Diagnosis and brief description of the student's disease. Impact of the disease
2. the student's current performance and well-being.
3. Medical contraindications for physical exercise and
4. use of physical education means for this disease (diagnosis).
5. Therapeutic physical education and recommended means of physical education for this disease (diagnosis).
6. Drawing up and justification of an individual set of physical exercises and available means of physical education (indicating the dosage).
7. Drawing up and demonstrating an individual set of exercises, conducting a separate part of a profiled educational and training session with a group of students, etc.
8. First aid for injuries. Prevention of injuries during physical exercise.
9. Means of physical education as a factor of increased mental performance and academic performance.
10. Intensity of loads in conditions of independent training.
11. Therapeutic physical culture for various diseases. Methodology for conducting and compiling a complex of exercise therapy.
12. Therapeutic physical culture for diseases of the musculoskeletal system.
13. Therapeutic physical culture for diseases of the organs of vision.
14. Self-control and medical supervision in the process of physical education and sports.
15. Adaptive physical culture and sports for people with disabilities.
16. The importance of muscle relaxation. Means and methods of muscle relaxation
17. Development of physical qualities in ROS.
18. The importance of self-control in those engaged in physical activity.
19. General physical training, its goals and objectives.
20. Methodology for compiling a set of general developmental physical exercises.
21. Methodology for compiling and conducting the simplest independent physical exercises of a hygienic or training orientation.
22. Planning the volume and intensity of physical exercises taking into account mental learning activity.
23. Endurance. Methods for developing endurance.
24. Force. Methods for developing strength abilities.
25. Flexibility. Methods for developing flexibility.
26. Rapidity. Means and methods for developing speed abilities.
27. Agility. Methods for developing coordination abilities.
28. Athletics in the system of physical education.
29. Development of physical qualities that prevail in athletics sports.
30. Development of speed and speed endurance when playing basketball.
31. Development of strength abilities when playing basketball.
32. Development of coordination abilities when playing basketball.
33. Development of speed and speed endurance when playing volleyball.
34. Development of strength abilities when playing volleyball.
35. Development of coordination abilities when playing volleyball.
36. Basic technical elements of the sport.
37. Methodology of an individual approach and the use of means for the targeted development of individual physical qualities.
38. Means of physical culture in increasing the functional capabilities of the body.

39. Modern popular health-improving systems of physical exercises.
40. Methods of using physical education means for targeted correction physique.
41. The influence of lifestyle on health.
42. Criteria for the effectiveness of a healthy lifestyle.
43. Healthy walking as a way to increase physical activity.
44. Methodology for drawing up individual programs of physical education with a health-improving orientation.
45. Means and methods of muscle relaxation in sports.
46. Load planning depending on the objectives of educational and training sessions in the chosen sport. Types of planning and methods of their preparation.
47. Dosing of physical activity during independent health and training sessions.
48. Prevention of occupational diseases and injuries using physical therapy.
49. Prevention of neuro-emotional and psychophysical fatigue of students means of physical culture and sports.
50. Drawing up a doctor's PFC program.
51. Stress. The role of physical education in its prevention and elimination.
52. Acupressure for respiratory diseases.
53. Breathing training systems according to K.P. Buteyko.
54. Breathing training systems according to A.N. Strelnikova.
55. Correction of a student's physique by means of physical education.
56. Women's health is the health of the nation. The importance of gymnastics in the prenatal and postnatal periods.
57. Prevention of bad habits.
58. Modern health and sports systems for improving the quality of human life (valeology, health systems according to N. Semenova, P. Ivanova, etc.).

**ABSTRACT TOPICS**  
**for students exempt from practical classes**

- 1. Concept of disease (injury):**
  1. definition (variants, their comparison), prevalence (data from different sources); causes and mechanism of development (options, individual peculiarities);
  - ✓ symptoms (how it manifests itself, how it is expressed) and diagnosis (what criteria and methods are used to make a diagnosis);
  - ✓ possible complications, concomitant diseases, prognosis.
- 2. Means of physical rehabilitation for this disease:**
  - ✓ the concept of “physical rehabilitation” (tasks, principles and means in relation to a given disease (injury));
  - ✓ active means of physical rehabilitation – therapeutic physical culture (groups of exercises, elements of sports, therapeutic walking, swimming,
  - ✓ outdoor games, non-traditional systems of physical exercise, etc., recommended for a given disease or injury);
  - ✓ massage, physiotherapy, use of natural factors (recommended for given disease or injury).
- 3. Recreational activities:** (of different scales, recommended for a given illness or injury). Other means and methods of non-drug treatment given to the disease or injury (rational nutrition, herbal medicine, psychotherapy and etc.).
- 4. Assessing the effectiveness of the non-drug treatment used for a given illness (injury):**
  - ✓ development of a program of independent physical exercises health-improving orientation.
- 5. Organizational and methodological section of preparation for drawing up the program:**
  - ✓ fundamental principles, means and methods in physical education and physical rehabilitation;
  - ✓ methods of compiling and conducting independent physical exercises.
- 6. Drawing up an individual program for independent physical exercise exercises:**
  - ✓ setting goals and objectives;
  - ✓ determination of the means, methods, forms of physical culture and physical rehabilitation;
  - ✓ organization and description of the program (structure and content, forms and methods classes, terms, lesson plans, conditions of implementation, other features);
  - ✓ diagnosis of the body in physical rehabilitation and during independent doing physical exercises.
- 7. Diagnosis of the body:**
  - ✓ the concept of diagnostics, its tasks;
  - ✓ methods of medical control used for this disease;
  - ✓ diagnostic methods for assessing physical development and general physical fitness
  - ✓ preparedness (list the maximum quantity with a brief indication goals and essence of the method).
- 8. Monitoring and self-control of physical development, functional state and physical fitness:**
  - ✓ individual diagnostic methods for self-monitoring (reasonably choose those methods that are not contraindicated and will reflect the results of the ongoing physical rehabilitation and implementation of the developed program independent studies.

## **REPORT TOPICS (presentation)**

1. History of physical culture and sports.
2. The Olympic Games are the largest sporting competitions of our time.
3. Healthy lifestyle, effectiveness criteria and its components.
4. General and special principles of physical training of students.
5. Basic rules for hardening a person.
6. Method of corrective gymnastics for the eyes.
7. Definition of the concept of professionally applied physical training (PPPP).
8. General physical training, its goals and objectives.
9. Hypokinesia and physical inactivity, their adverse effects on the body.
10. Nutrition and weight control during various physical activities.
11. Form of physical exercise, general and motor density classes.
12. Medical and pedagogical control, its content and types.
13. All-Russian physical culture and health complex "Ready for work and Defense" as a set of measures to increase the physical activity of the population.
14. National sports.
15. Modern rules of rational nutrition. Power systems.
16. Methods of self-control during physical education and sports.
17. Method of corrective gymnastics for the eyes.
18. History of the Olympic Movement.
19. Modern health-improving systems for physical education and sports.
20. Prevention of occupational diseases.
21. Hypokinesia and physical inactivity. The role of physical culture in their prevention.
22. Physiological bases of therapeutic and health training.
23. Biorhythms and their significance in a student's daily routine.
24. Obesity and its consequences on various human functions. Methods prevention and control of obesity.
25. The path to longevity.
26. The influence of nicotine, alcohol and drugs on personality development and human health.
27. Flexibility – youth of muscles and joints. Stretching.
28. The effect of stress on the human body.
29. The use of non-drug drugs to prevent disease and improve performance.
30. Physical culture and sports as an area of maintaining the health of people with disabilities limited capabilities.



Federal state budgetary educational institution of higher education "North Ossetian state medical academy" of the ministry of health of the Russian Federation

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**Department of general hygiene and physical culture**

**STANDARDS OF TEST TASKS**

by discipline

**"ELECTIVE COURSE IN PHYSICAL CULTURE AND SPORTS"**

the main professional educational program of higher education – specialty program in the specialty 31.05.03 Dentistry (educational program, partially implemented in English), approved on may 24, 2023

**for students of** 1st–4rd year (1st–8th semester)

**specialty** 31.05.03 Dentistry

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No.	Name of the controlled section (topic) of the discipline/module	Code competence being formed (stage)	Number of tests (total)	P. from __ to __
1	2		3	4
<b>View control</b>	<b>Incoming control</b> ✓ test for speed and strength readiness; ✓ strength fitness test; ✓ general endurance test	—	5	11
<b>View control</b>	<b>Current progress monitoring</b>			
<b>1.</b>	<b><u>1 course:</u></b> ✓ regulatory requirements for general physical training;	UC-7	4	12
	✓ basketball regulations;	UC-7	2	12
	✓ regulatory requirements for athletic gymnastics;	UC-7	3	12
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	✓ basketball regulations;	UC-7	2	13
	✓ regulatory requirements for athletic gymnastics;	UC-7	3	13
	✓ volleyball regulatory requirements	UC-7	3	13
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	✓ basketball regulations;	UC-7	2	14
	✓ regulatory requirements for athletic gymnastics;	UC-7	3	14
	✓ volleyball regulatory requirements	UC-7	3	14
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**CONTROL**  
**DEFINITIONS OF PHYSICAL FITNESS**  
☐ (input control)

Score in points									
Girls					Youths				
5	4	3	2	1	5	4	3	2	1
<i>Test for speed-strength training</i>									
<b>Run 100 m (sec)</b>									
15,7	16,0	17,0	17,9	18,7	13,2	13,8	14,0	14,3	14,6
<i>Test for strength training</i>									
<b>Raising (sed) and lowering torso from lying down position, legs fixed, hands behind head (number of times)</b>					<b>Pull-up on the crossbar (number of times)</b>				
60	50	40	30	20	15	12	9	7	5
<i>Test for overall endurance</i>									
<b>Run 2000 m (min, sec.)</b>					<b>Run 3000 m (min, sec.)</b>				
10.15	10.50	11.15	11.50	12.15	12.00	12.35	13.10	13.50	14.00

**Note:** Mandatory tests are conducted at the beginning of the school year as a control, characterizing the level of physical fitness of a freshman when entering the University and physical activity of the student during the holidays, and at the end of the school year – as determining the shift in the level of physical fitness for the past school year.

# 1 course (current control)

## I semester

### Regulatory requirements for OFP

№	Tests	Youths					Girls				
		Score in points									
		5	4	3	2	1	5	4	3	2	1
1.	Squat (number of times, 30 sec.)	30	26	24	23	21	27	23	21	19	16
2.	"Shuttle Run", 3x10 m	7,6	7,9	8,2	8,5	8,8	8,8	9,0	9,2	9,5	9,8
3.	Standing long jump (cm)	230	220	210	200	190	185	170	160	150	140
4.	Run 500 m (min., sec.)						1.45	1.53	2.05	2.10	2.15
	Run 1000 m (min., sec.)	3.30	4.00	4.20	4.30	4.40					

### Basketball regulations

№	Tests	Youths					Girls				
		Score in points									
		5	4	3	2	1	5	4	3	2	1
1.	Passing the ball into the wall (number of times, 30 sec., distance from the wall - 3 m)	30	28	25	20	<20	28	25	20	18	<18
2.	Shuttle run with ball dribbling (technique assessment, number of mistakes)	0	1	2	3	4	1	2	3	4	5

## II semester

### Normative requirements for athletic gymnastics

№	Tests	Youths					Girls				
		Score in points									
		5	4	3	2	1	5	4	3	2	1
1.	Flexion and extension of the arms in emphasis lying on the floor (number of times, 60 sec.)	16	10	9	7	5	-	-	-	-	-
2.	Raising the legs from a prone position back to an angle of 90 (number of times for 30 sec.)	22	20	16	14	12	26	24	20	18	16
3.	Leaning forward from a standing position with straight legs gymnastic bench (cm)	13	8	6	4	2	16	9	7	5	3

### Volleyball regulations

№	Tests	Youths and girls				
		Score in points				
		5	4	3	2	1
1.	Pass from above with two hands above oneself (number of times, technique is evaluated)	12 и >	10	8	6	4
2.	Pass from below with two hands above oneself (number of times, technique is evaluated)	12 и >	10	8	6	4
3.	Bottom straight serve, through the volleyball net (out of 5 serves, to the limits of the opposite court)	5	4	3	2	1

Normative requirements for outdoor games - drawing up an educational card for an outdoor game.  
Regulatory requirements for gymnastics - a set of general developmental exercises without objects (ORU).

## **2 course**

### **III semester**

#### **Regulatory requirements for OFP**

№	Tests	Youths					Girls				
		Score in points									
		5	4	3	2	1	5	4	3	2	1
1.	Squat (number of times, 30 sec.)	30	26	25	21	18	27	23	21	19	16
2.	Standing long jump (cm)	240	230	215	210	200	195	180	170	160	150
3.	Rope jumping (number of times, 60 sec.)	140	120	100	90	80	130	110	90	80	70
4.	Run 1000 m (min., sec.)						3.50	4.10	4.30	4.40	4.50
	Run 2000 m (min., sec.)	8.50	9.20	9.50	10.20	10.50					

#### **Basketball regulations**

№	Tests	Youths					Girls				
		Score in points									
		5	4	3	2	1	5	4	3	2	1
1.	Outlining of racks with a throw into the ring (execution technique, number of errors is assessed)	0	1	2	3	4	1	2	3	4	5
2.	Free throw (out of 10 shots, number of times)	5	4	3	2	1	5	4	3	2	1

### **IV semester**

#### **Normative requirements for athletic gymnastics**

№	Tests	Youths					Girls				
		Score in points									
		5	4	3	2	1	5	4	3	2	1
1.	Flexion and extension of the arms in emphasis lying on the floor (number of times, 60 sec.)	14	12	10	7	5	-	-	-	-	-
2.	Leaning forward from a standing position with straight legs gymnastic bench (cm)	-	-	-	-	-	16	9	7	5	3
3.	Pull-ups on the bar (number of times)	17	10	8	6	5	11	10	8	6	4

#### **Volleyball regulations**

№	Tests	Youths and girls				
		Score in points				
		5	4	3	2	1
1.	Pass from above with two hands to the wall (technique is evaluated, number of times)	12 и >	10	8	6	4
2.	Pass from below with two hands to the wall (technique is evaluated, number of times)	12 и >	10	8	6	4
3.	Top straight serve through the volleyball net (out of 5 to the opposite court)	5	4	3	2	1

Regulatory requirements for outdoor games - holding an outdoor game.

Regulatory requirements for gymnastics - conducting a complex of outdoor switchgear with an object (hoop, ball, gymnastic rope).

### 3-4 courses

#### V, VII semesters

#### **Regulatory requirements for OFP**

№	Tests	Youths					Girls				
		Score in points									
		5	4	3	2	1	5	4	3	2	1
1.	Squat (number of times, 30 sec.)	30	26	24	23	21	27	23	21	19	16
2.	"Shuttle Run", 3x10 m (including time)	7,6	7,9	8,2	8,5	8,8	8,8	9,0	9,2	9,5	9,8
3.	Rope jumping (number of times, 60 sec.)	130	110	90	80	70	120	100	80	70	60
4.	Run 2000 m (min., sec.)						10.15	10.50	11.15	11.50	12.15
	Run 3000 m (min., sec.)	12.00	12.35	13.10	13.50	14.00					

#### **Basketball regulations**

№	Tests	Youths					Girls				
		Score in points									
		5	4	3	2	1	5	4	3	2	1
1.	Stroking racks with a throw into the ring (performance technique is assessed, number of errors)	0	1	2	3	4	1	2	3	4	5
2.	Free throw (out of 10 shots, number of times)	5	4	3	2	1	5	4	3	2	1

#### VI, VIII semesters

#### **Normative requirements for athletic gymnastics**

№	Tests	Youths					Girls				
		Score in points									
		5	4	3	2	1	5	4	3	2	1
1.	Flexion and extension of the arms in emphasis lying on the floor (number of times, 60 sec.)	16	10	9	7	5	-	-	-	-	-
2.	Tilt forward from a standing position with straight legs on a gymnastic bench (cm)	13	8	6	4	2	16	9	7	5	3
3.	Pull-ups on the bar (number of times)	-	-	-	-	-	13	11	9	7	5

#### **Volleyball regulations**

№	Tests	Youths and girls				
		Score in points				
		5	4	3	2	1
1.	Pass from above with two hands to the wall (technique is evaluated, number of times)	12 и >	10	8	6	4
2.	Pass from below with two hands to the wall (technique is evaluated, number of times)	12 и >	10	8	6	4
3.	Top straight serve through the volleyball net (out of 5 to the opposite court)	5	4	3	2	1



## Control standards to assess physical fitness (intermediate control)

### Main and preparatory department

Characteristic doughs	Girls				Youths			
	Score points							
	5	4	3	2	5	4	3	2
Run 100 m	15,7	16,0	17,0	17,9	13,2	13,6	14,0	14,3
Run: ➤ 2000 m (min., p.) ➤ 3000 m (min., p.)	10.15	10.50	11.20	11.50	12.00	12.35	13.10	13.50
The long jump from place (see)	190	180	168	160	250	240	230	223
Pull-up on the crossbar: or push-UPS					15	12	9	7
					40	35	30	28
Raising (sed.) and lowering the torso from the supine position, the legs are fixed, hands behind the head, number of times in 1 min.	45	40	35	30				
Free throw (from 10 shots, number of times)	5 и >	4	3	2	5 и >	4	3	2
Transfer the top two hands at the wall is estimated technique (number of times)	12 и >	10	8	6	12 и >	10	8	6
The transmission from below by two hands in wall (estimated technique, number of times)	12 и >	10	8	6	12 и >	10	8	6

**For the preparatory group:  
12-minute Cooper running test for fitness**

Physical preparedness	Points	Distance covered, m			
		Girls 13-19 years old	Women 20-29 years old	Youths 13-19 years old	Men 20-29 years old
Very bad (20%)	0	<1600	<1550	<2100	<1950
Bad (40%)	1	1600-1900	1550-1800	2100-220	1950-2100
Satisfactory (60%)	2	1900-2100	1800-1900	2200-2500	2100-2400
Good (75%)	3	2100-2300	1900-2100	2500-2750	2400-2600
Excellent (85%)	4	2300-2400	2100-2300	2750-3000	2600-2800
Excellent (100%)	5	>2400	>2300	>3000	>2800

**Control standards**  
**to determine the level of physical fitness students**  
**of special medical group A**  
**(current and intermediate control)**

Characteristic test orientation	floor	Score in points			
		5	4	3	2
The strength of the abdominal muscles					
Raising the shoulder girdle from a supine position, hands behind the head, legs bent at the knees, count. once	D	57 and up	50 - 56	44 - 49	37 - 43
	YU	61 and up	51 - 60	43 - 50	36 - 42
Raising the legs up and lowering from a supine position, arms to the sides, count. once	D	36 and up	31 - 35	28 - 30	24 - 27
	YU	37 and up	33 - 36	29 - 32	25 - 28
Strength abilities of the leg muscles					
Flexion and extension of the legs at the knees, pulling the heels to the buttocks from a supine position, arms to the sides, stake. once	D	43 and up	38 - 42	33 - 37	28 - 32
	YU	45 and up	41 - 44	36 - 40	30 - 35
Strength abilities of the back muscles					
Raising the upper body from a prone position, arms forward, stake.once	D	52 and up	45 - 51	39 - 44	32 - 38
	YU	50 and up	45 - 49	38 - 44	31 - 37
Strength abilities of the muscles of the shoulder girdle					
Flexion and extension of the arms from the stop while kneeling, count.once Flexion and extension of the arms from the prone position, count. once	D	36 and up	28 - 35	23 - 27	19 - 22
	YU	43 and up	35 - 42	30 - 34	25 - 29
Assessment of functional readiness					
Rufier test - 30 squats in 45 seconds.	D, YU	0,1-5	5,1-10	10,1-15	Более15
Stange's test (holding the breath on inspiration).	D, YU	50 c	45 c	40 c	30 c
Performing a set of exercises according to the specifics of your disease	Valued at 3 points				

Assessment taking into account medical recommendations and restrictions. Required to meeting at least 3 standards.