

Tests for determining the physical fitness of students of the main and preparatory medical health group

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

CONTROL DEFINITIONS OF PHYSICAL FITNESS (practical section - input control)

Score in points									
Girls					Youths				
5	4	3	2	1	5	4	3	2	1
<i>Test for speed-strength training</i>									
Run 100 m (sec)									
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>									
Raising (sed) and lowering torso from lying down position, legs fixed, hands behind head (number of times)					Pull-up on the crossbar (number of times)				
60	50	40	30	20	15	12	9	7	5
<i>Test for overall endurance</i>									
Run 2000 m (min, sec.)					Run 3000 m (min, sec.)				
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.

**Additional control standards
current control (optional, no more than 3)
for students of the main, preparatory groups**

Girls

Directional characteristic of the test	Score in points			
	5	4	3	2
Run 500 m (min., s.)	1,45	1,53	2,05	2,10
2 km run (min, s) (Cooper's 12-minute run test for prep group)	9.50	11.20	11.50	12.20
Shuttle run 3x10 m (sec.)	8,7	9,3	9,5	9,7
Standing long jump (see)	185	170	160	150
Tilt forward from a standing position with straight legs on a gymnastic bench (below the level of the bench - cm)	16	9	7	5
Gymnastic set of exercises: ➤ morning hygienic gymnastics; ➤ industrial gymnastics	exercises were performed technically correctly, confidently	exercises were performed technically correctly, but not quite confidently	exercises were performed correctly, but with tension and insufficient amplitude, minor mistakes were made	exercises were performed with gross technical errors, carelessly

Youths

Directional characteristic of the test	Score in points			
	5	4	3	2
Run 500 m (min., s.)	3.30	4,00	4,20	4,40
2 km run (min, s) (Cooper's 12-minute run test for prep group)	7.50	8.50	9.20	9.40
Shuttle run 3x10 m (sec.)	7,3	8,0	8,4	8,6
Standing long jump (see)	230	210	200	190
Tilt forward from a standing position with straight legs on a gymnastic bench (below the level of the bench - cm)	13	8	6	4
Gymnastic set of exercises: ➤ morning hygienic gymnastics; ➤ industrial gymnastics	exercises were performed technically correctly, confidently	exercises were performed technically correctly, but not quite confidently	exercises were performed correctly, but with tension and insufficient amplitude, minor mistakes were made	exercises were performed with gross technical errors, carelessly

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	G	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	G	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	G	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	G	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	G	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.	G, YU	0,1-5	5,1-10	10,1-15	Более15
Stange's test (holding the breath on inspiration).	G, 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.

CONTROL
DEFINITIONS OF PHYSICAL FITNESS
 (practical section - intermediate control)

Score in points									
Girls					Youths				
5	4	3	2	1	5	4	3	2	1
<i>Test for speed-strength training</i>									
Run 100 m (sec)									
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>									
Raising (sed) and lowering torso from lying down position, legs fixed, hands behind head (number of times)					Pull-up on the crossbar (number of times)				
60	50	40	30	20	15	12	9	7	5
<i>Test for overall endurance</i>									
Run 2000 m (min, sec.)					Run 3000 m (min, sec.)				
10.15	10.50	11.15	11.50	12.15	12.00	12.35	13.10	13.50	14.00
<i>Flexibility test</i>									
From a standing position on a gymnastic bench, tilt, do not bend the legs at the knee joint (cm)									
16	11	8	5	2	13	7	6	4	2