

**Test questions
for credit (programmed testing) for the discipline in
"PHYSICAL CULTURE AND SPORTS" fourth year students**

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

Topic number 1. Doping and stimulants in sports.

1. Definition of doping.
2. Classification of officially prohibited doping drugs.
3. Pathological effects of doping on the body of athletes.
4. The effect of anabolic steroids on the female body.
5. Specific side effects of anabolic steroid use in adolescents.
6. Psychotropic stimulants, the effect of drugs on the body, side effects.
7. Stimulants of the central nervous system, their effect on the body.
8. Specific types of doping (alcohol, diuretics, hypnotic states, etc.).
9. The use of non-steroidal anabolic drugs. Alternative doping.

Topic number 2. Biomedical and social risk factors in modern society.

1. Determination of the risk factor.
2. Brief description of the main medical and biological risk factors.
3. Dominant risk factors and their manifestations in modern society.
4. The problem of drug addiction.
5. The problem of alcoholism.
6. The problem of smoking.
7. Fight against bad habits.
8. Radiation exposure as an environmental negative factor.

Topic number 3. Adaptive physical education and sports for disabled people.

1. Purpose and subject of adaptive physical education.
2. Aspects of solving the problems of disabled people.
3. The goals of adaptive physical education.
4. Tasks of adaptive physical culture.
5. Content of adaptive physical recreation.
6. Content of adaptive motor rehabilitation.
7. Principles of rehabilitation of disabled people.
8. Contraindications to adaptive physical education.

Topic number 4. Applied vocational physical training (APFP). Physical culture in the system of scientific organization of labor (NOT).

1. The need for special psychophysical preparation for work.
2. Fundamentals of professional and applied student training.
3. Organization of PPFP at the University.
4. Industrial physical culture, its purpose and objectives.
5. The influence of the working and living conditions of a specialist on the choice of forms, methods and means of PFC.
6. Industrial physical education during working hours.
7. Purpose, objectives and means of professionally applied physical training of students of a special educational department of medical and pharmaceutical universities.
8. The focus of the means of professionally applied physical training in classes with students of various faculties.

Topic number 5. General physical and sports training in the system of physical education of students of medical universities.

1. Principles of physical education.
2. Determination of physical qualities.
3. Methods for developing endurance.
4. Methods for developing strength.
5. Methods for developing flexibility.
6. Methods for developing dexterity.
7. Methods for the development of speed.

8. Goals and objectives of general physical training.
9. Special physical training.
10. Basic methodological principles of sports training.
11. The principles of building the training process.
12. Means of sports training.
13. Methods of sports training.

Topic number 6. Physical education of pupils and students with disabilities state of health.

1. Groups of functional training of students of a special medical group.
2. Absolute and relative contraindications to physical education for students with deviations in health.
3. Peculiarities of physical culture lessons for students assigned for health reasons to a special medical group.
4. Testing the functional state of students with deviations in health.
5. The main means of physical culture, used in classes with persons with diseases of the cardiovascular system.
6. The main means of physical culture, used in classes with persons with respiratory diseases.
7. The main means of physical culture, used in classes with persons with diseases of the digestive system.
8. The main means of physical culture, used in classes with persons with diseases of the urinary and reproductive system.
9. Fixed means of physical culture, used in classes with persons with functional disorders in the state of the musculoskeletal system.
10. The main means of physical culture, used in classes with persons with endocrine diseases.
11. The main means of physical culture, used in classes with persons with diseases of the organs of vision.
12. The main means of physical culture, used in classes with persons with diseases of the nervous system.

Topic number 7. Optimization of physical activity of the population.

1. Definition of physical activity.
2. Criteria for calculating optimal physical activity.
3. Quantification of physical activity.
4. Basic principles of good nutrition.
5. What is the expenditure of energy necessary to perform physical exercises for compensation of energy costs in the course of work?
6. What types of activities are involved in the operation of a medical prevention center?
7. What disease risk factor is low physical activity?
8. How should the time for health-improving classes change from age?

Topic number 8. Modern health and sports systems for improving the quality of human life.

1. Definition of valeology.
2. The main technologies of sports and recreation orientation.
3. What are the main types of aerobics.
4. Modern methods of hardening the body.
5. Name the main non-drug means of improving the quality of human life.