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Federal State Budget Educational Institution
of Higher Education
Pacific State Medical University
of the Ministry of Health of the Russian Federation

APPROVED BY
Head of the Department of Physical
Education and Sports
_____ / Kaerova E.V./
"11th" of April 2025

COLLECTION OF ASSESSMENT TOOLS
Б1.В.08 Physical Education and Sports elective disciplines of the basic educational program of Higher Education

Specialty	**31.05.03 Dentistry** for international students (in English)
Degree	Specialist's degree
Profile	02 "Healthcare" (in the field of providing health care in patients with dental pathology)
Mode of study	**Full-time**
Period of mastering the BEP	**5 years**
Department	of Physical Education and Sports

Vladivostok, 2025

1. INTRODUCTION

1.1. **Collection of Assessment Tools** is a document that regulates the format, content, and types of assessment tools for continuous assessment, interim examination and final (state final) examination, and graded criteria for each type of assessment tools.

1.2. Assessment tools allows to evaluate the development of universal competencies (UCs) outlined in Federal State Educational Standard of Higher Education and defined in the basic educational program of higher education for the specialty 31.05.03 Dentistry for international students (in English), 02 "Healthcare" (in the field of providing health care in patients with dental pathology).

(BEP HE for the 31.05.03 Dentistry for international students (in English) specialty, section 3 Learning Outcomes Requirements of the Basic Educational Program of Higher Education)

2. DOCUMENT BODY

2.1. Types of Assessment, Formats of Assessment Tools

No.	Types of assessment	Assessment Tools Format
1	**Continuous assessment**	**Tests (Appendix 1)**
		Interview Questions (Appendix 2)
		Tests on sports and technical training for team sports departments (Appendix 3)
2	**Interim assessment**	**Fitness standards (Appendix 4)**

3. The contents of assessment tools for continuous and interim examination are prepared by the teacher of the course

Appendix 1

Tests

BASKETBALL		
	Code	**Competence description / name of labor function / name of work activity / text**
S	**31.05.03**	**Dentistry for international students (in English)**
C	UC-7	Is able to maintain physical fitness to ensure fulfilling social and professional activity
F	A/04.7	Implementation and monitoring of the effectiveness of medical rehabilitation of patients, including implementation of individual rehabilitation or habilitation programs for people with disabilities; assessment of the patient's ability to work
I		**ANSWER LEVEL 1 TEST QUESTIONS (ONE CORRECT ANSWER)** **01 BASKETBALL WAS INVENTED IN** a) *1891, b) 1900, c) 1918 **02 BASKETBALL WAS INVENTED BY** a) Chamberlain, b) *Naismith, c) Connolly **03 INTERNATIONAL BASKETBALL FEDERATION WAS ESTABLISHED ON** a) June 21, 1940, b) December 5, 1955, c) * June 18, 1932 **04 AN EXHIBITION BASKETBALL TOURNAMENT WAS ORGANIZED FOR THE FIRST TIME DURING** a) *III Olympic Games in St. Louis , b) I Olympic Games in Athens, c) VIII Olympic Games in Paris **05 AN EXHIBITION BASKETBALL TOURNAMENT WAS ORGANIZED FOR THE FIRST TIME IN** a) 1924, b) 1896, c) *1904 **06 BASKETBALL WAS INCLUDED IN THE PROGRAM OF THE OLYMPIC GAMES DURING** a) 1908, IV Olympic Games, London, b) *1936, XI- Olympic Games in Berlin, c) 1952, XV Olympic Games, Helsinki **07 WOMEN 'S BASKETBALL WAS INCLUDED IN THE PROGRAM OF THE OLYMPIC DURING** a) XVII Olympic Games – Rome, 1960, b) XIV Olympic Games – London, 1948, c) *XXI Olympic Games – Montreal, 1976 **08 SOVIET BASKETBALL PLAYERS BECAME OLYMPIC CHAMPIONS AT** a) *XX Olympic Games- Munich, 1972, b) XVIII Olympic Games - Tokyo, 1964, c) XXI Olympic Games - Montreal, 1976

		09 BALL POSSESSION (HANDLING) TECHNIQUE INCLUDES THE FOLLOWING MOVE a) stop, b) pass, c) *catching **10 BALL POSSESSION (HANDLING) TECHNIQUE INCLUDES THE FOLLOWING MOVE** a) pass, b) *handoff, c) turn **11 BALL POSSESSION (HANDLING) TECHNIQUE INCLUDES THE FOLLOWING MOVE** a) *dribbling, b) turn, c) run **12 BALL POSSESSION (HANDLING) TECHNIQUE INCLUDES THE FOLLOWING MOVE** a) stop, b) *shot, c) turnaround **13 MOVEMENT TECHNIQUE IN BASKETBALL CONSISTS OF** a) *walking, running, b) catching, c) shooting the ball **14 MOVEMENT TECHNIQUE IN BASKETBALL CONSISTS OF** a) passes, b) shooting the ball, c) *jumping **15 MOVEMENT TECHNIQUE IN BASKETBALL CONSISTS OF** a) *stops, b) catching, c) passes **16 MOVEMENT TECHNIQUE IN BASKETBALL CONSISTS OF** a) passing the ball, b) *turns, c) shooting the ball **17 A BASKETBALL TEAM INCLUDES THE FOLLOWING NUMBER OF PLAYERS** a) 6, b) 10, c) *5 **18 FROM THE UNITED STATES, BASKETBALL FIRST SPREAD INTO** a) Great Britain, France, Germany, China, Japan, b) *China, Japan, Philippines, c) Germany, France, Russia, Latvia, South America **19 BASKETBALL COURT DIMENSIONS ARE** a) 12m x 24m, b) 9m x 18m, c) *14m x 26m. **20 BASKETBALL BASKET IS PLACED AT A HEIGHT OF** a) 300 cm, b) *305 cm, c) 260 cm **21 BEFORE MAKING A SHOT, A BASKETBALL TEAM MAY POSSES THE BALL FOR** a) *24 sec, b) 30 sec, c) 20 sec

		22 THE NUMBER OF STEPS A PLAYER CAN MAKE AFTER DRIBBLING THE BALL IS a) 3, b) *2, c) 4 **23 ON THEIR SIDE OF THE COURT, A BASKETBALL TEAM MAY POSSES THE BALL FOR** a) 10 sec, b) 18 sec, c) *8 sec **24 DURATION OF A BASKETBALL GAME IS** a) 4 half-times of 15 minutes, b) *4 half-times of 10 minutes, c) 2 half-times of 20 minutes **25 A SUCCESSFUL SHOT FROM THE FOUL LINE NETS** a) 3 points, b) 2 points, c) *1 point **26 BASKETBALL PLAYER NUMBERS START WITH** a) 5, b) *4, c) 3 **27 TO THROW OUT THE BALL, A PLAYER HAS** a) *5 sec, b) 3 sec, c) 7 sec **28 LEARNING HOW TO MAKE PASSES IN MOTION MUST BEGIN AFTER MASTERING THE TECHNIQUES OF STATIONARY CATCHING AND PASSING OF THE BALL AND STOPPING IN TWO STEPS WITH** a) shooting the ball, b) passing the ball, c) *catching the ball **29 GROUP TACKLING IS USED** a) *during the most active defense and press, b) on the opponent's side of the court, c) when the team's loss is obvious **30 THE CHOICE OF THE TYPE AND TRAJECTORY OF A PASS DEPENDS ON** a) the state of the court flooring, b) *the nature of the opponent's offense, c) the teamwork of the partners

Assessment criteria

"Very good"	over 80% correct answers
"Good"	70-79% correct answers
"Satisfactory"	55-69% correct answers
"Unsatisfactory"	less than 55% correct answers

VOLLEYBALL		
	Code	**Competence description / name of labor function / name of work activity / text**
S	**31.05.03**	**Dentistry for international students (in English)**

C	UC-7	Is able to maintain physical fitness to ensure fulfilling social and professional activity
F	A/04.7	Implementation and monitoring of the effectiveness of medical rehabilitation of patients, including implementation of individual rehabilitation or habilitation programs for people with disabilities; assessment of the patient's ability to work
I		**ANSWER LEVEL 1 TEST QUESTIONS (ONE CORRECT ANSWER)**
T		**01. THE CREATOR OF THE VOLLEYBALL IS** a) *Morgan, b) Acosta, c) Einhorn **02. THE WORD "VOLLEYBALL" MEANS** a) sliding ball, b) *volleying shot, c) jumping ball **03. DIMENSIONS OF THE VOLLEYBALL PLAYING FIELD ARE** a) 15x30, b) 12x24, c) *9x18 **04. HIGHT OF THE NET IN MEN'S VOLLEYBALL IS** a) *2.43, b) 2.50, c) 2.20 **05. HIGHT OF THE NET IN WOMEN'S VOLLEYBALL IS** a) 2.34, b) 2.14, c) *2.24 **06. THE NUMBER OF PLAYERS IN ONE VOLLEYBALL TEAM IS** a) 5, b) *6, c) 8 **07. A TEAM SCORES A POINT DURING THE GAME IF** a) the balls hits the net, b) the ball flies out, c) * the ball successfully lands on the opponent's side of the court **08. A TEAM SCORES A POINT DURING THE GAME IF** a) * the opponent's team makes a mistake, b) the ball hits the net, c) the ball flies out **09. A GAME IS CONSIDERED WON IF** a) a team scores 15 points first with an advantage of at least 2 points, b) a team scores 30 points first, c) * a team scores 25 points with an advantage of at least 2 points first **10. ON ONE SIDE OF THE COURT, THE BALL CAN BE PASSED** a) 2 times, b) *3 times, c) 1 time **11. VOLLEYBALL DOES NOT HAVE THE FOLLOWING TYPE OF SERVE** a) *screw serve, b) overhead serve, c) jump serve **12. A VOLLEYBALL GAME STARTS WITH** a) throw-over, b) *serve, c) pass

13. CAN A PLAYER RECEIVE THE BALL IN ZONE 3 AFTER SERVE?
a) *yes, b) any player can, c) only players in 5, 6, and 1 zone can receive the ball

14. PLAYER ROTATION IN VOLLEYBALL IS DIRECTED
a) as the coach decides, b) counterclockwise, c) * clockwise

15. THE MOVE THAT ALLOWS TO KEEP THE BALL IN THE GAME AFTER A SERVE IS CALLED
a) *receiving the ball, b) all answers are correct, c) hitting the ball

16. THE PURPOSE OF THE THREE-TOUCH RULE IN VOLLEYBALL IS
a) confusing the opponent, b) *preparing for an offense strike, c) to get the ball into the game

17. A DEFENSE PLAYER WITH NO SET POSITION IS CALLED
a) limero, b) leaderro, c) *libero

18 RECENTLY, THE FOLLOWING HAS BECOME COMMON IN VOLLEYBALL
a) three kinds of starting lineup, b) *two kinds of starting lineup, c) four kinds of starting lineup

19. AT FIRST, GROUP AND TEAM TACTICS IN VOLLEYBALL ARE STUDIED
a) in practice, b) individually, c) *in theory

20. SPORT ACHIEVEMENTS IN VOLLEYBALL ARE ARBITRARILY SPLIT INTO
a) two tiers, b) *three tiers, c) five tiers

21. THE STARTING POSITION OF THE BLOCKING PLAYER IS IN THE MIDDLE OF THE GRID, AT THE DISTANCE AWAY FROM IT OF
a) *one meter, b) two meters, c) half a meter

22. DEFENSE PLAY CONSISTS OF
a) individual actions, b) *individual, group, and team actions, c) receiving the ball, passes, and offensive strikes

23. SIMULATION IN VOLLEYBALL IS
a) the tactics of the team's actions for a particular game, b) the tactics of the strongest players of the team, c) * the expression of the final state of individual volleyball players and the team as a whole

24. PASS OF THE BALL BEGINS WITH

		a) choosing the direction of movement of the ball, b) *unflexing the legs, torso, arms, c) hitting the ball and subsequent tracking of the ball **25. IN VOLLEYBALL, SPEED IS MANIFESTED IN** a) four basic forms, b) two basic forms, c) *three basic forms **26. MASTERING OF VOLLEYBALL TECHNIQUES IN THE PROCESS OF TRAINING IS CARRIED OUT** a) following the specific instructions of the coach, b) *a certain scheme, c) a free-form scheme **27. WHEN RECEIVING A SERVE, THE PLAYER MUST BE LOCATED** a) *not closer than the middle part of the court, b) in the rear part of the court, c) outside the court **28. IN THE COMPETITIVE PERIOD OF THE TRAINING PROCESS, THE FOLLOWING IS THE MOST APPROPRIATE** a) gradual increase in exercise load, b) step-by-step increase in exercise load, c) *leap-ahead increase in exercise load **29. VOLLEYBALL COMPETITIONS CAN BE** a) * only team, b) team and individual, c) only individual **30. FOR THE FIRST TIME, VOLLEYBALL DEBUTED AS AN OLYMPIC SPORT AT THE OLYMPICS IN** a) Mexico City, b) *Tokyo, c) Munich

Assessment criteria

"Very good"	over 80% correct answers
"Good"	70-79% correct answers
"Satisfactory"	55-69% correct answers
"Unsatisfactory"	less than 55% correct answers

TRACK AND FIELD		
	Code	**Competence description / name of labor function / name of work activity / text**
S	**31.05.03**	**Dentistry for international students (in English)**
C	UC-7	Is able to maintain physical fitness to ensure fulfilling social and professional activity
F	A/04.7	Implementation and monitoring of the effectiveness of medical rehabilitation of patients, including implementation of individual rehabilitation or habilitation programs for people with disabilities; assessment of the patient's ability to work
I		**ANSWER LEVEL 1 TEST QUESTIONS (ONE CORRECT ANSWER)**

T		**01. FORMS OF TRACK AND FIELD CLASSES CAN BE ARBITRARILY DIVIDED INTO** a) main and secondary, b) *main and episodic, c) educational and non-educational **02. BY THEIR NATURE, THE COMPETITIONS IN TRACK AND FIELD ARE DIVIDED INTO** a) preliminary and qualifying, b) individual and team championships, c) *individual, team, and individual-and-team **03. THE BASIS FOR THE CLASSIFICATION OF TRACK AND FIELD SPORTS IS** a) running, jumping, throwing, marathon distances, b) running, jumping, throwing, and all-around, c) *walking, running, jumping, throwing, and all-around **04. THE FOLLOWING IS CALLED "QUEEN OF SPORTS"** a) *track and field, b) gymnastics, c) weightlifting **05. CROSS-COUNTRY RUNNING IS** a) hurdles running, b) * running through uneven terrain, c) accelerated running **06. THE FOLLOWING IN NOT INCLUDED IN TRACK AND FIELD** a) *long horse vault, b) pole vaulting, c) speedwalking **07 THE FOLLOWING RUNNING DISTANCES IS NOT INCLUDED IN THE OLYMPIC GAMES** a) 400 m, 800 m, b) 200 m, 100 m, c) *500 m, 1000 m **08. THE FOLLOWING RUNNING DISTANCE IS CONSIDERED A SPRINT DISTANCE** a) *100 m, b) 800 m, c) 500 m **09. RUN-UP LENGTH IS MEASURED WITH** a) tape measure, b) *feet, c) running steps **10. STEEPLE-CHASE IS A TYPE OF RUNNING THAT ENTAILS RUNNING ON** a) natural condition, b) on a racetrack with hurdles of one type, c) *on a racetrack with barriers and a water pit **11. IN RUSSIA, TRACK AND FIELD FIRST AROSE IN** a) in 1896, b) *in 1888, c) in 1912 **12. WIDTH OF THE STADIUM RACETRACK** a) 100 cm, b) 105 cm, c) *125 cm **13. 80-90% OF LONG JUMP RESULT DEPENDS ON** a) quick movement of the switch leg, b) *maximum speed of run-up and jump-off, c) jumping technique

14. 70-80% OF HIGH JUMP RESULT DEPENDS ON
a) *coordination of the movements of the jumper, b) the direction of movement of the switch leg and the vertical speed of the jumper, c) the jumping technique

15. THE MOST EFFECTIVE EXERCISE FOR DEVELOPMENT OF ENDURANCE IS
a) short distance running, b) long distance running, c) medium distance distances

16. IN INDEPENDENT TRACK AND FIELD TRAINING, THE MOST EFFECTIVE METHOD OF CONTROLLING PHYSICAL ACTIVITY
a) by respiratory rate
b) by well-being
c) * by heartrate

17. LACK OF WARM-UP BEFORE THE COMPETITION (OR BEFORE THE MAIN PART OF A TRAINING SESSION) MOST OFTEN LEADS TO
a) improving the result
b) *injuries
c) spending less energy

18. IN INDEPENDENT TRACK AND FIELD TRAINING, THE MOST EFFECTIVE METHOD OF CONTROLLING PHYSICAL ACTIVITY
a) by respiratory rate
b) by well-being
c) * by heartrate

19. LACK OF WARM-UP BEFORE THE COMPETITION (OR BEFORE THE MAIN PART OF A TRAINING SESSION) MOST OFTEN LEADS TO
a) improving the result
b) *injuries
c) spending less energy

20. Men's hurdle race include the following distances
a) *2000; 3000
b) 3000; 5000
c) 5000; 10000

21. The main factors determining the effectiveness of jumps are
a) optimal functioning of all parts of the body
b) *initial velocity of the jumper's center of mass and angle
c) initial acceleration velocity and pushing-off force

22. THE FIRST ATHLETICS COMPETITION WAS HELD IN
a) 888 BC
b) 1896
c) * 776 BC

d) 1917

23. AT THE START, SPRINTERS COPY THE POSE OF SUCH ANIMAL, AS
a) a dog hound
b) a cheetah
c) *a kangaroo
d) ostrich

24. TRACK AND FIELD DOES NOT INCLUDE
a) *squats
b) running
c) jumping
d) * weight lifting

25. TECHNICAL DISCIPLINES OF TRACK AND FIELD DO NOT INCLUDE
a) vertical jumps
b) *walking
c) throwing
d) horizontal jumps

26. REPRESENTATIVES OF THIS PROFESSION WERE THE FIRST TO COMPETE IN HAMMER THROWING
a) shepherds
b) carpenters
c) *blacksmiths
d) millers

27. LENGTH OF THE MARATHON DISTANCE IS
a) 37 km 100 m
b) 50 km 170 m
c) *42 km 195m
d) 28 km 160 m

28. OPTIMAL TEMPERATURE FOR THE MARATHON RACE IS
a) 18-20
b) 20-22
c) *14-16
d) 23-25

29. THE FOLLOWING IS CONSIDERED A SPRINT DISTANCE
a)*100 m
b) 800 m
c) 500 m
d) 400 m

30. AN ATHLETE WHO SETS THE PACE DURING THE MIDDLE AND LONG DISTANCE RACES IS CALLED
a) domestic
b) sprinter

		c) favorite d) *pacemaker

Assessment criteria

"Very good"	over 80% correct answers
"Good"	70-79% correct answers
"Satisfactory"	55-69% correct answers
"Unsatisfactory"	less than 55% correct answers

FITNESS		
	Code	**Competence description / name of labor function / name of work activity / text**
S	**31.05.03**	**Dentistry for international students (in English)**
C	UC-7	Is able to maintain physical fitness to ensure fulfilling social and professional activity
F	A/04.7	Implementation and monitoring of the effectiveness of medical rehabilitation of patients, including implementation of individual rehabilitation or habilitation programs for people with disabilities; assessment of the patient's ability to work
I		**ANSWER LEVEL 1 TEST QUESTIONS (ONE CORRECT ANSWER)**
T		**01. CLASSICAL AEROBICS INCLUDES** a) aerobic running exercises b) * aerobic exercises with rhythmic music which helps to keep the rhythm c) a direction of motor activity **02. THE EFFECT OF GYMNASTIC EXERCISES IS DETERMINED BY** a) their format b) their tempo c) *their content **03. THE BASIS FOR THE CLASSIFICATION OF TRACK AND FIELD SPORTS IS** a) running, jumping, throwing, marathon distances b) running, jumping, throwing, and all-around c) *walking, running, jumping, throwing, and all-around **04 THE SYNTHESIS OF GENERAL AND GYMNASTIC EXERCISES INCLUDING RUNNING, STEPS, BOUNCES, DANCE ELEMENTS WITHOUT PAUSES AND REST, PERFORMED WITH BACKGROUND MUSIC IS CALLED** a) *classic aerobics b) aerobic gymnastics c) resistance bands workout

05. THE PLANK EXERCISE IS
a) coordination exercise
b) * this is a static exercise on the floor with an emphasis on the arms or forearms
c) stretching exercise

06. THE SYSTEM OF CYCLIC EXERCISES THAT REQUIRE ENDURANCE, CONTRIBUTING TO THE IMPROVEMENT OF THE FUNCTIONALITY OF THE CARDIOVASCULAR AND RESPIRATORY SYSTEMS, IS DEFINED AS
a) *aerobics
b) cyclic training
c) rhythmic gymnastics

07 AEROBICS IS
a) one of the most effective means of comprehensively affecting the human body
b) compilation of various sports exercises, workouts, and other ways to improve health, shape up, and strengthen the body
c) *a set of exercises in which respiration is synced with the movement of the body, musculoskeletal system

08. CROSSFIT IS
a) * strength and endurance exercise program consisting mainly of anaerobic exercises, gymnastics (bodyweight exercises), and weightlifting
b) multiple repetitions in one set with a small free weight.
c) cyclic training

09. AEROBIC EXERCISES (AEROBICS) MEANS
a) cyclic exercises that contribute to favorable functional changes in the body
b) *systematic performance of exercises that target a large group of muscles, have a long duration, and use aerobic processes as an energy source
c) involvement of large muscle groups; the possibility of prolonged exercise; the rhythmic nature of muscle activity

10. MYOFACIAL RELEASE IS
a) a special technique of increasing strength endurance
b) special techniques of increasing vitality
c) *simultaneous manual action on both muscles and connective tissue aimed at relaxing myofascial structures

11. EXERCISES THAT USE MYOFASCIAL RELEASE HAVE NO EFFECT ON
a) the work of the nervous system, the work of the musculoskeletal system
b) *work of the cardiovascular and respiratory system
c) removal of excess fluid, lymphatic drainage effect

12.MYOFASCIAL RELEASE TECHNIQUE IS INDICATED IN PATIENTS WITH

a) varicose veins
b) diseases of cardiovascular system;
c) *diseases of the musculoskeletal system, syndromes characterized by chronic muscle pain

13. GYMNASTIC EXERCISE THAT INVOLVES HOLDING A PUSH-UP-LIKE POSITION, WITH THE BODY'S WEIGHT BORNE ON FOREARMS, ELBOWS, AND TOES IS CALLED
a) a handstand
b) *forearm plank
c) forearm stand

14. THE EXERCISE THAT INVOLVES A SQUAT THRUST WITH AN ADDITIONAL STAND BETWEEN REPETITIONS IS CALLED
a) *burpee
b) squat, plank, and jump
c) push-ups and jumps

15. THE FOLLOWING DO/DOES NOT CONTRIBUTE TO THE DEVELOPMENT OF AEROBIC ENDURANCE
a) rope jumping
b) running exercises
c) * stretching exercises

16. DURING INDIVIDUAL STEP AEROBICS WORKOUTS, THE MOST EFFECTIVE WAY TO CONTROL ONE'S PHYSICAL ACTIVITY IS MONITORING
a) respiratory rate
b) well-being
c) * heartrate

17. LACK OF WARM-UP BEFORE WORKOUTS MOST OFTEN LEADS TO
a) improving the result
b) *injuries
c) spending less energy

18. PUSH PRESSES ARE
a) a classic aerobics exercise
b) interval cross country running
c) *one of the basic exercises of weightlifting and crossfit. It involves a forceful push of the bar from different positions

19. TRX (TOTAL BODY RESISTANCE EXERCISE) IS
a) a gym machine
b) *nylon slings with simple length adjustment mechanism, round handles for palms and loops for leg
c) balancing simulator

20. FITBALL-GYMNASTICS IS
a) *exercises on large and elastic balls (exercise balls)

b) synonym of strength gymnastics
c) element of basic aerobics

21. ROPE JUMPING HELPS DEVELOP
a) dexterity
b) *endurance
c) strength

22. "BOSU" MEANS
a) a hemisphere.
b) unstable surface
c) *usability of both sides
d) unstable hemisphere

23. "THE MERMAID" EXERCISE IN PILATES IS AIMED AT
a) development of endurance
b) development of balance and strengthening wrists
c) * strengthening and stretching the muscles of the arms and shoulders, hips and oblique muscles of the abdomen

24. THE FOLLOWING EXERCISE ALLOWS TO ASSESS A PERSON'S FLEXIBILITY
a) *seated forward fold
b) push-ups
c) sit-ups

25. THE FOLLOWING IS NOT USED TO DEVELOP MUSCLE STRENGTH
a) bodyweight exercises
b) long jump, high jump, deep jump
c) rope, pole, and ladder climbing
d) * forward, backward, and sideways bends

26. MEANS OF GYMNASTICS INCLUDE
a) forms of overseeing the process of gymnastics training process by the teacher
b) * gymnastic exercises, background music for exercises, natural forces of nature, hygienic procedures, teacher's words that have a psycho-regulatory effect, etc.
c) hygienic procedures, words of the teacher
d) gymnastic exercises, background music for exercises

27. THE FOLLOWING IS AIMED AT IMPROVING FLEXIBILITY
a) crossfit exercises
b) * Pilates
c) *stretching
d) dumbbell exercises

28. PILATES IS
a) exercises on large and elastic balls (exercise balls)

		b) * a system of physical exercises developed by Josef Pilates at the beginning of the 20th century for rehabilitation after injuries c) performing gymnastic exercises to music d) exercises with rollers **29. STEP AEROBICS IS** a) a type of strength aerobics, combining strength exercises with modern up-tempo music that sets a fast pace and rhythm of movement b) *low-load cardio training based on simple choreographic movements on a special mount c) physical exercises designed for different muscle groups and involving two or more joints (or pairs of joints) in movement d) a type of Pilates **30. A MEDBALL IS** a) a special ball of large diameter and low surface tension used to increase difficulty of normal exercises b) * a heavy packed ball used to increase the physical load special ball for Pilates gymnastics exercises d) a type of strength aerobics, combining strength exercises with modern up-tempo music that sets a fast pace and rhythm of movement e) physical exercises designed for different muscle groups and involving two or more joints (or pairs of joints) in movement

Assessment criteria

"Very good"	over 80% correct answers
"Good"	70-79% correct answers
"Satisfactory"	55-69% correct answers
"Unsatisfactory"	less than 55% correct answers

FOR THE SPECIAL MEDICAL GROUP		
	Code	**Competence description / name of labor function / name of work activity / text**
S	**31.05.03**	**Dentistry for international students (in English)**
C	UC-7	Is able to maintain physical fitness to ensure fulfilling social and professional activity
F	A/04.7	Implementation and monitoring of the effectiveness of medical rehabilitation of patients, including implementation of individual rehabilitation or habilitation programs for people with disabilities; assessment of the patient's ability to work
I		**ANSWER LEVEL 1 TEST QUESTIONS (ONE CORRECT ANSWER)**

T		**1. FORMS OF PHYSICAL THERAPY CLASSES CAN BE ARBITRARILY DIVIDED INTO** a) individual and group b) *basic and episodic c) morning and evening **2. THE MAIN PURPOSE OF HEALTH-IMPROVEMENT P.E. CLASSES IN A SPECIAL MEDICAL GROUP** a) increase in sports performance b) * health promotion and disease prevention c) preparation for competitions **3. WHICH INDICATOR MUST BE MONITORED BEFORE, DURING, AND AFTER EXERCISES?** a) air temperature b) *heart rate c) height **4. BREATHING EXERCISES ARE INCLUDED IN** a) only the main part of the class b) only the final part of the class c) all parts of the class **5. WHAT ARE THE SIGNS OF FATIGUE DURING CLASS?** a) mood improvement b) *dizziness c) increased appetite **6. WHAT KIND OF EXERCISES ARE EXERCISES WITH A GYMNASTIC BAR?** a) respiratory b) *aimed at general development c) high-speed **7. WHAT ARE THE CONTRAINDICATIONS FOR ATTENDING P.E. CLASSES?** a) sense of well-being b) *any acute disease c) normal blood pressure **8. WHAT SELF-MONITORING METHOD IS USED DURING P.E. CLASSES?** a) height measurement b) * heartrate counting c) determination of blood type **9. WHAT KIND OF PHYSICAL ACTIVITY IS THE SAFEST FOR MOST SMG STUDENTS?** a) marathon running b) *walking c) high jump

10. WHAT IS THE SIGN OF CORRECTLY PERFORMING BREATHING EXERCISES?
a) increased respiration
b) *even and calm breathing
c) holding breath

11. WHAT PART OF THE P.E. CLASS IS INTENDED FOR RECOVERY AND RELAXATION?
a) preparatory
b) basic
c) * final

12. WHAT TYPE OF EXERCISE PROMOTES CORRECT POSTURE?
a) flexibility exercises
b) *exercises for the back muscles
c) speed exercises

13. WHAT IS THE BASIC PRINCIPLE IN COMPILING A SET OF EXERCISES FOR SMG STUDENTS?
a) maximum physical load
b) *individual approach
c) monotony of movements

14. WHAT KIND OF PHYSICAL ACTIVITY IS CONSIDERED AN AEROBIC EXERCISE?
a) ball throwing
b) *swimming
c) weight lifting

15. WHAT IS THE SIGN THAT REQUIRES STOPPING EXERCISING IMMEDIATELY?
a) light fatigue
b) * heart pain
c) thirst

16. WHAT TYPE OF EXERCISE IS CONTRAINDICATED IN STUDENTS WITH DISEASES OF THE MUSCULOSKELETAL SYSTEM?
a) respiratory
b) *drops
c) stretching exercises

17. HOW OFTEN IS IT RECOMMENDED TO CONDUCT A FOLLOW-UP MEDICAL EXAMINATION FOR STUDENTS IN SMG?
a) once in 5 years
b) *annually
c) once a month

		18. WHAT IS THE SIGN INDICATING THE CORRECT ORGANIZATION OF INDEPENDENT WORKOUTS? a) no warm-up b) *regularity and physical load control c) performing only strength exercises **19. WHAT IS THE MAIN METHOD OF INJURY PREVENTION DURING P.E. CLASSES?** a) physical load increase b) * observing the safety precautions; c) shortening the duration of the class **20. WHAT IS ASSESSED DURING THE RUFFIER SQUAT TEST?** a) body temperature b) heartrate c) blood pressure **21. WHAT TYPE OF EXERCISE PROMOTES FLEXIBILITY?** a) running b) * stretching exercises c)dumbbell exercises **22. WHAT IS THE MAIN SIGN OF PROPER BREATHING WHEN PERFORMING EXERCISES?** a) mouth breathing b) *deep and uniform breathing c) holding breath at inhale **23. WHICH OF THE FOLLOWING EXERCISES IS MOST SUITABLE FOR MORNING WORKOUTS?** a) exercises with maximum physical load b) *light exercises aimed at general development c) intensive strength exercises **24. WHAT IS A SIGN OF THE POSITIVE IMPACT OF REGULAR EXERCISE?** a) decreased endurance b) * improvement of well-being c) sleep impairment **25. WHAT IS THE BASIC PRINCIPLE OF PHYSICAL LOAD DOSING IN SMG?** a) a sharp increase in physical load b) *gradual increase in intensity c) performing exercises until exhaustion

Assessment criteria

"Very good"	over 80% correct answers
"Good"	70-79% correct answers

"Satisfactory"	55-69% correct answers
"Unsatisfactory"	less than 55% correct answers

Appendix 2

Interview Questions

BASKETBALL		
	Code	**Competence description / name of labor function / name of work activity / text**
S	**31.05.03**	**Dentistry for international students (in English)**
C	UC-7	Is able to maintain physical fitness to ensure fulfilling social and professional activity
F	A/04.7	Implementation and monitoring of the effectiveness of medical rehabilitation of patients, including implementation of individual rehabilitation or habilitation programs for people with disabilities; assessment of the patient's ability to work
I		**ANSWER THE QUESTIONS**
Q		1. What is the number of players in one basketball team? 2. What is the name of shot into the basket from behind the three-point line? 3. What is dribbling in basketball? 4. What is the duration of one period in professional basketball? 5. What is the name of the rules violation when a player takes two steps without dribbling the ball? 6. What happens if a player makes five fouls? 7. What is the name of the position of the player who usually leads the game and passes the ball to other? 8. What is "interception" in basketball? 9. What is the size of a basketball court according to FIBA standards? 10. What does the term "block shot" mean? 11. What is the name of shot at a close range? 12. What is a "time-out" in basketball? 13. What is the name of a rules violation when a player touches the ball with both hands at the same time while dribbling? 14. What is a "fast break"? 15. What is the maximum weight of a men's basketball ball? 16. What is "zone defense"? 17. What is the name of a shot made after bouncing the ball off the backboard? 18. What does the term "assist" mean? 19. What is the name of a rules violation when a player holds the ball for more than 5 seconds when entering the ball into the game from an "out"? 20. How many points are awarded for a made from the three-point line? 21. What is a "triple double" in basketball? 22. What is the name of the position of the player who plays under the hoop and is responsible for picking up the ball? 23. What are "foul shots"? 24. What is the name of the rules violation when the player pushes the opponent?

		25 What is a “personal foul” in basketball?

Assessment criteria

"Very good"	over 80% correct answers
"Good"	70-79% correct answers
"Satisfactory"	55-69% correct answers
"Unsatisfactory"	less than 55% correct answers

VOLLEYBALL		
	Code	**Competence description / name of labor function / name of work activity / text**
S	**31.05.03**	**Dentistry for international students (in English)**
C	UC-7	Is able to maintain physical fitness to ensure fulfilling social and professional activity
F	A/04.7	Implementation and monitoring of the effectiveness of medical rehabilitation of patients, including implementation of individual rehabilitation or habilitation programs for people with disabilities; assessment of the patient’s ability to work
I		**ANSWER THE QUESTIONS**
Q		1. What is the number of players in one volleyball team? 2. How many touches of the ball are allowed to one team in one play? 3. Is blocking counted as a touch of the ball? 4. What is the minimum score gap required to win a game? 5. How many points do you need to score to win a game in volleyball? 6. What types of serves there are in volleyball? 7. In which direction do players move after scoring a point? 8. What is the maximum team size in terms of the number of players in the application? 9. Is it possible to catch or hold a ball in volleyball? 10. What happens if a player touches the ball twice in a row? 11. What is the name of the rules violation when a player touches the net with their hand during the play? 12. Can a player be on the opponent's side under the net? 13. What is considered an attacking blow in volleyball? 14. What is the height of the net for men's teams? 15. How many games are usually played in an official match? 16. What is the name of the position of the player accepting the opponent's serve? 17. What is "libero" in volleyball? 18. Can a player from the back line attack the ball in front of the three-meter line? 19. What happens when the ball touches two players at the same time?

		20. What is the penalty for stepping on the opponent's side? 21. Can one use the net or antennas for support during the game? 22. What is a foul in volleyball? 23. What is the name of the throw of the ball towards the opponent in order to score a point? 24. What is the size of the volleyball court? 25. What happens if the score reaches 24:24?

Assessment criteria

"Very good"	over 80% correct answers
"Good"	70-79% correct answers
"Satisfactory"	55-69% correct answers
"Unsatisfactory"	less than 55% correct answers

FITNESS		
	Code	**Competence description / name of labor function / name of work activity / text**
S	**31.05.03**	**Dentistry for international students (in English)**
C	UC-7	Is able to maintain physical fitness to ensure fulfilling social and professional activity
F	A/04.7	Implementation and monitoring of the effectiveness of medical rehabilitation of patients, including implementation of individual rehabilitation or habilitation programs for people with disabilities; assessment of the patient's ability to work
I		**ANSWER THE QUESTIONS**
Q		1. What is fitness? 2. What are the main components of a fitness program? 3. What is a cardio training? 4. What is the main purpose of strength training? 5. What is functional training? 6. What muscles work when performing the plank exercise? 7. What is stretching and why is it needed? 8. What are the benefits of regular stretching? 9. What is fitball and what is it used for? 10. What is the role of pre-workout warm-ups? 11. What is a cool-down and why is it needed? 12. What types of fitness programs exist? 13. How does fitness affect the psycho-emotional state? 14. What is interval training? 15. What exercises help strengthen core muscles? 16. How to properly monitor the pulse during training? 17. What are aerobic and anaerobic physical loads? 18. How often is fitness recommended to maintain health? 19. What exercises are suitable for beginners? 20. How does fitness help in the prevention of diseases of the musculoskeletal system? 21. What are adaptive fitness programs?

		22. What methods of self-control are used in fitness? 23. How to compile an individual fitness program? 24. What exercises promote endurance? 25. How does fitness affect the formation of personal qualities, such as discipline and perseverance?

Assessment criteria

"Very good"	over 80% correct answers
"Good"	70-79% correct answers
"Satisfactory"	55-69% correct answers
"Unsatisfactory"	less than 55% correct answers

TRACK AND FIELD		
	Code	**Competence description / name of labor function / name of work activity / text**
S	**31.05.03**	**Dentistry for international students (in English)**
C	UC-7	Is able to maintain physical fitness to ensure fulfilling social and professional activity
F	A/04.7	Implementation and monitoring of the effectiveness of medical rehabilitation of patients, including implementation of individual rehabilitation or habilitation programs for people with disabilities; assessment of the patient's ability to work
I		**ANSWER THE QUESTIONS**
Q		1. What is track and field? 2. What types of exercises are included in track and field? 3. Which track and field disciplines are included in the Olympic Games program? 4. How are types of track and field classified by motor qualities? 5. What is shuttle running and what is it used for? 6. What does the term "relay race" mean? 7. What are the features of the short-distance running technique? 8. What is the difference between the medium and long distance running technique? 9. What are the rules for 4x100m relay? 10. How many attempts is a long jump competitor given? 11. What is the difference between a high jump and a pole vault? 12. What are the requirements for technical long jump and triple jump? 13. What is all-around in track and field? 14. What factors affect the result of running? 15. What are the main tests used to assess speed-strength abilities in track and field? 16. What safety rules should be observed in track and field? 17. What is the history of track and field?

		18. How is track and field related to the physical education system? 19. What track and field exercises can one do outside the stadium? 20. What is the reason for the mass and popularity of track and field? 21. What sports are not a part of track and field? 22. What are the main stages in the historical development of track and field? 23. What is the starting run and what is its role in running? 24. What are the types of starting in running? 25. What are the aspects of the finishing technique in running? 26. What are the rules for passing a baton in a relay race? 27. What is the role of torso and head position in running? 28. What types of track and field disciplines require endurance? 29. What is a sprint? 30. Why is track and field considered the "queen of sport"?

Assessment criteria

"Very good"	over 80% correct answers
"Good"	70-79% correct answers
"Satisfactory"	55-69% correct answers
"Unsatisfactory"	less than 55% correct answers

FOR THE SPECIAL MEDICAL GROUP		
	Code	**Competence description / name of labor function / name of work activity / text**
S	**31.05.03**	**Dentistry for international students (in English)**
C	UC-7	Is able to maintain physical fitness to ensure fulfilling social and professional activity
F	A/04.7	Implementation and monitoring of the effectiveness of medical rehabilitation of patients, including implementation of individual rehabilitation or habilitation programs for people with disabilities; assessment of the patient's ability to work
I		**ANSWER THE QUESTIONS**
Q		1. What are the main objectives achieved in physical education classes in a special medical group? 2. What changes in heartrate do you observe before and after exercise? 3. What exercises are contraindicated in your disease? 4. What breathing exercises do you know and how to perform them correctly? 5. How to determine the optimal intensity of the exercise load for your health condition? 6. What signs of fatigue do you know and how to recognize them?

		7. What exercises aimed at correcting posture can you name? 8. What relaxation and recovery techniques do you use after exercise? 9. What physical therapy exercises are recommended for your disease? 10. How do cyclic exercises affect the functional state of the cardiovascular system? 11. What exercises improve flexibility and how to perform them correctly? 12. What outdoor games and relay races can be used in a special medical group? 13. How to determine the permissible level of exercise load during individual workouts? 14. What are the most effective means of physical education aimed at preventing exacerbations of your disease? 15. What exercises are contraindicated in diseases of the musculoskeletal system? 16. How to properly combine physical activity and rest during the day? 17. What types of physical activity are most suitable for your disease? 18. What methods of self-control do you use during exercise? 19. How do coordination exercises affect the general condition of the body? 20. What exercises with equipment (balls, gymnastic bars) can you perform? 21. What changes in your physical condition did you notice after regular classes as a part of SMG? 22. How to compile an individual complex of morning gymnastics, taking into account your disease? 23. What precautions should you take when exercising based on your diagnosis? 24. What is the main purpose of classes in a special medical group? 25. What types of exercise are most commonly used in SMG? 26. Which indicator is necessarily monitored before, during, and after the lesson? 27. What are the signs of fatigue during the class? 28. What is self-control and what parameters does it include? 29. What is the importance of breathing exercises for people with chronic respiratory diseases? 30. What exercises are contraindicated in diseases of the musculoskeletal system? 31. What exercise regimen is recommended for individuals with chronic heart disease? 32. When should one stop exercising immediately? 33. What is the Ruffier Squat Test and why is it performed? 34. What is the structure of a fitness class in SMG? 35. What exercises contribute to the formation of correct posture?

		36. Why is it important to follow an individual approach when compiling a set of exercises? 37. What are the basic principles of graded physical activity? 38. What relaxation techniques are used in the final part of the lesson? 39. What are the signs of proper breathing when performing exercises? 40. What is an adaptation format of exercises and for whom is it intended? 41. What injury prevention measures should be followed during the classes? 42. How often is it recommended to conduct a follow-up medical examination for students in SMG? 43. What are the main contraindications to physical education in students included in SMG? 44. What exercises are allowed for people with pes planus (flat feet)? 45. How does regular physical activity affect emotional state? 46. What types of physical activity are considered aerobic exercises? 47. Why is it important to monitor heart rate during classes? 48. What are the main objectives of fitness classes in a special medical group?

Assessment criteria

"Very good"	over 80% correct answers
"Good"	70-79% correct answers
"Satisfactory"	55-69% correct answers
"Unsatisfactory"	less than 55% correct answers

Appendix 3

TESTS ON SPORTS AND TECHNICAL TRAINING FOR TEAM SPORTS DEPARTMENTS

BASKETBALL

Test 1. At an angle of 45º from the hoop on both sides at a distance of 5 m from it, 2 marks are applied to the floor. In the starting position, the player with the ball is standing behind the right mark. Execution: right-hand dribbling – shooting in motion – catching the ball in the air – right-hand dribbling to the left mark – switching dribbling hand to the left hand behind the mark – left-hand dribbling – shooting in motion – catching the ball in the air. Duration: 30 seconds. The reliability of the skill of shooting in motion is assessed. Scoring: each "hoop-mark" distance = 1 point. Guidelines: throws are made on the right – with the right hand, on the left – with the left hand. In addition to the number of distances, the number of goals is recorded.

Test 2. Series of passes to the wall at a distance of 3 meters. Duration: 30 seconds. The stability and reliability of the ball passing skill are assessed. Scoring: two passes = 1 point. Guidelines: passes are performed alternately with the right and left hand. When making a pass, the player can step on the line with his front foot, but not cross it.

Test 3. In the starting position, the player with the ball is located opposite the backboard or wall. Execution: passing the ball into the backboard or wall (at the height of the target zone) with two hands from the chest – moving forward and jumping up with a push of two legs – catching the ball at the highest point of the jump - landing on two legs – shooting the ball and returning to the starting position - passing the ball with both hands to the backboard or wall (at the height of the target zone), etc. Duration: 30 seconds. The stability and reliability of the skill of catching the ball that bounced off the backboard (hoop) is assessed. Score: full series of actions = 1 point. Guidelines: when performing the test, the technique of aggressive possession of the ball that bounced from the backboard (hoop) should be simulated - snappy arm movements, grouping, etc.

No.	**Test**	**Male students**					**Female students**				
		grade					**grade**				
		5	**4**	**3**	**2**	**1**	**5**	**4**	**3**	**2**	**1**
	TECHNICAL TRAINING										
1.	**Test 1**	12	10	8	6	4	12	10	8	6	4
2.	**Test 2**	12	10	8	6	4	10	8	6	4	2
3.	**Test 3**	10	9	8	7	6	10	9	8	7	6

Assessment criteria

"Very good"	over 80% correct answers	grades sum 10-12
"Good"	70-79% correct answers	grades sum 11-8
"Satisfactory"	55-69% correct answers	grades sum 7-5
"Unsatisfactory"	less than 55% correct answers	grades sum 4-0

VOLLEYBALL

Test 1. Student steps into the basketball circle, they are given 2 attempts to perform the maximum number of overhand setting without leaving the circle, only the best attempt is graded, only passes at a height of at least 1 m are counted.

Test 2. Student steps into the basketball circle, they are given 2 attempts to perform the maximum number of underhand setting without leaving the circle, only the best attempt is graded, only passes at a height of at least 1 m are counted.

Test 3. The subject is given 10 attempts to perform the underhand (overhead) serve from the back line. A serve is considered successful if the ball flew over the net and fell into the court, as well as if the serving player did not step over the line. The result is the number of correctly executed serves.

No.	Test	Male students					Female students				
		grade					grade				
		5	4	3	2	1	5	4	3	2	1
	TECHNICAL TRAINING										
1.	Overhand setting within the central circle (number of times)	12	10	8	6	4	12	10	8	6	4
2.	Underhand setting within the central circle (number of times)	12	10	8	6	4	10	8	6	4	2
3.	Underhand (overhead) serve over the net, 10 tries (number of times)	10	9	8	7	6	10	9	8	7	6

Assessment criteria

"Very good"	over 80% correct answers	grades sum 10-12
"Good"	70-79% correct answers	grades sum 11-8
"Satisfactory"	55-69% correct answers	grades sum 7-5
"Unsatisfactory"	less than 55% correct answers	grades sum 4-0

Appendix 4

Table 1. **FITNESS STANDARDS FOR DETERMINING THE PHYSICAL FITNESS OF STUDENTS OF THE MAIN GROUP**

Male students						
No.	Title of Control Exercise	Grade				
		5	4	3	2	1
1.	Jumping rope (jumps per minute).	130	125	120	110	100
2.	Standing long jump (cm).	223	215	205	195	190
3.	Push-ups (number of times).	30	25	20	15	10
4.	Bend forward from standing position on a gymnastic bench (cm).	+13	+10	+8	+6	+2
5.	Sit-ups (number of times).	48	45	37	35	33

Female students						
No.	Title of Control Exercise	Grade				
		5	4	3	2	1
1.	Jumping rope (jumps per minute).	130	120	110	100	90
2.	Standing long jump (cm).	223	215	205	195	190
3.	Push-ups (number of times).	15	12	11	10	9
4.	Bend forward from standing position on a gymnastic bench (cm).	+16	+14	+11	+9	+7
5.	Sit-ups (number of times).	43	37	35	33	32

Table 2. **FITNESS STANDARDS FOR DETERMINING THE PHYSICAL FITNESS OF STUDENTS OF THE GROUP WITH REDUCED EXERCISE LOAD**

Male students						
No.	Title of Control Exercise	Grade				
		5	4	3	2	1
1.	3x10m shuttle run (seconds).	7.9	8.6	9.0	9.1	9.5
2.	100m run (seconds).	13.1	14.1	14.4	15.1	15.3
3.	Jumping rope (jumps per minute).	130	125	120	110	100
4.	Long standing jump (cm).	223	215	205	195	190
5.	Push-ups (number of times).	30	25	20	15	10
6.	Bend forward from standing position on a gymnastic bench (cm).	+13	+10	+8	+6	+2
7.	Sit-ups (number of times).	48	45	37	35	33

Female students						
No.	Title of Control Exercise	Grade				
		5	4	3	2	1
1.	3x10m shuttle run (seconds).	7.9	8.6	9.0	9.1	9.5
2.	100m run (seconds).	16.4	17.4	17.8	18.2	18.8
3.	Jumping rope (jumps per minute).	130	120	110	100	90
4.	Long standing jump (cm).	223	215	205	195	190
5.	Push-ups (number of times).	15	12	11	10	9

6.	Bend forward from standing position on a gymnastic bench (cm).	+16	+14	+11	+9	+7
7.	Sit-ups (number of times).	43	37	35	33	32

Table 2. **FITNESS STANDARDS FOR DETERMINING THE PHYSICAL FITNESS OF STUDENTS OF THE SPECIAL MEDICAL GROUP**

Male students						
No.	Title of Control Exercise	Grade				
		5	4	3	2	1
1.	3x10m shuttle run (seconds).	11.0	12.3	12.6	12.9	13.0
2.	100m run (seconds).	20.3	20.6	20.9	21.3	21.6
3.	Jumping rope (jumps per minute).	105	100	95	90	85
4.	Long standing jump (cm).	230	225	215	200	205
5.	Push-ups (number of times).	25	20	15	10	6
6.	Bend forward from standing position on a gymnastic bench (cm).	+5	+4	+3	+2	+1
7.	Sit-ups (number of times).	35	30	25	20	15

Female students						
No.	Title of Control Exercise	Grade				
		5	4	3	2	1
1.	3x10m shuttle run (seconds).	20.0	20.5	21.0	21.5	22.0
2.	100m run (seconds).	24.0	24.7	28.3	29.0	30.0
3.	Jumping rope (jumps per minute).	105	100	95	90	85
4.	Long standing jump (cm).	170	160	150	140	130
5.	Push-ups (number of times).	10	8	6	5	4
6.	Bend forward from standing position on a gymnastic bench (cm).	+7	+6	+5	+4	+3
7.	Sit-ups (number of times).	30	25	20	15	10

4. Assessment criteria for learning outcomes

"Pass" is given to a student who has shown a sufficiently strong knowledge of the basic concepts of the subject; is able to complete specific practical tasks outlined in the program with no outside help, use recommended reference material, and correctly evaluate the results.

"Fail" is given to a student who has significant gaps in knowledge of the basic concepts of the subject, is not able reach the correct solution to a specific practical task outlined in the curriculum even with outside help.