

Questions for the entrance examination

1. Classification of physical exercises according to pedagogical and physiological criteria
2. Development of movements and physical qualities in ontogenesis. The concept of sensitive periods of development of motor abilities. Recommended age for certain sports.
3. Medical-pedagogical observations in the process of physical education of students, their significance and methods. Analysis of the documentation, questioning of students, assessment of the degree of fatigue, registration and the analysis of the pulse curve of the lesson.
4. Using the patterns of age development of cognitive processes in the lesson forms of classes in the Physical Culture subject.
5. Comparative characteristics of concepts of *physical culture*, *physical education*, *sport*, *physical perfection*.
6. Concepts of *physical recreation*, *motor rehabilitation*, *physical development*. Physical development as a function of physical education.
7. Physical culture as a social system. The purpose, basis and principles of the system of physical culture.
8. The structure of physical culture, its components.
9. Physical exercises, the definition and their classification. Multilateralism and conditionality of the influence of physical exercises on the organism of those engaged.
10. The main requirements of the general pedagogical principle of consciousness and activity in sports training.
11. The concept of motor action. The contents and form of motor action. The technique of motor action. Fundamentals and details of the technology. Characteristics of the technology.
12. The concept of motor skills and skills, their distinctive features. The concept of extrapolation and the didactic value of motor skills in the physical education.
13. The concept of the motor skill. Its signs. Types of the positive and conditions for the emergence of the negative transfer of motor skills.
14. Methods of strictly regulated exercise in physical culture, their classification and brief characteristics.
15. The structure and sequence of the process of mastering the motor action.
16. Physical activity and rest as interrelated components of methods of physical culture. Methods of regulation and physical activity dosing.
17. Game and competitive methods in physical culture, their significance and their usage pattern.
18. General characteristics of motor abilities. The concept, classification, patterns of development. Interrelation of motor abilities and physical qualities.
19. Classification of motor errors. Causes of their occurrence. Prevention and methods of correction.
20. Strengths, their definition, forms of manifestation, measurement, methods of their development in people of different ages.

21. Speed capabilities, its definition, forms of manifestation, means and methods of development, measurement. Ways of prevention and destruction of the speed barrier.
22. Flexibility, its kinds. Measurement and development methodology.
23. Endurance. Its types, testing, means and methods of development. Ways to increase motivation to develop endurance in schoolchildren and young athletes.
24. The concept of coordination abilities, a definition, the main forms of manifestation, testing and development features in different age periods.
25. Tasks of physical education. Their specification for schoolchildren of different ages.
26. The state educational standard on Physical Culture in the general education school on the purpose of the subject and the recording of academic performance.
27. The structure and content of the comprehensive program for physical education of pupils of grades 1-11 of the general education school.
28. Forms of organizing classes on physical education in the general education school. Characteristics of optional classes. Methods of mobilization and relaxation in the physical culture and recreation classes during the day.
29. The concept of the content of the lesson. Characteristics of the content and the structure of recreational activities in the open air. Psychological characteristics of the introductory part of the lesson.
30. The concept of the structure of the physical culture lesson, the diversity and features of the structure, depending on the age, health and preparedness of the students.
31. Ways to organize the engaged, frontal, group, individual.
32. Advantages and disadvantages of particular methods. Features of the construction of circular training in the physical education of schoolchildren and in sports training.
33. The basic requirements to the content and the conditions for the effectiveness of performing homework in physical culture.
34. Extra-curricular work in physical education, its tasks, planning and organization.
35. Planning in physical culture, its purpose, types, content and documents. Methods of drawing up a lesson outline.
36. The definition of sport. Its social functions.
37. The concepts of *sports training*, *sports training*, *training* and *athlete's preparedness*.
38. An extensive pedagogical analysis of the lesson in physical education and training, its planning, explaining and showing exercises, applying methods and methodical techniques, the equipment for the lesson.
39. The cyclicity of the training process as a regularity of sports training.
40. The structure of a typical periodization of a large cycle of sports training. The basics of periodization in various sports.
41. Characteristics of the preparatory period of a large cycle of sports training. Characteristics of the competitive period of a large cycle of sports training.
42. The concept of a microcycle of sports training, types of microcycles and structuring rules. Characteristics of sports training as a long-term process.

46. Means of physical education and sports training.
47. Methods of sports training, their classification.
48. Technical training, its features depending on a sport. Using of the ideomotor method.
49. The tactics of the competitive activity. Its classification. Tactical training in the process of sports training. The concept of the competition strategy, its impact on tactical actions.
50. Classification of competitions. Characteristics of competitive activities in the childhood. Extra-curricular work and requirements for the organization of competitions among schoolchildren.
51. The basis for commitment and selecting children for sports.