

**FEDERAL STATE BUDGET EDUCATIONAL
HIGHER EDUCATION INSTITUTION
"ROSTOV STATE MEDICAL UNIVERSITY"
MINISTRY OF HEALTH OF THE RUSSIAN FEDERATION**

FACULTY OF TREATMENT AND PREVENTION

Appraisal Fund
intermediate certification in the
discipline "Physical Education"

(appendix to the work program of the discipline)

specialty 05/31/01 General Medicine

2023

1. List of competencies formed by the discipline or in the formation of which the discipline participates

universal (UK):

Code and name of universal competence	Indicator(s) of achieving universal competence
UK-7 Able to maintain the proper level of physical fitness to ensure full social and professional activities	ID 1 UK-7 Uses health-saving technologies to maintain a healthy lifestyle, taking into account the physiological characteristics of the body and the conditions for the implementation of professional activities in a professional environment

general professional (OPK):

Code and name general professional competencies	Achievement indicator(s) general professional competence
OPK-3 Capable to counteracting and combating doping in sports	ID 2 OPK-3 Able to use knowledge that meets modern requirements in the field of combating doping and combating its use in sports when assessing the actions of medical professionals attempting to facilitate doping

2. Types of assessment materials in accordance with the competencies being developed

Name competencies	Types of assessment materials	number of tasks for 1 competency
ID 1 UK-7	Closed tasks	25 with sample answers
	Open type tasks: Addition tasks Situational tasks Interview Questions	75 with sample answers
ID 2 OPK-3	Closed tasks	25 with sample answers
	Open type tasks: Addition tasks Situational tasks Interview Questions	75 with sample answers

UK-7

Closed type tasks:

Choose one correct answer.

1. Physical culture as an academic discipline at a university is

- A) mandatory
- B) additional
- C) optional
- D) elective

STANDARD ANSWER: A

2. Physical culture is

- A) the process of changing the forms and functions of the body under the influence of natural conditions
- B) part of culture, which is a set of values, norms and knowledge. Created and used by society for the purpose of physical and intellectual development of a person's abilities, improvement of his motor activity and the formation of a healthy lifestyle, social adaptation through physical education, physical training and physical development
- C) a targeted process of restoration or compensation of partially or temporarily lost motor abilities
- D) a type of culture that represents a specific process and result of human activity

STANDARD ANSWER: B

3. The physical culture of an individual is determined

- A) physical fitness, functional capabilities of the body
- B) spiritual and material values of physical culture
- C) physical self-improvement
- D) physical fitness, physical perfection

STANDARD ANSWER: D

4. The goal of physical education for students should be considered

- A) formation of a system of special knowledge that allows one to operate with general concepts, patterns, principles, facts, rules of the theory and practice of physical culture
- B) acquired knowledge about the effects of physical exercise on the human body
- C) systematic development by a person of rational methods of controlling movements
- D) preparing young people for life, social and political activities

STANDARD ANSWER: A

5. Physical education is

- A) organization of free time (rest, leisure) through physical exercises
- B) the use of physical exercise to restore physical health after various diseases
- C) pedagogical process aimed at forming a healthy, physically and spiritually perfect, morally stable younger generation, strengthening

health, increased performance, creative longevity and prolongation of human life

D) development and improvement of motor and physical qualities necessary in specific professional or sports activities

STANDARD ANSWER: C

6. Physical recreation is

A) the use of exercise to restore physical health after various illnesses

B) a recreational type of physical culture, involving the use of physical exercises and various sports in simplified forms of active recreation for people

C) development and improvement of motor and physical qualities necessary in specific professional or sports activities

D) pedagogical process aimed at the formation of special knowledge and skills, at the development of versatile physical abilities of a person

STANDARD ANSWER: B

7. Motor rehabilitation is

A) organization of free time (rest, leisure) through physical exercise

B) a type of physical culture, which is a purposeful process of using physical exercise to restore body functions after illnesses, injuries, and overwork.

C) pedagogical process aimed at the formation of special knowledge and skills, at the development of versatile physical abilities of a person

D) part of the general culture, a set of special spiritual and material values, methods of their production and use for the purpose of improving people's health and developing their physical abilities

STANDARD ANSWER: B

8. The purpose of physical education at a university is

A) formation of personal physical culture

B) formation of the need for physical self-improvement

C) the formation of the student's physical culture as a systemic quality of the individual, an integral component of the general culture of the future specialist, capable of implementing it in educational, social and professional activities and family

D) mastery of the basics of family physical education, household physical education

STANDARD ANSWER: C

9. The effect of physical exercise on an athlete's body, causing an active reaction of its functional systems, is called:

A) physical perfection;

B) sports training;

C) physical training;

D) load.

STANDARD ANSWER: D

10. A special condition of the body caused by insufficient physical activity is called

A) hypokinesia

- B) physical inactivity
- C) atrophy
- D) hypoxia

STANDARD ANSWER: A

11. A physical parameter determined by the weight of a load that a muscle can lift to a certain height is called

- A) muscle strength
- B) muscle amplitude
- C) muscle speed
- D) muscle volume

STANDARD ANSWER: A

12. Physical activity is

- A) the total amount of movements over a certain period of time
- B) regular physical education and sports
- C) activity in the process of physical education, in the learning process
- D) activity in free time, during work

STANDARD ANSWER: A

13. Assessing a person's physical condition is

- A) physical fitness assessment
- B) assessment of blood supply functions
- C) assessment of morphological parameters
- D) assessment of morphological and physical indicators

STANDARD ANSWER: D

14. A healthy lifestyle is

- A) a set of health-improving measures that ensure harmonious development and strengthening of health, increasing performance
- B) healthy lifestyle, knowledge of personal hygiene, anatomy, physiology, personal reference points in morphological and functional indicators, knowledge of the basic theory and methods of physical culture
- C) quantitative characteristics of the functional state of the body
- D) a set of interrelated characteristics: physical development, physical performance, functional development of organs and systems, physical fitness, gender, age

STANDARD ANSWER: A

15. The birthplace of the Olympic Games is

- A) Ancient Rome
- B) Babylon
- C) Ancient Greece
- D) Ancient Egypt

STANDARD ANSWER: C

16. "Stages" was expressed in

- A) 125 meters 27 centimeters
- B) 165 meters 20 centimeters
- C) 190 meters 25 centimeters

D) 192 meters 27 centimeters

STANDARD ANSWER: C

17. The first reliably known Olympic Games took place

A) 722 BC

B) 730 BC

C) 772 BC

D) 776 BC STANDARD

ANSWER: D

18. The Olympic Games have been revived

A) Butovsky A.D.

B) Pierre de Coubertin

C) Panagiotis Soutsos

D) Evangelis Zappas

STANDARD ANSWER: B

19. The main law of the Olympic movement

A) Olympic Charter

B) Olympic position

C) Olympic Charter

D) Olympic Oath

STANDARD ANSWER: C

20. The most common types of competitions in Ancient Rus' were considered

A) fencing and horse riding

B) wrestling and fist fights

C) swimming and club throwing

D) archery and running at various distances

STANDARD ANSWER: B

21. The basis of physical culture is

A) physical activity

B) motor activity

C) motor action

D) motor structure

STANDARD ANSWER: B

22. The sphere of sports activity itself, which is not fundamentally reducible to commercial relations, and is not the main occupation or profession for those involved in it, is called

A) amateur elite sport

B) professional sports

C) conditioning sport

D) professional applied sports

STANDARD ANSWER: A

23. Additional factors determining the content of PPPP

A) individual characteristics of future specialists and geographic and climatic conditions

B) individual characteristics of production processes and social conditions

C) individual characteristics of production financing and environmental conditions

D) individual characteristics of future doctors and the conditions of the enterprise's material base

STANDARD ANSWER: A

24. Physical education break is carried out for:

A) to relieve fatigue during labor

B) to relieve relaxation during labor

C) to develop coordination in the labor process

D) to improve the quality of force in the labor process

STANDARD ANSWER: A

25. Physical exercises outside of work hours are part of health and recovery procedures

A) general developmental

B) gymnastic exercises

C) exercises performed on machines

D) exercises performed abstractly, hypodynamically oriented

STANDARD ANSWER: D

Open type tasks:

List of tasks with standard answers

Tasks for addition

1. Physical _____ – pedagogical activity to form knowledge, skills and abilities and develop a person's physical abilities.

STANDARD ANSWER:

upbringing

2. The values of physical culture are divided into material and _____.

STANDARD ANSWER:

spiritual

3. _____ classes are a relatively stable way of combining elements of the content of physical exercise classes.

STANDARD ANSWER:

Form

4. ___ (number) parts make up the structure of an educational practical lesson in physical education.

STANDARD ANSWER:

3

5. _____ is a competitive activity and special preparation for it to achieve victory or the best possible results. STANDARD ANSWER:

Sport

6. _____ is a measure aimed at ensuring a person's safety while performing exercises.

STANDARD ANSWER:

Insurance

7. Students who have demonstrated good physical and athletic preparedness and a desire to engage in one of the sports in depth are assigned to the _____ department.

STANDARD ANSWER:

sports

8. Sports _____ is a pedagogical process that includes teaching an athlete sports techniques, tactics and the development of his physical and mental abilities to participate in competitions.

STANDARD ANSWER:

Preparation

9. The Unified All-Russian _____ classification is a regulatory document that defines the requirements, conditions and procedure for assigning sports titles and categories in the Russian Federation.

STANDARD ANSWER:

sports

10. _____ is a physical quality in the form of a person's ability to make a movement in a minimum period of time.

STANDARD ANSWER:

Rapidity

11. _____ is a substance used that is prohibited in sports.

STANDARD ANSWER:

Doping

12. According to the daily routine, after waking up, morning hygiene _____ is performed.

STANDARD ANSWER:

gymnastics

13. A trained person, compared to an untrained person, has a lower frequency of _____ contractions at rest.

STANDARD ANSWER:

heart

14. During heavy physical activity, during work, a large share should be exercised on _____.

STANDARD ANSWER:

relaxation

15. For beginner sports fans, ___ (number) training is required per week. STANDARD ANSWER:

3

16. Human motor activity is a combination of various motor actions performed in everyday _____.

STANDARD ANSWER:

life

17. A game in which participants compete in accuracy by throwing darts at a target is called _____.

STANDARD ANSWER:

darts

18. A mind-body practice that has roots in Indian philosophy that combines postures and breathing techniques, meditation and relaxation is called _____.

STANDARD ANSWER:

yoga

19. A powerful healing remedy using water, air and sun is called _____.

STANDARD ANSWER:

hardening

20. A sport aimed at increasing the volume of certain muscle groups for aesthetic purposes is _____.

STANDARD ANSWER:

body-building

21. A natural type of movement, with virtually no contraindications, in which most muscles, ligaments and joints are involved is _____.

STANDARD ANSWER:

walking

22. The basis of industrial physical culture is active _____. STANDARD ANSWER:

rest

23. Initially, the GTO complex was approved in ____ (digit) year.

STANDARD ANSWER:

1931

24. The GTO complex, in a modern format, was revived in ____.

STANDARD ANSWER:

2014

25. The process of psychophysical preparation for future professional activity is called professional-_____ physical preparation (PPPP).

STANDARD ANSWER:

applied

26. PPPP is built on the basis and in unity with general physical _____.

STANDARD ANSWER:=
preparation

27. Factors that negatively affect professional performance are professional

STANDARD ANSWER:
diseases

28. A condition that negatively affects professional performance is insufficient motor

STANDARD ANSWER:
activity

29. Means of professional-applied physical training are ordinary means of physical
_____, selected in accordance with the tasks of professional-applied physical
training of future engineers.

STANDARD ANSWER:
education

30. The result of lack of warm-up before physical activity and sports is _____.

STANDARD ANSWER:
injury

31. A standard circular track at a stadium is ___ (number) meters long.

STANDARD ANSWER:
400

32. Running begins after the command "_____".

STANDARD ANSWER:
March

33. Middle distance running begins with _____ start.

STANDARD ANSWER:
high

34. The length of the marathon distance is ___ (digit) km 195 m. ANSWER

STANDARD:
42

35. A mistake that leads to injuries when exercising on exercise machines is performing
exercises without _____.

STANDARD ANSWER:
warm-ups

36. Cardio equipment includes _____ track.

STANDARD ANSWER:
running

37. If you hit a hard surface of the exercise machine and a bruise occurs, the first help lies in the fact that the injured area should be _____.

STANDARD ANSWER:

cool down

38. In basketball, failure to comply with the rules of the game, unsportsmanlike behavior is _____.

STANDARD ANSWER:

foul

39. Volleyball was invented in _____.

STANDARD ANSWER:

USA

40. In volleyball, during the game, the team can touch the ball on the court _____ (digit) times.

STANDARD ANSWER:

3

41. In volleyball, the technique used to put the ball into play is _____.

STANDARD ANSWER:

innings

42. The result of a person performing strength exercises with heavy weights is an increase in _____ muscles.

STANDARD ANSWER:

volume

43. In basketball, the efforts of the players leading the offense are crowned by _____.

STANDARD ANSWER:

throw

44. _____ is part of the general culture of society, reflecting the level of targeted use of physical exercise to improve health and harmonious development of the individual.

STANDARD ANSWER:

Physical Culture

45. _____ - competitive gaming activity and preparation for it; is based on the use of physical exercises and is aimed at achieving the highest results, revealing reserve capabilities and identifying the maximum levels of the human body in physical activity.

STANDARD ANSWER:

Sport

46. _____ is a type of physical education: development and improvement of motor skills and physical qualities necessary in specific professional or sports activities.

STANDARD ANSWER:

Physical training

47. _____ is the process of changing the forms and functions of the body under the influence of natural conditions (food, work, everyday life) or the targeted use of special physical exercises.

STANDARD ANSWER:

Physical development

48. _____ is a state of physical, spiritual and social well-being, and not just the absence of disease and physical defects.

STANDARD ANSWER:

Health

49. _____ - violation of the integrity of tissues or organs of the body as a result of any external influence.

STANDARD ANSWER:

Injury

50. A specialized pedagogical process built on the basis of a system of exercises and aimed at nurturing and improving certain abilities that determine the athlete's readiness to achieve the highest results is called _____.

STANDARD ANSWER:

training

Interview Questions:

51. Define the term physical culture. STANDARD

ANSWER:

Physical culture is a multifaceted, multicomponent, multifunctional social phenomenon, the essence of which is one of the fundamental types of universal historical human activity - purposeful motor activity.

52. Define the term sport.

STANDARD ANSWER:

Sport is a competitive activity and special preparation for it to achieve victory or the best possible results.

53. Define the physical quality of endurance. STANDARD

ANSWER:

Endurance is a person's ability to perform a specific task for the maximum amount of time without reducing its effectiveness.

54. Define the physical quality of strength.

STANDARD ANSWER:

Strength is a person's ability to overcome external resistance or resist it through muscle tension.

55. Define the physical quality of flexibility.

STANDARD ANSWER:

Flexibility is a person's ability to make movements with maximum amplitude.

56. Define the physical quality of agility. STANDARD

ANSWER:

Dexterity is a person's ability to perform complex motor actions accurately and quickly, including in changing conditions.

57. Define the physical quality of speed. STANDARD

ANSWER:

Speed is a quality of a person that allows him to perform movements with maximum frequency (speed) in a minimum short time without fatigue.

58. What is a healthy lifestyle?

STANDARD ANSWER:

A healthy lifestyle is a rational organization of human life based on key biological and social vital forms of behavior.

59. Describe the components of the concept of physical culture.

STANDARD ANSWER:

Physical education, sports, physical recreation and social institution.

60. On what percentage factors does human health depend? STANDARD

ANSWER:

According to WHO, health depends on: heredity - 20%, social conditions - 20%, medical conditions - 10%, 50% - lifestyle.

61. Describe the components of the concept of sport.

STANDARD ANSWER:

Sports are divided into mass sports and elite sports. 62. List the types of endurance.

STANDARD ANSWER:

Endurance is divided into: speed endurance, speed-strength endurance, power endurance.

63. What types of force exist.

STANDARD ANSWER:

Distinguish between absolute and relative strength.

64. Give 3 examples of tools used to improve flexibility. STANDARD

ANSWER:

Performing exercises with a large amplitude, such as bending forward, swinging back and to the side.

65. Give 3 examples of her displaying agility in sports.

STANDARD ANSWER:

Manifestation of dexterity - accuracy, balance, sense of rhythm.

Situational tasks.

66. An athlete stands at the start for the 110 m hurdles race. How is this start performed?

STANDARD ANSWER:

The race is performed from a low start, from its own track.

67. A basketball athlete made a throw around the hoop while the siren sounded to announce the end of the match. Will he get points if he hits?

STANDARD ANSWER:

Yes, they will count.

68. When a player of team "A" made the last meter throw, the ball did not touch the ring; the ball is handed over to a team B player for a throw-in from the sideline. Is it possible to replace players?

STANDARD ANSWER:

Possible.

69. Before the start, an athlete's blood glucose level increased to 6.5 mmol/l and the level of free fatty acids to 1.2 mmol/l (normal 0.4-0.9 mmol/l). What is the reason for the changes?

STANDARD ANSWER:

In this case we are talking about the so-called "pre-launch state".

70. What happens to an athlete if he makes a false start? STANDARD ANSWER:

Removed from the competition.

71. Athlete O., 19 years old, arrived to participate in Greco-Roman wrestling competitions. A preliminary medical examination revealed a pustular rash on his chest. By decision of the competition doctor, he was removed from participation in the competition. Make a conclusion about the correctness of the doctor's decision.

STANDARD ANSWER:

The doctor's decision is correct.

72. Basketball challenge. After the signal at the end of the first half of the game, player A-3 receives technical foul; This is the player's third foul. Judge's decision?

STANDARD ANSWER:

A foul will be called for the second quarter.

73. Basketball match. The referee's whistle blows after the ball is scored for a field goal. Is it possible to make a substitution or provide a minute break?

STANDARD ANSWER:

Yes, you can.

74. During a two-way volleyball game, a player from team A made a serve. A player from team B made a block and the ball, touching an opposing player, went into touch. How will the score in the game change?

STANDARD ANSWER:

The point will be awarded to team A.

75. What happens to an athlete if he makes a false start? STANDARD ANSWER:

The athlete is removed from the competition.

defense ind 3

Tests

Choose one correct answer.

Define doping according to the World Anti-Doping Code:

- rules
- A) Doping is the commission of one or more anti-doping violations.
 - B) Doping is the use of equipment that has not been approved
 - C) Doping is the use of prohibited substances and methods in sports
 - D) Doping is the presence of a prohibited substance in an athlete's sample

STANDARD ANSWER:A

Are only those athletes who participate in the Olympic or Paralympic Games and world championships subject to doping control?

- A) No, any athlete can be tested
- B) No, athletes in testing pools are also subject to doping control
- C) No, personnel of professional athletes are also tested
- D) Yes

STANDARD ANSWER:A

The only reason for disqualification of an athlete is a positive sample analysis.

- A) Yes
- B) No, they can be disqualified for three types of violations
- C) No, there are 10 more types of anti-doping rule violations
- D) No, they can be disqualified for five types of violations

STANDARD ANSWER:C

If an athlete, for medical reasons, needs to take a drug prohibited in sports, then to which organization should he submit a request for therapeutic use?

- A) To the sports clinic
 - B) TO WADA
 - C) To the all-Russian sports federation
 - D) To the National Anti-Doping Agency or International Federation, in
- depending on the level of the athlete

STANDARD ANSWER:D

The doctor prescribed the athlete medications to treat ARVI. What is the first thing an athlete needs to do?

- A) If the test results are positive due to a drug that
was received from a doctor, then it is the doctor's fault
- B) The Athlete must ensure that the drugs do not contain prohibited substances
- C) All drugs given by the doctor are safe
- D) For medical reasons, you can take anything

STANDARD ANSWER: ***IV***

Which organization includes the athlete in the testing pool?

- A) National Anti-Doping Agency only
- B) International federation only
- C) National Sports Federation
- D) National Anti-Doping Agency or International Federation

STANDARD ANSWER: ***D***

Who is primarily responsible for the presence of a Prohibited Substance in an Athlete's Sample?

- A) Coach
- B) Doctor
- C) Athlete
- D) Manager

STANDARD ANSWER: ***C***

Can an athlete refuse to undergo doping control?

- A) Yes, if he is late for the train/plane
- B) Yes, if he is tired and does not want to undergo the doping control procedure
- C) Yes, if you have already passed the doping control procedure this week
- D) No, he can only request a deferment from immediately reporting to the doping station.

control for good reason

STANDARD ANSWER: ***D***

Once an athlete has provided a urine and/or blood sample, how long can it be stored and retested?

- A) Up to 10 years
- B) Indefinite period
- C) Up to 3 years
- D) Up to 1 year

STANDARD ANSWER: ***A***

Once notified of doping control, how soon must the athlete arrive at the doping control station?

- A) Immediately
- B) Within 30 minutes
- C) Within 2 hours
- D) Within 10 minutes

STANDARD ANSWER: ***A***

How many types of anti-doping rule violations are there?

- A) 10
- B) 11
- C) 12
- D) 13

STANDARD ANSWER: **B**

What will the violation of the conditions of disqualification entail?

- A) Additional samples
- B) Increasing the period of ineligibility
- C) Deprivation of the opportunity to return to training/competition activities
- D) There are no sanctions for violating the conditions of disqualification

STANDARD ANSWER: **B**

How many missed tests and/or whereabouts failures may result in disqualification?

- A) 3 violations within 12 months from the date of the first violation
- B) 4 violations in 1 calendar year
- C) 3 violations per 1 calendar year
- D) 2 violations within 12 months from the date of the first violation

STANDARD ANSWER: **A**

The standard penalty for "three flags" is:

- A) 2 years disqualification
- B) 1 year disqualification
- C) 6 months disqualification
- D) 4 years disqualification
- E) Warning

STANDARD ANSWER: **A**

In accordance with the requirements of the World Anti-Doping Code, testing is carried out

- A) In agreement with the national sports federation
 - B) At the discretion of the Anti-Doping Organization, with notice to the Athletes, coaches and/or competition organizers no later than 1 hour before the start of testing
 - C) In agreement with the athlete at a time convenient for him
 - D) In agreement with the sports school/club
 - E) At the discretion of the Anti-Doping Organization without prior notice.
- athletes or staff

STANDARD ANSWER: **E**

In what year was the current WADA Code adopted?

A) Adopted at the World Anti-Doping Congress in 2014, as amended in 2015

of the year

B) Adopted at the World Anti-Doping Congress in 2014

C) Adopted at the World Anti-Doping Congress in 2014, as amended

2018

D) Adopted at the World Anti-Doping Congress in 2015

STANDARD ANSWER: **A**

In what case is an athlete released from responsibility for using prohibited substance and/or method?

A) He did not take prizes in a sports competition

B) He did not know that the drug contained prohibited substances

C) Therapeutic Use Approval is available

D) The use was not aimed at improving sports performance; it was used as prescribed by a doctor.

STANDARD ANSWER: **WITH**

Substances alternative to doping are

A) Stimulants of the central nervous system

B) Anabolic steroids of plant origin

C) Sympathomimetic amines

D) Stimulants of the central nervous system

STANDARD ANSWER: **IN**

Information about which markers is collected in an athlete's steroid passport?

A) Virilization in women

B) Dynamics of muscle mass increase

C) Altered metabolism of endogenous steroids in urine samples

D) The presence of excess growth hormones in the blood

E) Erythropoiesis measured in athlete's blood samples

STANDARD ANSWER: **WITH**

Information about which markers is collected in the athlete's endocrinological passport?

A) Thyroid hormones

B) Fat and carbohydrate metabolism

C) Altered metabolism of endogenous steroids in urine samples

D) The presence of excess growth hormones in the blood

E) Rhythropoiesis measured in athlete's blood samples

STANDARD ANSWER: **D**

Athletes' whereabouts information includes

A) Home address

B) Home address, work schedule

- C) Home address, work schedule, training schedule, training camps and competitions
- D) Schedule of training, camps and competitions

STANDARD ANSWER: **WITH**

How is the total amount of biomaterial (urine) distributed among the vials when taking a doping test?

- A) In bottle "A" 120 ml and in bottle "B" 60 ml
- B) In bottle "A" 30 ml and in bottle "B" 60 ml
- C) In bottle "A" 60 ml and in bottle "B" 30 ml
- D) In bottle "A" 60 ml and in bottle "B" 90 ml
- E) In bottle "A" 90 ml and in bottle "B" 60 ml

STANDARD ANSWER: **WITH**

Which organization decides on sanctions? A)

Disciplinary Anti-Doping Committee

B) International federation for the sport in which the athlete competes

C) Independent Therapeutic Use Exemption Committee

D) Court of Arbitration for Sport in Lausanne

STANDARD ANSWER: **A**

Which organization handles appeals for international athletes?

A) Disciplinary Anti-Doping Committee

B) International federation for the sport in which the athlete competes

C) Independent Therapeutic Use Exemption Committee

D) Court of Arbitration for Sport in Lausanne

STANDARD ANSWER: **D**

What substances are prohibited in certain sports? A) dietary supplements

B) Analgesics

C) Beta blockers

D) Glucocorticoids

STANDARD ANSWER: **WITH**

Situational tasks

1. The athlete was found to have a prohibited substance in his doping control samples.

Actions of an athlete and his rights.

ANSWER:The Athlete must request an autopsy and examination of the B Sample.

2. The athlete was given a notice to undergo a doping test. What are his actions?

ANSWER:Proceed immediately with the inspector to the doping control point, provide identification.

3. The athlete violated anti-doping rules. What threatens him?

ANSWER:Temporary suspension from training and competitive activities,

4. The athlete is accused of doping. What rights does an athlete have in this situation?

ANSWER:Immediately request sample analysis B.

5. In the event of an adverse analytical result, the athlete may be subject to temporary suspension. Athlete's actions.

ANSWER:The Athlete has the right to request an expedited hearing. on the issue.

6. No Therapeutic Use Exemption or Exemption rules during testing that could cause an unfavorable analytical result. What are the actions of RUSADA

ANSWER:RUSADA immediately notifies the athlete of the adverse result analysis.

7. Upon receipt of information about an adverse analytical result or other violation of anti-doping rules, what are the actions of RUSADA.

ANSWER:RUSADA is obliged to establish the fact of a violation.

8. The athlete is released from liability for the use of prohibited substances. Give a reason.

ANSWER:The athlete has permission for the therapeutic use of data drugs.

9. The athlete is allowed to use prohibited drugs.

Determine the diagnosis.

ANSWER:asthma and attention deficit hyperactivity disorder

10. The athlete uses hormones and metabolic modulators at all times sports training. Determine the diagnosis.

ANSWER:Diagnosis: insulin-dependent diabetes and infertility treatment.

Interview:

1. Define the concept of doping.

STANDARD ANSWER:

Doping is the use of prohibited methods, methods or drugs (including biologically active substances) that enhance athletic performance.

2. Actions of an athlete upon detection of prohibited substances in his doping samples - control.

STANDARD ANSWER:

The athlete must be present during the opening and analysis of Sample B.

3. How many stages of the doping control procedure are there?

STANDARD ANSWER:

4 stages

4. In what cases can you obtain permission to defer your appearance at the doping station? control.

STANDARD ANSWER:

For:

- participation in the award ceremony;
- fulfillment of media obligations;
- participation in further competitions;
- doing a cool down;
- obtaining necessary medical care;
- searching for a representative and/or translator;
- searching for an identity document;
- completion of training;
- other circumstances that the UEC deems valid.

5. What is the World Anti-Doping Code?

STANDARD ANSWER:

The Code is the basis of the anti-doping system.

6. For how long will an athlete be disqualified for using adrenergic agonists? first violation?

STANDARD ANSWER:

For 6 months

7. Can a prohibited substance be contained in conventional medicines?

STANDARD ANSWER:

Yes.

8. What methods of urine examination are used to determine the presence doping drugs in the body of athletes.

STANDARD ANSWER:

chemical toxicological studies;

thin layer and gas chromatography;
spectrophotometry;
microcrystalloscopy;
radioimmune methods.

9. List psychotropic stimulants.

STANDARD ANSWER:

Amphetamines; Methylamphetamines; Cocaine; Phenmentrazine.

10. What is the effect of sympathomimetic amines on the body.

STANDARD ANSWER:

Strengthen the activity of the cardiovascular and nervous systems.

11. What is the effect of CNS stimulants.

STANDARD ANSWER:

They enhance the excitation of the vasomotor and respiratory centers, have a stimulating effect on the metabolic process, and increase the tone of skeletal muscles.

12. List the narcotic and painkillers that are classified as doping?

STANDARD ANSWER:

Morphine; Pentazocine; Cocaine; Marijuana; Heroin; Methodon; Omnopon et al.

13. Effect of anabolic steroids.

STANDARD ANSWER:

Stimulates the synthesis of structural muscle proteins, increases muscle mass.

14. Impact of diuretics on the body of athletes?

STANDARD ANSWER:

Rapid and short-term weight loss, reduction in the concentration of a prohibited substance in the urine

15. What is "blood doping" (blood transfusion)?

STANDARD ANSWER:

This is the use of blood or blood-based drugs to increase the number of red blood cells in the body.

16. Name 3 consequences of doping on the cardiovascular system.

STANDARD ANSWER:

Decreased glucose tolerance, dyslipidemia; blood clotting disorder; 17. Name 3 consequences of doping on the urinary system.

STANDARD ANSWER:

Prostatitis; prostate adenoma; cystitis.

18. Name 2 negative consequences of doping on the nervous system.

STANDARD ANSWER:

Increased excitability, development of depression.

19. Name 3 consequences of doping on the gastrointestinal tract.

STANDARD ANSWER:

Abdominal pain, nausea, vomiting.

20. Name 3 consequences of doping on the liver.

STANDARD ANSWER:

Violation of excretory function; development of hepatitis; cirrhosis of the liver. 21.

Name 2 consequences of doping on the musculoskeletal system.

STANDARD ANSWER:

Changes in bone and cartilage tissue, decreased bone mineral density

fabrics.

22. Name 3 consequences of doping on the respiratory system.

STANDARD ANSWER:

Sleep apnea, bronchospasm, chronic bronchitis.

23. What is the minimum volume of urine sample for a standard doping test?

STANDARD ANSWER:

90 ml.

24. What must the athlete submitting a request for written consent to? therapeutic use (TI) or recognition of a TUE decision?

STANDARD ANSWER:

To transmit all information to members of all TUECs.

25. What is an anti-doping rule violation?

STANDARD ANSWER:

The Athlete's use of a Prohibited Substance or Prohibited Method and refusal or failure to provide Samples without reasonable cause.

26. Describe the side effects that occur in the liver with long-term use doping

STANDARD ANSWER:

Blockage of the bile ducts, impaired excretory function of the liver, development of hepatitis, cirrhosis of the liver, development of malignant neoplasms.

27. Describe the side effects of beta-2 agonists.

STANDARD ANSWER:

Headaches, muscle cramps, nervousness, sweating, and nausea occur.

28. Describe the side effects of beta blockers.

STANDARD ANSWER:

Slow heart rate, low blood pressure, sleep disorders, airway spasm.

29. Describe the side effects of glucocorticoids.

STANDARD ANSWER:

Weakening of damaged areas of muscles, bones, tendons or ligaments, loss of muscle mass.

30. Describe the side effects of growth hormone.

STANDARD ANSWER:

Acromegaly, high blood pressure, vision loss, severe headaches pain.

31. Describe the side effects of drug use.

STANDARD ANSWER:

Slow heart rate, false sense of invulnerability, increased pain threshold and lack of recognition of injury, nausea and vomiting.

32. Describe the side effects of stimulant use.

STANDARD ANSWER:

Insomnia, dehydration, weight loss, anxiety.

33. Describe the side effects that occur in the genitourinary system in men, caused by the use of anabolic steroids that inhibit the secretion of pituitary and testosterone hormones.

STANDARD ANSWER:

A sharp decrease in seminal fluid production, an increase in the size and motility of sperm, increased libido.

34. For which violations the period of disqualification for an athlete is set at 2 years.

STANDARD ANSWER:

Failure to provide samples, refusal of a procedure, attempt at falsification.

35. List the pathologies in women when taking anabolic steroids, causing the rapid development of virilization phenomena.

STANDARD ANSWER:

General masculinization, development of pseudohermaphroditism, hair growth on the chin and upper lip.

36. List substances that are alternatives to doping.

STANDARD ANSWER:

Protein, carbohydrate and lipid products of increased biological value.

37. List the main activity carried out by the World Anti-Doping agency (WADA)?

STANDARD ANSWER:

Accreditation of anti-doping laboratories.

QUESTIONS-ADDITIONS

1. When the athlete is first detected taking sympathomimetics, he is subjected to disqualification up to _____ months

ANSWER:6.

2. In _____, the International Olympic Committee established a special Medical Commission for Anti-Doping Control.

ANSWER:1967

3. "Prohibited List" (list of prohibited substances and methods) reviewed at least _____ times a year

ANSWER:1

4. The amount of urine during the doping testing procedure is not less than _____ ml

ANSWER:90

5. The scientific name for "blood doping" is _____

ANSWER:blood transfusion

6. Historians believe doping began during the Olympics back in _____ BC.

ANSWER:776

7. In _____ the first official death from doping use.

ANSWER:1885

8. In _____, injectable testosterone was created.

ANSWER:1935

9. Physiologist John Ziegler developed dianabol for the US weightlifting team. in _____ year.

ANSWER:1955

10. _____ - committing one or more anti-doping violations rules

ANSWER:doping

11. Substances that differ in chemical structure, but have similar the mechanism of action aimed at activating the mental and physical activity of the body is called _____.

ANSWER:psychotropics

12. _____ are natural or artificially synthesized drugs substances that can enhance the processes of intracellular protein synthesis, as well as accelerate the growth of the athlete's muscle mass.

ANSWER:anabolic steroids

13. The list of prohibited methods of the IOC and WADA included blood doping in _____ year.

ANSWER:1988

Competency assessment indicators and rating scales

Grade "unsatisfactory" (not accepted) or absence formation competencies	Grade "satisfactorily" (passed) or satisfactory (threshold) level of development competencies	Rated "good" (passed) or sufficient level development competencies	Excellent rating (passed) or high level development competencies
failure to student on one's own demonstrate knowledge when solving assignments, lack independence in application of skills. Absence confirmation availability formation competencies indicates negative development results academic discipline	student demonstrates independence in application of knowledge skills and abilities to solve educational tasks in full According to sample given teacher, by tasks, solution of which there were shown teacher, it should be considered that competence formed on satisfactory level.	student demonstrates independent application knowledge, skills and skills at solving tasks, similar samples that confirms Availability formed competencies for higher level. Availability such competence on sufficient level indicates sustainable fixed practical skill	student demonstrates ability to full independence in choosing a method solutions non-standard assignments within disciplines with using knowledge, skills and skills, received as in development progress given disciplines and adjacent disciplines should be considered competence formed at a high level.

Criteria for assessing test control:

percentage of correct answers	Marks
70-100	passed
Less than 70	Unsatisfactory (not accepted)

Interview assessment criteria:

Mark	Descriptors		
	strength of knowledge	ability to explain (represent) entity phenomena, processes, draw conclusions	logic and subsequence answer
Great	strength knowledge, main studied subject area, the answer differs in depth and	high skill explain essence, processes, events, draw conclusions and generalizations, give	high logic and subsequence answer

	completeness of the topic; possession terminological apparatus; logic and consistency answer	reasoned answers, examples	drive	
Fine	main processes studied subject areas, is different depth And completeness disclosure of the topic; mastery of terminology apparatus; free mastery of monologue speech, but one or two inaccuracies in the answer are allowed	skill explain essence, phenomena, processes, events, draw conclusions and generalizations, give reasoned answers, drive examples; however one or two inaccuracies in the answer are allowed		logic subsequence answer And
satisfied specifically	satisfactory knowledge processes studied subject areas, answer, different insufficient depth and completeness of the topic; knowledge main questions theories. Allowed some errors in content answer	satisfactory new ability to give reasoned answers and provide examples; satisfactorily developed skills analysis phenomena, processes. Allowed several errors V content of the answer		satisfactory logic subsequence answer And
dissatisfied impressive	poor knowledge of the subject being studied areas, shallow disclosure Topics; weak knowledge main questions theories, weak skills analysis phenomena, processes. Allowed serious errors in content of the answer	inability to give reasoned answers		lack of logic And sequences answer

Criteria for assessing situational tasks:

Mark	Descriptors			
	understanding Problems	analysis of the situation	solution skills situations	professional thinking
Great	full understanding problems. All requirements, submitted to fulfilled	high ability analyze situation, do conclusions	high benefit select method solutions to the problem, true skills solutions to the situation	high level professional thoughts

Fine	full understanding problems. All requirements, submitted to fulfilled	benefit analyze situation, do conclusions	benefit select method solutions to the problem true skills solutions to the situation	residual level professional thoughts. drops one or two precision in the answer
satisfactory really	astatic implication problems. majority requirements declared to fulfilled	satisfactory benefit analyze situation, do conclusions	satisfactory solution skills situations, falsity with choosing a method solutions to the problem	residual level professional thoughts. falls more a bunch of inaccuracies in answer or there is an error in the sequence solutions
will not satisfy really	misunderstanding problems. many requirements, submitted to I hope not completed. No Tveta. Did not have experiments to solve hello	poor ability analyze situation	insufficient solution skills situations	missing