

**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  
in the discipline "Elective courses in physical education"

Specialty 05/31/01 General Medicine

**1. Interim certification form- test**

**2. Type of intermediate certification**— the credit is given based on the results of the current control according to the checklist

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

**General cultural (OK)-OK-6** – the ability to use methods and means of physical culture to ensure full-fledged social and professional activities.

**4. Stages of developing competencies in the process of mastering the discipline**

Discipline section	Codes generated competencies
	OK-6
Semester 1	
Section 1	+
Section 2	+
Section 3	+
Section 4	+
Section 5	+
Semester 2	
Section 1	+
Section 2	+
Section 3	+
Section 4	+
Section 5	+
Semester 3	
Section 1	+
Section 2	+
Section 3	+
Section 4	+
Section 5	+
Semester 4	
Section 1	+
Section 2	+
Section 3	+
Section 4	+
Section 5	+
Semester 5	
Section 1	+
Section 2	+
Section 3	+
Section 4	+
Section 5	+
Semester 6	

Section 1	+
Section 2	+
Section 3	+
Section 4	+
Section 5	+

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

Name competencies	Types of assessment materials	
	Current certification	Interim certification
OK-6		Tests

### 6. Current control

Current control is not provided.

### 7. Interim certification

Types of intermediate certification from the discipline RPD	number of approximate (standard) tasks for 1 competency
<b>1 course</b>	
Tests (main group)	11 exercises
Tests (special medical group)	6 exercises
Tests (medical educational department)	2 exercises
<b>2nd year</b>	
Tests	11 exercises
Tests (special medical group)	6 exercises
Tests (medical educational department)	2 exercises
<b>3rd year</b>	
Tests	11 exercises
Tests (special medical group)	6 exercises
Tests (medical educational department)	2 exercises

### UK-7

Test control

Control standards 2 semesters (main group)			
	tests	young men	girls
	60 m (m) (s)	9.0	-
	run 30 m (s)	-	5.9
	Pull-ups on the bar (number of times)	8	-

	flexion and extension of arms from a gymnastic bench (number of times)	-	9
	flexion and extension of the body from a supine position in 1 minute. (number of times)	thirty	20
	standing long jump (cm)	200	160
	shuttle run 3x10 m (s)	7.9	9.0
	squats on one leg with support against the wall "pistol" (number of times)	6	5
	jumping rope in 15 s (number of times)	8	10
	throwing a tennis ball at a target (points)	6	4
	bend forward on a gymnastic bench (cm).	+ 6	+ 7
<b>Control standards 2 semesters (special educational department)</b>			
	tests	young men	girls
	Pull-ups on the bar (number of times)	5	
	flexion and extension of arms from a gymnastic bench (number of times)	-	6
	flexion and extension of the body from a supine position in 1 minute. (number of times)	20	15
	shuttle run 3x10 m (s)	9.0	9.3
	jumping rope in 15 s (number of times)	7	8
	bend forward on a gymnastic bench (cm).	+ 5	+ 6
<b>Control standards 2 semesters (medical educational department)</b>			
	tests	young men	girls
	throwing a tennis ball at a target (points)	5	3
	bend forward on a gymnastic bench (cm).	+ 4	+ 5
<b>Control standards 4 semesters (main group)</b>			
	tests	young men	girls
	60 m (m) (s)	8.8	-
	run 30 m (s)	-	5.8
	Pull-ups on the bar (number of times)	10	-

	flexion and extension of arms from a gymnastic bench (number of times)	-	10
	flexion and extension of the body from a supine position in 1 minute. (number of times)	35	25
	standing long jump (cm)	210	170
	shuttle run 3x10 m (s)	7.7	8.9
	squats on one leg with support against the wall "pistol" (number of times)	7	6
	jumping rope in 15 s (number of times)	10	12
	throwing a tennis ball at a target (points)	8	6
	forward bend on a gymnastic bench (cm)	+ 7	+ 8
<b>Control standards 4 semesters (special educational department)</b>			
	tests	young men	girls
	Pull-ups on the bar (number of times)	6	
	flexion and extension of arms from a gymnastic bench (number of times)	-	7
	flexion and extension of the body from a supine position in 1 minute. (number of times)	25	20
	shuttle run 3x10 m (s)	8.8	9.1
	jumping rope in 15 s (number of times)	8	9
	bend forward on a gymnastic bench (cm).	+ 6	+ 7
<b>Control standards 4 semesters (medical educational department)</b>			
	tests	young men	girls
	throwing a tennis ball at a target (points)	6	4
	bend forward on a gymnastic bench (cm).	+ 5	+ 6
<b>Control standards 6 semester (main group)</b>			
	tests	young men	girls
	60 m (m) (s)	8.6	-
	run 30 m (s)	-	5.6
	Pull-ups on the bar (number of times)	12	-

	flexion and extension of arms from a gymnastic bench (number of times)	-	12
	flexion and extension of the body from a supine position in 1 minute. (number of times)	40	thirty
	standing long jump (cm)	220	180
	shuttle run 3x10 m (s)	7.5	8.8
	squats on one leg with support against the wall "pistol" (number of times)	8	7
	jumping rope in 15 s (number of times)	12	14
	throwing a tennis ball at a target (points)	9	7
	forward bend on a gymnastic bench (cm)	+ 8	+ 9
<b>Test standards for the 6th semester (special educational department)</b>			
	tests	young men	girls
	Pull-ups on the bar (number of times)	7	-
	flexion and extension of arms from a gymnastic bench (number of times)	-	8
	flexion and extension of the body from a supine position in 1 minute. (number of times)	thirty	25
	shuttle run 3x10 m (s)	8.7	9.0
	jumping rope in 15 s (number of times)	9	10
	bend forward on a gymnastic bench (cm).	+ 7	+ 8
<b>Control standards for the 6th semester (medical educational department)</b>			
	tests	young men	girls
	throwing a tennis ball at a target (points)	7	6
	forward bend on a gymnastic bench (cm)	+ 6	+ 7

**8. Description of indicators and criteria for assessing competencies at the stages of their formation, description of assessment scales**

	Levels of competency development		
	<i>Threshold</i>	<i>Sufficient</i>	<i>High</i>

Criteria	Competence formed. Demonstrated threshold, satisfactory sustainable level practical skill	Competence formed. Demonstrated enough level independence, sustainable practical skill	Competence formed. Demonstrated high level independence, high adaptability practical skill
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### Competency assessment indicators and rating scales

Grade "unsatisfactory" (not accepted) or lack of maturity competencies	Grade "satisfactorily" (passed) or satisfactory (threshold) level of development competencies	Rated "good" (passed) or sufficient level mastering competence	Excellent rating (passed) or high level development competencies
failure to student on one's own demonstrate knowledge when solving tasks, absence independence in application of skills. Lack of confirmation of completed competence  indicates negative results of mastering educational disciplines	student demonstrates independence in application of knowledge skills and abilities when performing tasks in full compliance with sample given teacher, it should be considered that the competence is formed on satisfactory level.	student demonstrates independent application of knowledge, skills and abilities when performing practical tasks, similar standard that confirms the presence formed competencies for more high level. Availability of such competencies for sufficient level indicates sustainable fixed practical skill	student demonstrates ability to independence and individual approach when execution practical task, in choosing more difficult tasks in within the discipline with using knowledge, skills and skills acquired as in the course of mastering this discipline, and adjacent disciplines should consider competence formed on high level.

### Evaluation criteria for the test

Mark in record book	Description
passed	<p>The mark "PASSED" evaluates the fulfillment of control standards (for the group to which the student belongs). Testing in the discipline is carried out in the form of practical assignments.</p> <p>Compliance with control standards in the amount of 85-90%.</p> <p>Attendance at classes is 75-80%.</p>

not accepted	<p>The mark "FAILED" evaluates the fulfillment of control standards (for the group to which the student belongs). Testing in the discipline is carried out in the form of practical assignments.</p> <p>Compliance with control standards BELOW 75%. Attendance at classes is 75-80%.</p>
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