

Control questions on the topic "Characteristics of strength as a physical quality. Methods and means of development of strength. Mastering and improving the technique of exercises on sport machines".

1. Continue the phrase. The physical quality Strength is the body's ability.....
2. Continue the phrase. The main means of developing strength abilities are exercises....
3. The effectiveness of training depends on the right method. People with different types of body build react differently to the same training system. There are three types that are called somatotypes. Name them!
4. Which exercises are included in the warm-up in almost all sports?
5. General development exercises are usually used for:
6. Specify among the listed means of strength development exercises with your own body weight:
7. The muscles which make a combined effort, when performing a movement, are called.....
8. What should be the heart rate during an average load?
9. What is sports fatigue?
10. What happens to body temperature during exercise?
11. What color fibers is the muscle made of?
12. In the zone of maximum power, the work is performed mainly at the expense of:
13. For biceps, which muscle is the antagonist:
14. Physical quality is not:
15. In case of insufficient physical activity, it should be increased, first of all, by...
16. Continue the phrase. The first place in the body's energy supply is taken by:
17. Depending on the muscle contraction regime, certain forms of contraction are distinguished. Name them....
18. Which type of training is characterized by short or medium periods of work alternating with periods of rest or decreased activity?
19. Which physical quality is determined by the maximum frequency of bending the arms in the prone position for 30 seconds?
20. What is the result of doing strength exercises with low weight and a maximum number of repetitions?
21. Hypodynamy is
22. Continue the phrase. Muscles that are able to produce strength during contraction (overcoming the process of muscle work). Name the contraction regime accordingly
23. Continue the phrase. Muscles that are able to produce strength in the process of stretching (inferior to the process of muscle work). Name the contraction regime accordingly
24. How do heart rate and maximum blood pressure change during exercise?
25. What is the heart rate at which the anaerobic threshold occurs in untrained people?