

Control questions on the topic "Characteristics of dexterity as a physical quality. Methods and means of development of coordination abilities. Making programs, mainly aimed at the development of coordination abilities and dexterity.

1. Continue the phrase. Physical Quality - Dexterity is a human ability...
2. What should be considered when assessing dexterity?
3. What is the physiological and psychophysical basis of dexterity?
4. Continue the phrase. The therapeutic effect of physical exercises is manifested in the form of.....
5. What are the best physical exercises for development of dexterity?
6. It is reasonable to plan the workloads during the training to develop physical qualities in a certain order. Think about it and choose a scheme?
7. Which of the following abilities are not coordination abilities?
8. What is not typical of Slowly Contracting Muscle Fibers (SMF)?
9. Steroid hormones regulate such fundamental processes of multicellular organism life as growth, differentiation, reproduction, adaptation, behavior. Steroid hormones include:
10. Biochemical changes during training do not develop simultaneously. Which bioenergy system adapts faster than others during a training?
11. Biochemical changes after training do not develop simultaneously. Which bioenergy system recovers faster than others after a training?
12. 11. Continue the phrase. Aerobic and anaerobic bioenergy processes differ markedly in power values. The maximum power of the aerobic process is achieved in exercises whose duration limit is at least....
13. Fatigue has a protective function, protecting the body from excessive functional exhaustion. General and local fatigue is subjectively felt. What causes of fatigue depend on?
14. Continue the phrase. The universal energy source in the body is.....
15. Continue the phrase. Aerobic and anaerobic bioenergy processes differ markedly in power values. The maximum speed of the alactate anaerobic process is achieved by doing exercises with a limit duration of about.....
16. Muscles are able to produce strength in the process of stretching. What is the name of this muscle contraction regime?
17. Physical exercises are divided into zones of relative power, which differ in physiological characteristics (maximum duration, oxygen consumption, oxygen debt, ventilation of lungs and blood circulation, biochemical shifts). Which zone of power belongs to the run at 200 m?
18. Continue the phrase. Aerobic and anaerobic bioenergy processes differ markedly in power values. The maximum speed of the glycolytic anaerobic process is achieved by doing exercises with a limit duration of about
19. What is the total number of muscles in the human body?
20. Continue the phrase. It is recommended that when making complexes of exercises to increase muscle mass...
21. What processes take place in the muscle during muscle contraction under the influence of nerve impulses?
22. Which of the presented abilities does not belong to the coordination group?
23. Continue the phrase. Homeostasis is one of the main concepts of biological bases of physical culture. Homeostasis is.....
24. What percentage of total body weight is the mass of skeletal muscles?
25. What are the blood cells that transport oxygen from the alveoli of the lungs to the tissues and carbon dioxide from the tissues to the lungs?