

**Control questions on the topic "Characteristics of flexibility as a physical quality. Methods and means of development of flexibility. Composition of programs, mainly aimed at the development of flexibility.**

1. Continue the phrase. Physical quality - Flexibility is the ability of the body.....
2. Continue the phrase. The physical quality of flexibility is determined by the inborn characteristics of the body, namely....
3. Continue the phrase. Passive flexibility is understood as ...
4. Continue the phrase. Active flexibility as opposed to passive flexibility develops.....
5. Which of the physical qualities, if they are overdeveloped, negatively affect flexibility?
6. Choose a few answers to the question! Continue the phrase. The physical quality of a person is not.....
7. Give definition. Posture - this is
8. Continue the phrase. Normally formed spine has 4 physiological curvatures, namely.....
9. Choose several answers!!!! Continue the phrase. As a result of incorrect posture there is .....
10. Which is the relationship between exercise intensity and heart rate?
11. Continue the phrase. The leading system to ensure the integrity of the body....
12. Continue the phrase. As a result of Hypodynamy....
13. Continue the phrase. Maximum oxygen consumption is ...
14. What is the structural basis of muscles?
15. Choose several answer variants. What types of human muscles are in the human body?
16. What is the name of the main muscle involved in breathing?
17. What are the components included in the physical activity control system?
18. Continue the phrase. Stretching is an exercise.....
19. What exercises are given to people with impaired functional posture?
20. Continue the phrase. Massage and self-massage promotes...
21. Choose several answer variants. The main physiological features of the body being trained are ...
22. Choose several answer variants. The causes of overtraining are.....
23. Which of the following systems of the body experiences the least stress during physical activity?
24. Continue the phrase. In the human body carbohydrates perform, including the following biological function...
25. Choose several answer variants. Continue the phrase. The impact of physical exercise on the cardiovascular system is.....