

Control questions on the topic: "Basic concepts and principles of sports training. Methods of work and ways of using gymnastic equipment and simulators".

1. Continue the phrase. Athletic training is:
2. Choose 4 correct answers! To ensure a progressive increase in the functional capabilities of the human body and fix them at an increased level it is necessary to What are the basic principles of sports training?
3. Choose 4 correct answers!!! The result of the adaptation of the body that occurs under the influence of systematic exercise is an increase in its efficiency. What changes occur in the human body under the influence of sports training?
4. What is the most important physical quality of an athlete that determines his overall level of performance?
5. Fatigue is not a pathological condition; it indicates an approaching shift in metabolism. What function does Fatigue perform in the human body?
6. The type of hormone secreted during running that has a calming effect on the body?
7. During strenuous muscular activity the concentration of some hormones increases, others (a minority of them) decrease. Does the concentration decrease?
8. Steroid hormones regulate such fundamental processes of multicellular organism life as growth, differentiation, reproduction, adaptation, and behavior. Steroid hormones include:
9. Choose 3 correct answers. Continue the phrase. During muscle contraction under the influence of nerve impulses, the following processes occur in the muscle....
10. Glycogen recovery in the muscle is one of the necessary conditions for optimal post-load recovery. How long does the recovery period take?
11. Choose 3 correct answers. The building block of a muscle is a muscle fiber. There are the following types of muscle fibers: red, slow twitch fibers (ST, slow twitch fibers) and white, fast twitch fibers (FT, fast twitch fibers). Identify which processes are characteristic of red, slow twitch fibers?
12. Choose 4 correct answers. The structural unit of a muscle is a muscle fiber. There are the following types of muscle fibers: red, slow twitch fibers (ST, slow twitch fibers) and white, fast twitch fibers (FT, fast twitch fibers). Identify which processes are characteristic of white, fast twitch fibers?
13. Choose two correct answers. There are two methods of strength training currently used for the development of strength ability. What are they?
14. Continue the phrase. The biochemical basis of the physical quality of Endurance in the process of long-term work is the potential capacity.....
15. Continue the phrase. The muscles that create a joint force, when performing a movement, are called....
16. What happens to body temperature when performing physical activity?
17. Which muscle for the biceps is the antagonist?
18. Continue the phrase. Dependence of Exercise Intensity and Heart Rate (HR)
19. Continue the phrase. Maximum Oxygen Intake (MOC) is
20. Continue the phrase. Continue the phrase. The components that make up the structure of exercise control are....
21. Choose 3 correct answers! Continue the phrase. The main physiological features of a trained body are.....
22. Choose 3 correct answers! Continue the phrase. Causes of overtraining of the body are....
23. Choose 3 correct answers! The effect of exercise on the cardiovascular system is.....
24. What is the main source of energy for the body?
25. What is sports fatigue?

