

**Control questions on the topic: "Basic physical qualities and their impact on the human body. The use of general training exercises as a means of developing the basic physical qualities".**

1. What are the basic physical qualities?
2. Choose two correct answers. State the formula for determining the maximum heart rate:
3. What heart rate zones do you know? What is the heart rate as a percentage of maximum exertion, corresponding to each zone?
4. Continue the phrase. Physical quality - Endurance is the ability of an organism.....
5. Continue the phrase. Physical quality Strength is the ability of the body.....
6. Continue the phrase. Physical quality - Rapidity is the body's ability to:
7. Continue the phrase. Physical quality - Flexibility is the ability of the body.....
8. Continue the phrase. Physical Quality - Dexterity is a human ability...
9. Continue the phrase. The therapeutic effect of physical exercises is manifested in the form of....
10. 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?
11. Biochemical changes during training do not develop simultaneously. Which bioenergy system adapts faster than others during a training?
12. Biochemical changes after training do not develop simultaneously. Which bioenergy system recovers faster than others after a training?
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. What processes take place in the muscle during muscle contraction under the influence of nerve impulses?
16. What percentage of total body weight is the mass of skeletal muscles?
17. Continue the phrase. Homeostasis is one of the main concepts of biological bases of physical culture. Homeostasis is.....
18. What are the criteria for self-control in sport are objective?
19. Continue the phrase. The positive impact of physical exercise on the development of functional capabilities of the body will depend on....
20. Recovery of glycogen in muscles is one of the necessary conditions for optimal post-stress - load recovery after sports training. How long does the recovery period take?
21. Regular physical exercise helps to increase efficiency. What processes in the body is this connected with?
22. When muscle activity is intense, the concentration of some hormones increases, while that of others (their minority) decreases. Concentration decreases?
23. Thermoregulatory center of the human body is?
24. Adaptation of the body to muscle activity is of a phase character. There are two stages of adaptation depending on the character and implementation time of adaptive changes in the body. What is the name of them?
25. The structural unit of a muscle is a muscle fiber. There are two types of muscle fibers. What are they?