

Control questions on the topic "Characteristics of endurance as a physical quality. Methods and means of development of endurance. Composition of programs mainly aimed at the development of special and general endurance".

1. *In modern society, the all-round physical development of all population groups and the achievement of physical perfection is the social goal of physical education.* What is the main means of physical education?
2. *Living conditions are the material and non-material factors that affect a lifestyle.* What is the main risk factor in people's way of life?
3. What are the basic physical qualities?
4. What physical quality is mainly developed in the following exercises: health walking and running, cross-country run up to 2 km, long run 15-20 minutes?
5. How is it possible to determine the level of physical activity of athletes when their heart rate is 180 beats per minute?
6. During a health exercise to improve the functionality of the cardiovascular system, the HR (heart rate) should not be lower than....
7. Which pulse zones you know? Which heart rate, as a percentage of maximum load, corresponds to each zone.
8. What is the formula for calculating the maximum heart rate?
9. It is recommended to breathe in a specific way during any physical activity. How is it recommended to breathe during long intensive physical activity?
10. What form of independent exercise should be chosen to develop endurance?
11. The most common means of independent training are:
12. Growth in training is accompanied by....
13. The main means of endurance development are:
14. How are the effects of physical activity on the body during training controlled?
15. What is the name of a temporary decrease in efficiency during a sports training?
16. What is the main energy generator for the body?
17. The movement activity of students in terms of the number of steps per day on average should be in the limits ...
18. The objective and informational criteria of the Assessment of physical activity are indicators....
19. Assessment of a person's physical condition is:
20. Endurance is the body's ability
21. Continue the phrase. The therapeutic effect of physical exercise manifests itself in the form of....
22. It is reasonable to plan the loads during training for the development of physical qualities in a certain order. Think about it and choose a scheme?
23. Continue the phrase. Steroid hormones regulate such fundamental processes of multicellular organism life as growth, differentiation, reproduction, adaptation, and behavior. Steroid hormones include:
24. Adaptation of individual bioenergetics systems of the body during training does not occur at the same time. Which bioenergetics system adapts faster than others during exercise?
25. Biochemical changes do not develop simultaneously after training. Which bioenergetics system recovers faster than others after exercise?