

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

1. Continue the phrase. Physical quality - Rapidity is the body's ability to:
2. Continue the phrase. Varieties of manifestation of rapidity (give 3 correct answers):
3. What factors affect the physical quality of rapidity? (specify 3 correct answers):
4. Which of the proposed means is not suitable for development of rapidity in difficult conditions?
5. Which of the proposed means is not the right one for the development of rapidity in easy conditions?
6. What are the criteria for self-control in sport are objective?
7. Continue the phrase. The positive impact of physical exercise on the development of
8. What is the best muscle building method?
9. The type of hormone secreted during running and having a calming effect on the body?
10. What should not be the exercises on which the training is based to improve the work of the cardiovascular and respiratory systems?
11. 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?
12. The main importance for biochemical evaluation of physical exercises is their power. Which power zone corresponds to the maximum operating time of no more than 5 minutes?
13. The main importance for biochemical evaluation of physical exercises is their power. Which zone of power corresponds to running for 15 km and more, sport walking for 10 km and more, cross-country skiing, ski racing for 50 km, over a long distance in athletics, swimming, cycling?
14. The intensity of the exercises can be determined by the heart rate. What will your heart rate be at moderate intensity if you are 25 years old?
15. Regular physical exercise helps to increase efficiency. What processes in the body is this connected with?
16. Continue the phrase. The most common method to improve speed-power capabilities is...
17. A characteristic feature of submaximal power zone exercises is the possibility of a "dead point" in the course of their implementation. Give a definition of "dead point"?
18. Continue the phrase. The main role in the distribution of nutrients to other tissues and in the integration of the intermediate metabolism belongs...
19. Continue the phrase. The decrease of glycogen reserves is the main reason for fatigue in the run....
20. Continue the phrase. The decrease of Creatine Phosphate (CP) reserves is the main reason for fatigue on the run....
21. When muscle activity is intense, the concentration of some hormones increases, while that of others (their minority) decreases. Concentration decreases?
22. Thermoregulatory center of the human body is?
23. As a result of physical training, hypertrophy of muscles is observed. What type of fibers have the maximum hypertrophy?
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?