

The list of topics and questions for implementing a complementary interview on the academic subject discipline "Theory and Methodology of Physical Education" for foreigners and stateless persons, for the enrollment to the educational establishment "Belarusian State University of Physical Culture" for Master's Degree

Topic 1. Physical education as a long-term process

The purpose and objectives of physical education:

- children of preschool age (up to 6 years old);
- pupils and students (from 6 to 21 years old);
- adults (from 21 to 55-60 years old);
- elderly and old people (from 55-60 and older).

Topic 2. Means of physical education

Physical exercise as the major mean of physical education.

Classification of physical exercise.

Technique of physical exercise.

Activity as a measure of physical exercise impact on the body involved.

The amount and intensity of physical activity.

Types of rest intervals (ordinary, hard, supercompensatory).

Active and passive rest.

Health-improving means of nature and hygienic factors as non-specific means of physical education.

Topic 3. Techniques of physical education

Varieties of the method of strictly regulated exercise and features of their application while teaching moving activities.

Varieties of the method of strictly regulated exercise, mainly with the directed development of moving abilities (physical capabilities).

Game and competitive methods in physical education.

Methods of verbal and visual impact.

The usage of circle training in physical education.

Topic 4. Physical abilities and methods of their direct evolution

General features of physical abilities.

Factors of physical abilities manifestation (physiological, biochemical and biomechanical).

Operational mode of muscle work while performing power exercise (in dynamic, in static).

Physical exercise for the direct development of strength abilities and the conditions for their implementation (the amount of weight, the number of recurrence, etc.).

Monitoring of the level of physical abilities in physical education (testing, dynamometry, etc.).

Topic 5. Velocity abilities and methodology of directed evolution

General characteristics of velocity abilities.

Factors, determined the demonstration of velocity abilities.

Physical exercise for the directed evolution of speed abilities and the conditions for their implementation (duration of exercise, intensity, etc.).

Monitoring of the level of velocity development abilities in physical education.

Topic 6. Endurance and methods of its directed development

General description of endurance.

Factors determining the description of endurance.

Physical exercise for the direct endurance enhancement, the conditions for their implementation (exercise duration, intensity, heartbeat rate, etc.).

Control of the level of development of endurance in physical education (testing and laboratory research).

Topic 7. Coordination abilities and methods of their directed development

General characteristics of coordination abilities.

Factors that determine the demonstration of coordination abilities.

Physical exercise for directed development of coordination abilities in physical education.

Control of the development degree of coordination abilities.

Topic 8. Flexibility and methodology of its direct development

General description of flexibility.

Factors determining the demonstration of flexibility.

Physical exercise for the directed development of flexibility.

Monitoring of the level of flexibility development in physical education.

Topic 9. Physical education at school

Training teacher staff for physical education.

Physical education of children 6–10 years old.

Physical education of children of 11-15 age.

Physical education of boys and girls age 16-18.

The number of physical exercise at school.

Topic 10. Physical education at university

The significance of physical education at university.

The arrangement of physical education at university (hours of classes, students distribution in groups).

The conduction of physical education classes at university (theory, practice, sports).

Ways of students arrangement involved in physical education during classes (frontal, group, personal).

Control in physical education classes at the university (tests, oral questioning ...).

Topic 11. Ways of arranging physical education classes

Distinctive features of classes.

The structure and purpose of physical education classes in general secondary education institutions (schools).

Distinctive features of extracurricular forms of study.

Small forms of extracurricular activities: morning exercise, physical exercise, introductory gymnastics, etc.

Broad forms of out-class activities: amateur training, physical education, recreational, competitive.

Topic 12. Monitoring in physical education

Kinds of educational monitoring: preliminary, operational, current, milestone, final, self-control.

Testing the level of physical fitness at physical education lessons (velocity, strength, coordination abilities, flexibility, endurance).