

**MINISTRY OF PUBLIC HEALTH OF UKRAINE  
ZAPOROZHYE STATE MEDICAL UNIVERSITY**

**DEPARTMENT OF PHYSICAL REHABILITATION,  
SPORTS MEDICINE, PHYSICAL TRAINING AND HEALTH**

**TEST BOOK  
ON PHYSICAL REHABILITATION AND  
SPORTS MEDICINE**

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M 21

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Test book is intended for independent work of students of medical faculties IV course in preparation for the practical training in the discipline "Physical rehabilitation and sports medicine."

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Tests and case studies presented in the "choice of the correct answer." You must choose the most correct answer, from your point of view, to the problem of interference. In a test is always the right answer and it is only one (with the didactic purpose of the correct answer marked with an asterisk).

### Text test tasks

1. A power index is for men:
  - A. \* 65-70
  - B. 70-75
  - C. 80-85
  - D. 90-95
  - E. 60-65
2. A power index is for women:
  - A. \* 48-50
  - B. 50-52
  - C. 52-54
  - D. 54-56
  - E. 56-58
3. A rachiocampsis is in a frontal position, it –
  - A. \* Scoliosis
  - B. Eordosis
  - C. Ciphosis
  - D. Lordosis and ciphosis
  - E. All answers are correct
4. A sinus knot is excited with frequency
  - A. \* in 60-90 on a minute
  - B. in 30-60 on a minute
  - C. in 15-30 on a minute
  - D. in 40-70 on a minute
  - E. there is not a right answer
5. A sphygmography is a research method which is based on graphic registration of vibrations of walls
  - A. Hearts
  - B. central arteries
  - C. peripheral arteries
  - D. \* central and peripheral vessels
  - E. veins

6. A sportsman has a level of shorting of knee-jerk
  - A. C6-C7
  - B. \* L2-L4
  - C. L5-S1
  - D. D7-D8
  - E. there is not a right answer
7. A term of proceeding physical exercises in general groups is after a quinsy:
  - A. \* 2-4 weeks
  - B. 3-4 weeks
  - C. 1-2 weeks
  - D. 3-5 weeks
  - E. 4-5 weeks
8. A term of proceeding physical exercises in general is after a acute otitis:
  - A. \* 2-4 weeks
  - B. 3-4 weeks
  - C. 1-2 weeks
  - D. 3-5 weeks
  - E. 4-5 weeks
9. A term of proceeding physical exercises in general groups is after pneumonia:
  - A. \* 1-2 months
  - B. 1-2 weeks
  - C. 2-3 weeks
  - D. 1,5-2 weeks
  - E. 3-4 weeks
10. A term of proceeding physical exercises in general groups is after a flu:
  - A. \* 2-4 weeks
  - B. 3-4 weeks
  - C. 1-2 weeks
  - D. 3-5 weeks
  - E. 4-5 weeks
11. A term of proceeding physical exercises in general groups is after a acute pyelonephritis:
  - A. \* 2 months
  - B. 3 months
  - C. 4 months
  - D. 5 months
  - E. 6 months
12. A term of proceeding physical exercises in general groups is after viral hepatitis:
  - A. \* 8-12 months
  - B. 1-2 months
  - C. 2-5 months
  - D. 6 months
  - E. 2 years

13. A term of proceeding physical exercises in general groups is after the break of bones:
- \* 1-3 months
  - 5-6 months
  - 1-2 weeks
  - 1-3 weeks
  - 6-7 months
14. About hypertrophy of myocardium gives the most objective information
- ECG
  - \* echocardiography
  - apexcardiography
  - reography
  - there is not a right answer
15. About lengthening an interval QT talk in those cases, when he exaggerates norms more than on
- 0,01 s
  - 0,02 s
  - 0,03 s
  - 0,04 s
  - \* 0,05 s
16. About multiplying an interval PQ talk in the case when he exceeds
- 0,14 s
  - 0,16 s
  - 0,18 s
  - \* 0,20 s
  - there is not a right answer
17. About reduction of interval PQ talk in the case when he less after
- 0,16 s
  - 0,14 s
  - \* 0,12 s
  - 0,10 s
  - 0,5 s
18. Admitting to trainings of gymnasts is not allowed at presence of
- Myopia of weak degree
  - scoliotic carriage
  - dysfunction of call-bladder
  - \* splachnoptos
  - there is not a right answer
19. All belong to the graphic methods of study of mechanical operation of heart, after an exception
- ECG
  - Ballistic cardiography
  - Seismocardiography
  - \* Vectorcardiography

- E. Kinetically cardiography
20. An index of Kettle is for men:
- A. \* 350-400 g
  - B. 400-420 g
  - C. 450-470 g
  - D. 320-370 g
  - E. 120-250 g
21. An index of Kettle is for women:
- A. \* 325-375 g
  - B. 350-395 g
  - C. 375-425 g
  - D. 380-430 g
  - E. 300-350 g
22. Apexcardiography allows to estimate
- A. \* retractive function of myocardium
  - B. conductivity
  - C. electric activity
  - D. automatism
  - E. excitability
23. As a result of the regular training there is a volume of circulating blood on endurance
- A. diminishes
  - B. \* increased
  - C. does not change
  - D. deviates
  - E. there is not a right answer
24. As a result of the regular training there is a volume of circulating blood on endurance
- A. diminishes
  - B. \* increased
  - C. does not change
  - D. deviates
  - E. there is not a right answer
25. At measuring of growth, standing a sportsman must touch to the vertical slat a stadiometer
- A. by sacrum, heels, back of head
  - B. by sacrum, heels, middle scapulas area, back of head
  - C. by sacrum, middle scapulas area, back of head
  - D. \* by sacrum, heels, middle scapulas area
  - E. All answers are faithful
26. At multiplying frequency of heart-throbs duration of interval of P-Q
- A. increased
  - B. \* diminishes
  - C. does not change

- D. A and C
  - E. there is not a right answer
27. At multiplying frequency of heart-throbs duration of interval of Q-T
- A. increased
  - B. \* diminishes
  - C. does not change
  - D. A and C
  - E. there is not a right answer
28. At sinus tachycardia a pulse draws it mild usually
- A. 80-100 per 1 min.
  - B. \* 100-130 per 1 min.
  - C. 140-160 per 1 min.
  - D. 170-190 per 1 min.
  - E. there is not a right answer
29. At the normal location of electric axis of heart for correlation of amplitude of R indents in the standard taking
- A. R1 anymore R2 anymore R3
  - B. R3 anymore R2 anymore R1
  - C. \* R2 anymore R1 anymore R3
  - D. R3 anymore R1 anymore R2
  - E. R4 anymore R1 anymore R3
30. At the rate of movement of ECG ribbon of 25 mm/s every little cell (1 mm.) on her answers an interval
- A. 0,01 s
  - B. 0,02 s
  - C. \* 0,04 s
  - D. 0,1 s
  - E. 0,5 s
31. At the record of ECG to electrode on the left arm join a wire in color
- A. red
  - B. \* yellow
  - C. green
  - D. black
  - E. white
32. At the record of ECG with speed of 50 mm/s. 1 mm. answers on a paper ribbon
- A. 0,01 s
  - B. \* 0,02 s
  - C. 0,03 s
  - D. 0,04 s
  - E. 0,05 s
33. At to the record of ECG for a sportsman to the counter-clockwise leg connect an electrode
- A. Red
  - B. \* green



- C. yellow
  - D. black
  - E. white
34. Basic signs of physical development
- A. muscular force of brushes, vital lungs volume, mass of body
  - B. \* length and mass of body, circumference of thorax
  - C. composition of body and muscles, mass of body
  - D. carriage, form of feet, character of fat volume
  - E. All answers are correct
35. Before contra-indications for determination of class force for sportsmen does not belong
- A. hernia of Shmorlya
  - B. monthly
  - C. \* uncovertebral artrosis
  - D. inguinal hernia
  - E. pregnancy
36. Being often ill the acute diseases of respirators sportsmen must be inspected a sporting doctor
- A. in 1 on a month
  - B. in 1 on 2 months
  - C. \* in 1 on 6 months
  - D. in 1 on a year
  - E. 1 time on 1 week
37. Bradycardia concerns, when pulse more small after
- A. 70 per min.
  - B. \* 60 per min.
  - C. 50 per min.
  - D. 20 per min.
  - E. there is not a right answer
38. By a simple spirometry it is possible to define the index of pulmonary ventilation
- A. index of Tiphno
  - B. speed of exhalation
  - C. \* volume of the forced exhalation
  - D. All answers are correct
  - E. All answers are not correct
39. Changes of adaptations of the respiratory system are during the physical training
- A. decline of minute volume of breathing
  - B. decline of respiratory coefficient
  - C. \* multiplying a respiratory volume
  - D. A and C
  - E. there is not a right answer
40. Characterizes static co-ordination

- A. test of Yarotskyj
  - B. rotation in an arm-chair Ram
  - C. \* the test of Romberg is complicated
  - D. finger-nasal test
  - E. there is not a right answer
41. Diastolic noise concerns
- A. at once after the first tone
  - B. between the first and second tones
  - C. immediately in front of by the first tone
  - D. \* after the second tone
  - E. there is not a right answer
42. Direct ECG-signs of hypertrophy of myocardium is
- A. multiplying amplitude of indent of P
  - B. multiplying duration of indent of P
  - C. \* multiplying amplitude of indents of R and P
  - D. multiplying the width of complex QRS more than 0,12 s
  - E. there is not a right answer
43. Duration of interval of PQ is determined in
- A. first taking
  - B. second taking
  - C. third taking
  - D. \* taking from extremities, where an interval is most
  - E. taking from extremities, where an interval is the least
44. During the peak of sporting form develops
- A. \* physiology hypotension
  - B. physiology hypertension
  - C. an arterial pressure does not change
  - D. B and C
  - E. there is not a right answer
45. Early systolic noise concerns
- A. at once after the second tone
  - B. \* at once after the first tone
  - C. between the first and second tones
  - D. before the second tone
  - E. before the first tone
46. Factors which reduce the level of arterial pressure under act of the physical training
- A. increase of shock volume of heart
  - B. \* decline of common peripheral resistance of vessels
  - C. multiplying the retractive function of myocardium
  - D. A and C
  - E. there is not a right answer
47. For a sportsman-athlete (there are broad jumps) marked the index of mass of body, even 24,0. It means

- A. \* norm
  - B. deficit of mass of body
  - C. surplus mass of body
  - D. B and C
  - E. All answers are faithful
48. For a sportswoman-sprinter marked the index of mass of body 18. It is considered as
- A. norm
  - B. \* deficit of mass of body
  - C. surplus mass of body
  - D. All answers are correct
  - E. All answers are not correct
49. For an athlete-decathlon competitor marked the index of mass of body 32. It is considered as
- A. Norm
  - B. deficit of mass of body
  - C. \* surplus mass of body
  - D. But also In
  - E. All answers are faithful
50. For description of the vegetative nervous system use
- A. test of Yarotskyj
  - B. temp-test
  - C. \* test of Ashner
  - D. genucalcaneal test
  - E. test of Bare
51. For determination of what pathology ultrasonic research of heart can help for a sportsman
- A. dystrophy of myocardium
  - B. \* valvular defects
  - C. violation of rhythm of heart
  - D. chronic aneurysm of heart
  - E. there is not a right answer
52. For measuring curvatures of spine apply skoliosometers:
- A. Pidyampolskoy
  - B. Mikulesy
  - C. Galburtsev
  - D. \* All answers are faithful
  - E. All answers are not faithful
53. For research of carriage and build apply methods:
- A. \* To anthropometry and somatoscopy
  - B. To anthropometry
  - C. Functional tests
  - D. All right
  - E. All not right

54. For sportsmen distinguish the types of circulation of blood, after an exception
- hypo kinetic
  - hyperkinetic
  - \* macro kinetic
  - eukinetic
  - there is not a right answer
55. For sportsmen duration of indent of P does not exceed in the standard and increased taking
- 0,09 s
  - 0,10 s
  - \* 0,11 s
  - 0,12 s
  - there is not a right answer
56. For the estimation of dynamic co-ordination for sportsmen use
- test of Romberg
  - \* finger-nasal test
  - EEG
  - test of Adson
  - there is not a right answer
57. For the estimation of retractive function hearts do not use a method
- apexcardiography
  - \* ECG
  - echocardiography
  - reography
  - there is not a right answer
58. For the record of ECG in taking of V4 after Vilson an active electrode is set in
- 4 intercostal on the left at a breastbone
  - 5 intercostal on the left at a breastbone
  - 5 intercostal on a front armpit line
  - \* 5 intercostal for middle scapula line
  - All answers are not correct
59. For visual description of degree of development of skeletal musculature does not use a criterion
- volume
  - \* force
  - relief
  - resiliency
  - there is not a right answer
60. Function of myocardium, which it can not find out on ECG
- conductivity
  - activity
  - automatism
  - \* contractility
  - there is not a right answer

61. High cardiac production characteristic at development
- physiology hypertrophy of myocardium
  - pathological hypertrophy of myocardium
  - \* physiology dilatation of ventricles
  - A and B
  - there is not a right answer
62. How many degrees of scoliotic curvature do you know?
- 4
  - 3
  - 1
  - 5
  - 2
63. How often does conduct the repeated inspections?
- 1-2 times per a year
  - 3-4 times per a year
  - \* 2-5 times per a year
  - 8-10 times per a year
  - 1 time per 2 years
64. In a norm a cardiac shove is in adult on 1-1,5 sm.
- medial від a front armpit line in fourth intercostal
  - lateral від a middle scapular line in fourth intercostal
  - \* medial від a middle scapular line in fifth intercostal
  - medial від a front armpit line in fifth intercostal
  - there is not a right answer
65. In a norm amplitude of complex QRS does not exceed in any of the pectoral taking
- 10 mm
  - 15 mm
  - 20 mm
  - \* 25 mm
  - 30 mm
66. In a norm amplitude of complex QRS in the standard and increased taking from extremities draws it mild
- 18 mm
  - 20 mm
  - \* 22 mm
  - 25 mm
  - 30 mm
67. In a norm amplitude of complex QRS must not exaggerate in the pectoral taking
- 10 mm
  - 15 mm
  - 20 mm
  - \* 25 mm

- E. 30 mm
68. In a norm amplitude of indent of P must not exaggerate on ECG
- 2,0 mm
  - \* 2,5 mm
  - 3,0 mm
  - 3,5 mm
  - 4,0 mm
69. In a norm an indent of T for sportsmen can be negative
- in the second taking
  - in the first taking
  - \* in the third taking and in aVL
  - in the first taking and in aVF
  - there is not a right answer
70. In a norm colored part of foot must make no more
- 1/2 its width
  - \* 1/3 its width
  - 1/4 its width
  - /5 its width
  - there is not a right answer
71. In a norm the indent of T is always negative in taking
- to second standard
  - V1
  - V5
  - \* aVR
  - there is not a right answer
72. In a norm the indent of T is always positive in
- first taking
  - second taking
  - third taking
  - \* first and second taking
  - second and third taking
73. In the first phase of myogenic leucocytoses number of leucocytes of peripheral blood
- Diminishes
  - does not change
  - \* increased
  - deviates
  - there is not a right answer
74. In the norm of elevation indent S does not exceed
- 0,5 mm
  - 1,0 mm
  - \* 2,0 mm
  - 3 mm
  - 5 mm

75. In the norm of oscillation of relative closeness of urine for a sportsman makes
- 1004-1010
  - \* 1006-1020
  - 1015-1027
  - 1030-1040
  - 1035-1045
76. In the right pectoral taking (V1, V2) the indent of R is formed as a result of excitation
- \* right ventricle
  - left ventricle
  - inter ventricle partition
  - B and C
  - there is not a right answer
77. In the types of sport on endurance of pulse in a space hold can be less after
- 70 per min.
  - 60 per min.
  - \* 50 per min.
  - 30 per min.
  - there is not a right answer
78. In urine of healthy sportsman at peace in a period rest from muscular activity of squirrel
- Present
  - \* absent
  - present sometimes
  - A and C
  - there is not a right answer
79. Indent of P on normal ECG beats back
- excitation of sinus-auricular knot
  - \* depolarization of pericardiums
  - excitation of athrio-ventricles knot
  - depolarization of ventricles
  - there is not a right answer
80. Index of Kettle it is
- attitude of dynamometrition of brush is toward mass of body
  - frequency of heart-throbs is in the first minute of renewal
  - \* attitude of mass of body is toward growth
  - All answers are correct
  - All answers are not correct
81. Index of Pinye, which specifies on middle body structure:
- \* 21-25
  - 10-20
  - 15-30
  - 30-45
  - Over 45

82. Index of Pinye, which specifies on strong body structure:
- A. \* To 10
  - B. 10-20
  - C. 21-25
  - D. 26-35
  - E. Over 36
83. Index of Pinye, which specifies on to good of body structure
- A. \* 10-20
  - B. To 10
  - C. 21-25
  - D. 26-35
  - E. Over 36
84. Index of Pinye, which specifies on very weak body structure:
- A. \* Over 36
  - B. 25-30
  - C. 20-25
  - D. 15-20
  - E. 10-15
85. Index of Pinye, which specifies on weak body structure:
- A. \* 26-35
  - B. Over 35
  - C. 10-20
  - D. 21-30
  - E. 31-38
86. Index, which determines a difference between growth, standing and has the name of index the sum of mass of body and circle of thorax
- A. Broke
  - B. Kettle
  - C. \* Pinye
  - D. Ruphye
  - E. Pirat
87. Main task of deep reviews of sportsmen
- A. estimation of physical development
  - B. determination of biological age
  - C. \* determination of the state of health
  - D. admitting is to trainings
  - E. establishment of influence of the physical loading is on an organism
88. Main tasks of medical-athletic service:
- A. \* Participating is in training process control
  - B. A restoration treatment of sportsmen is after a disease and traumas
  - C. Co-ordination of activity of separations and cabinets of rehabilitation
  - D. Right answer But also In
  - E. All answers are correct
89. Maximal amplitude of indent of S is observed in the pectoral taking



- A. V4
  - B. V4-V6
  - C. \* V2
  - D. V1-V3
  - E. there is not a right answer
90. Maximally accessible pulse for sportsmen on height of the physical loading makes
- A. \* 220-240 per 1 min.
  - B. to 200 per 1 min.
  - C. to 180 per 1 min.
  - D. to 150 per 1 min.
  - E. there is not a right answer
91. Methods of estimation of physical development:
- A. \* Method of anthropometric standards
  - B. Method of correlation
  - C. Method of percentiles
  - D. There is not a right answer
  - E. All answers are correct
92. Most deformation of thorax is caused by a rachiocampsis
- A. scoliosis
  - B. lumbar lordosis is increased
  - C. pectoral ciphosis is increased
  - D. \* ciphoscoliosis
  - E. there is not a right answer
93. Myopia of middle degree is characterized the size of optical correction
- A. to 2 diopters
  - B. to 3 diopters
  - C. \* to 6 diopters
  - D. to 8 diopters
  - E. there is not a right answer
94. Name basic medical groups:
- A. \* Basic preparatory speciality
  - B. Special, non-special
  - C. Additional, basic
  - D. Basic, specific, preparatory
  - E. Preparatory, medical
95. Normal maintenance of urea of blood
- A. \* 3,8 mmol/l
  - B. 8,4 mmol/l
  - C. 10,3 mmol/l
  - D. 17,2 mmol/l
  - E. There is not a right answer
96. Normalized form of thorax
- A. boat-like

- B. \* cylinder
  - C. conical
  - D. rhomboid
  - E. A and C
97. Obligatory for raising of diagnosis a sportsman has dysplastic scoliosis
- A. presence of scoliotic arc
  - B. defect of pelvis
  - C. \* rotary press of spine
  - D. Chondrodysplastic spine
  - E. wedge-shaped deformation spine
98. On a scale the express of estimation of G. L. Apanasenko makes a safe somatic health of man level
- A. 6 marks
  - B. 10 marks
  - C. \* 14 marks
  - D. 5 marks
  - E. 7 marks
99. On principle of activity functional tests are divided on:
- A. \* With the dosed or maximal physical work
  - B. Submaximal tests
  - C. Maximal tests
  - D. All right
  - E. All not right
100. Pansystolic noise
- A. occupies all systole, but does not meet from 1 and 2 tones
  - B. \* occupies all systole and meets with tones
  - C. concerns at the beginning and in the middle of systole
  - D. concerns only in the middle of systole
  - E. All answers are correct
101. Pathological systolic noise for sportsmen is registered at all cases, after an exception
- A. relative narrowing of openings of heart
  - B. \* acceleration of blood stream
  - C. valvular insufficiency
  - D. dystrophy of myocardium
  - E. there is not a right answer
102. Physical culture promotes
- A. the increase of level of insulin of blood
  - B. \* the decline of level of insulin of blood
  - C. the increase of level of glucose of blood
  - D. the decline of level of glucose of blood
  - E. there is not a right answer
103. Physical development is estimated after the method of standards as middle at deviation from middle arithmetic on

- A. \* plus-minus one sigma
  - B. from plus-minus one sigma to plus-minus two sigma
  - C. from plus-minus two sigma to plus-minus three sigma
  - D. B and C
  - E. there is not a right answer
104. Physiology form of thorax
- A. Round
  - B. Rachitic
  - C. \* Conical
  - D. Boat-like
  - E. there is not a right answer
105. Pneumotachometrition is a method of determination of air speed to the stream at maximally rapid
- A. To inhalation
  - B. To exhalation
  - C. \* to inhalation and exhalation
  - D. deep inhalation
  - E. deep exhalation
106. Polycardiography is a method of research of phase structure of cardiac cycle which is based on to the synchronous record
- A. ReoCG, vectorcardiograms, ECG
  - B. \* ECG, FCG, sphygmograms of central pulse
  - C. vectorcardiograms, kinetocardiograms, FCG
  - D. All answers are correct
  - E. All answers are not correct
107. Power index it is
- A. attitude of class force is toward growth
  - B. an amount of undercuttings is on a cross-beam for 1 minute
  - C. \* attitude of force of brush is toward mass of body
  - D. All answers are correct
  - E. All answers are not correct
108. Registration of vibrations of arterial wall at distribution of pulse wave for carries the name vessels
- A. tachoscylography
  - B. reography
  - C. X-ray kimography
  - D. ballistic cardiography
  - E. \* sphygmography
109. Robinson index it is
- A. \* Pulse on arterial pressure, parted on 100
  - B. attitude of vital lungs volume is toward mass of body
  - C. Pulse is on a systolic volume
  - D. All answers are correct
  - E. All answers are not correct

110. Sportsmen have a basic method of research of physical properties of liver and gall-bladder
- A. anamnesis
  - B. review
  - C. \* palpation
  - D. percussion
  - E. auscultation
111. Sportsmen have a border of norm of heart duration conductivity for a normal rhythm
- A. 0,10-0,20 s
  - B. 0,12-0,20 s
  - C. \* 0,12-0,22 s
  - D. 0,22-0,23 s
  - E. there is not a right answer
112. Sportsmen have duration of complex QRS
- A. \* 0,04-0,11 s
  - B. 0,05-0,6 s
  - C. 0,08-0,12 s
  - D. 0,05-0,06 s
  - E. there is not a right answer
113. Sportsmen have functional systolic noise at growth of trained
- A. get less
  - B. \* increases
  - C. does not change
  - D. not listened
  - E. there is not a right answer
114. Sportsmen which develop mainly have most sizes of heart
- A. \* general endurance
  - B. speed endurance
  - C. speed-power internalss
  - D. flexibility
  - E. there is not a right answer
115. Strengthening of lumbar lordosis is characterized as
- A. round back
  - B. \* the back is concave
  - C. flat back
  - D. round-concave back
  - E. there is not a right answer
116. Tachycardia concerns, when pulse greater after
- A. 75 per min.
  - B. \* 90 per min.
  - C. 105 per min.
  - D. 50 per min.
  - E. there is not a right answer

117. The additional medical inspection of sportsmen is not conducted in case
- admitting is to participating in competitions
  - admitting is to trainings after illness
  - setting of the motive mode
  - \* making control on sexual belonging
  - there is not a right answer
118. The anthropometry requires the proper terms
- researches conduct after the same thingsentinel rest
  - sleep before research must be not less than 7 hours
  - researches conduct on an empty stomach at any time days
  - \* researches conduct in the morning on an empty stomach
  - before research it is impossible to burn cigarettes
119. The bunch of Gisa divides by legs
- \* to the right and counter-clockwise
  - front and back
  - right, counter-clockwise, middle
  - back and to the right
  - there is not a right answer
120. The carriage of sportsman, as a rule, is explored in position
- lying
  - sitting
  - \* standing
  - bent
  - there is not a right answer
121. The complex inspections of sportsmen consist in
- medical-pedagogical supervisions
  - \* collection of sporting anamnesis, somatoscopy and anthropometry, functional diagnostics
  - study of sanitary terms of employments and analysis of traumatism on competitions
  - All answers are correct
  - All answers are not correct
122. The corner of motions in joints is measured by
- caliper
  - \* pronometer
  - forewarm
  - pneumotachymeter
  - dynamometer
123. The features of research of sportsmen consist in
- to the estimation of physical development
  - research of bones and muscles and somatoscopy
  - \* use of functional tests in functional diagnostics
  - exposure of biochemical signs of fatigue
  - All answers are correct

124. The indent of T beats back on ECG
- excitation of sinus-auricular knot
  - depolarization of pericardiums
  - \* phase of repolarization of myocardium of ventricles
  - A and B
  - there is not a right answer
125. The mean value of Robinson index makes for a healthy man
- \* 85-94
  - 95-104
  - 105-114
  - All answers are correct
  - All answers are not correct
126. The method of research of physical development of sportsman after the method of the graphs is based on
- laws of casual division of sizes
  - \* to correlative interdependence of separate physiology sizes
  - to the construction of percentiles scales
  - somatical types
  - A and C
127. The size of arterial pressure in most sportsmen is registered at level
- high bound of norm
  - \* low bound of norm
  - does not differ from a norm
  - higher statistical norm
  - below statistical norm
128. To description of the vegetative nervous system of sportsman does not belong
- quality of sleep
  - external secretion
  - \* vestibular firmness
  - dermography
  - thermal resistance
129. To the methods of research of function of the external breathing does not take
- spirometry
  - pneumotachometry
  - \* oxyhaemography
  - pneumotometry
  - there is not a right answer
130. To the respiratory tests belongs:
- Test of Elizarov, Shtange
  - \* Shtange, Genchy
  - Marshov, Genchy
  - Shtange, Letunov

- E. Ruffe, Letunov
131. To the superficial type of sensitiveness for sportsmen belongs
    - A. oscillation
    - B. \* tactile
    - C. muscle-arthral feeling
    - D. stereognosis
    - E. feeling of localization
  132. Vertical position of heart is characteristic for sportsmen which are engaged in the types of sport
    - A. \* basket-ball, volley-ball
    - B. heavy athletics, sporting gymnastics
    - C. football, cycle racing
    - D. figure-skating
    - E. there is not a right answer
  133. Vital index it is
    - A. attitude of mass is toward length of body
    - B. \* attitude of vital lungs volume is toward mass of body
    - C. work of frequency of heart-throbs on pulse
    - D. All answers are correct
    - E. All answers are not correct
  134. Vital lungs volume most for sportsmen in the types of sport
    - A. \* ski double-event
    - B. heel-and-toe walk
    - C. handball
    - D. water-polo
    - E. pentathlon
  135. Volume of air, which directly takes part in the pulmonary interchange of gases is in a pulmonary capacity
    - A. vital capacity of lights
    - B. \* functional capacity of lights
    - C. general capacity of lights
    - D. capacity of exhalation
    - E. capacity of inhalation
  136. Volume of air, which fizzles out from lungs during 1 minute named
    - A. respiratory volume
    - B. \* pulmonary ventilation
    - C. vitally lungs volume is forced
    - D. maximal ventilation of lights
    - E. there is not a right answer
  137. What are the types of functional tests?
    - A. \* One-, two-, three momentional
    - B. Basic and additional
    - C. Primary and repeated
    - D. All right

- E. All not right
138. What do distinguish the forms of feet?
- S-similar, O-similar, lines
  - Lines, curves
  - Direct, Z-similar, O-similar
  - \* Direct, X-similar, O-podibni
  - O-similar, S-similar
139. What do distinguish the inspection of sportsmen on the tasks and organization?
- Primary
  - Repeated
  - Additional
  - \* All answers are faithful
  - All answers are not faithful
140. What do distinguish the inspection of sportsmen on the tasks and organization?
- Primary
  - Repeated
  - Additional
  - \* All answers are faithful
  - All answers are not faithful
141. What do distinguish types body of man structure?
- \* Normostenical, astenical, hyperstenical
  - Hyperstenical, hypostenical
  - Normostenical, proportional, disproportionate
  - Astenical, proportional
  - Hyperstenical, proportional, disproportionate
142. What do distinguish types body of structure of man?
- \* Normostenical, astenic, hyperstenical
  - Hyperstenical, hypostenical
  - Normostenical, proportional, disproportionate
  - Astenical, proportional
  - Giperstenichni, proportional, disproportionate
143. What index is characterize flattened feet?
- \* 1-2
  - 3-4
  - 5-6
  - 6-7
  - 8-9
144. What is the index of foot in a norm?
- \* From 0 to 1
  - 0
  - 1
  - All right



- E. All not right
145. What method does a sportsman have of functional work diagnostic of gall-bladder
- Bridles
  - \* cholecystography
  - fictitious duodenal sounding
  - Laparoscopy
  - A and C
146. What methods are used in medical gymnastic?
- Method of correction
  - Terenkur
  - Method of the autogenic training
  - \* All answers are faithful
  - All answers are not faithful
147. What methods do use for the estimation of physical development?
- Astrometric standards
  - Method of correlation
  - Method of anthropometric indexes
  - Method of percentiles
  - \* All answers are faithful
148. What types of sport additional researches of nerv-muscles apparatus and time of motive reaction are conducted for
- boxing, fight
  - equestrian and wind-driven sport
  - \* difficultly technical types of sport
  - All answers are correct
  - All answers are not correct
149. What types of sport additional researches of nerve-muscles apparatus and time of motive reaction are conducted for
- boxing, fight
  - equestrian and wind-driven sport
  - \* difficultly technical types of sport
  - All answers are correct
  - All answers are not correct
150. What types of sport the voice-frequency audiometry is recommended for
- \* boxing, firing
  - there are dives, modern pentathlon
  - wrestling, cycle racing
  - B and C
  - All answers are faithful
151. Time of ascent on a step in Harvard steppe test for a girl 13 years
- 2 minutes
  - 3 minutes
  - \* 4 minutes

- D. 5 minutes
  - E. 6 minutes
152. A «safe health level» is after G.L. Apanasenko for men characterized:
- A. \* MCO of 42 ml/(min.kg)
  - B. MCO of 35 ml/(min.kg)
  - C. MCO of 56 ml/(min.kg)
  - D. MCO of 45 ml/(min.kg)
  - E. MCO of 60 ml/(min.kg)
153. A «safe health level» is after G.L. Apanasenkoma for women characterized:
- A. MCO of 42 ml/(min.kg)
  - B. MCO of 30 ml/(min.kg)
  - C. \* MCO of 35 ml/(min.kg)
  - D. MCO of 37 ml/(min.kg)
  - E. MCO of 40 ml/(min.kg)
154. A basic index of level of physical works is in the health training
- A. level of external secretion
  - B. degree of fatigue
  - C. \* pulse
  - D. emotional reactions
  - E. co-ordination of motions
155. A bodily condition in a submaximal test with physical work does not characterize an index
- A. consumption of oxygen
  - B. \* vital lungs volume
  - C. a table of contents of lactat is in blood
  - D. pulse
  - E. arterial pressure
156. A limbering-up is before the test of PWC170
- A. conducted
  - B. conducted after 15 min. to the test
  - C. conducted in the morning
  - D. conducted sometimes
  - E. \* not conducted
157. A physical capacity concerns
- A. by the state of health
  - B. by a physical health level
  - C. by a bodily condition
  - D. \* by the level of development of motive internalss
  - E. by the level of development of moral values
158. A physical capacity concerns with a purpose
- A. estimations of physical development
  - B. estimations of dynamics of sporting form
  - C. estimations of efficiency of functional renewal are after traumas
  - D. determination of motive internalss

- E. \* exposure of functional backlogs of the cardiorespiratory system
159. A safe somatic health level answers time of run of distance a 2 km for women quick
- A. 14 min.. - 14 min.. 30 s
  - B. 13 min.. - 13 min.. 30 s
  - C. 12 min.. - 12 min.. 30 s
  - D. \* 11 min..- 11 min.. 30 s
  - E. 10 min.. - 10 min.. 30 s
160. A safe somatic health level for men answers the tolerant level of the valeoergometric physical work not less
- A. 6 Vat/kg
  - B. 5 Vat/kg
  - C. 4 Vat/kg
  - D. \* 3 Vat/kg
  - E. 2 Vat/kg
161. A submaximal test on effort is
- A. Harvard steppe-test
  - B. test of Letunov
  - C. test of Gorinevskogo
  - D. \* a test is on a treadmill
  - E. all answers are not faithful
162. A test on a treadmill needs to give advantage at testing
- A. \* children
  - B. adult women
  - C. adult men
  - D. men and women
  - E. senior people
163. About adequacy of physical work at valeoergometric (after the dynamics of arterial pressure) it is talked at
- A. multiplying arterial pressure to 240/120
  - B. stability or decline of systolic arterial pressure at the increase of power of physical work
  - C. decline of pulse pressure
  - D. \* multiplying pulse pressure on 150 %
  - E. multiplying pulse pressure on 100 %
164. Absolute contra-indication is for the leadthrough of test with the physical physical work
- A. anaemia
  - B. Ringo
  - C. \* unstable stenocardia
  - D. moderate aortic stenosis
  - E. violation of electrolyte balance
165. Aerobic ability it is

- A. \* a border of multiplying the consumption of oxygen is during muscular activity
  - B. a border of possibilities of the cardiorespiratory system is during muscular activity
  - C. ability lasted to work in the aerobic mode
  - D. a border of multiplying the consumption of oxygen is after muscular activity
  - E. a border of possibilities of the cardiorespiratory system is after muscular activity
166. After a test with the physical physical work (steppe-test) in jogger 36 years during 90 C. the "phenomenon of unfinished tone is registered". It is interpreted as
- A. a good reaction is on physical work
  - B. satisfactory reaction
  - C. \* unsatisfactory reaction
  - D. all answers are faithful
  - E. all answers are not faithful
167. After recommendation of WHO duration of every step of physical work in a submaximal test must be not less
- A. 6 minutes
  - B. 5 minutes
  - C. \* 4 minutes
  - D. 3 minutes
  - E. 2 minutes
168. At overcoming a 2,5 km is for 12 minutes by a man by age his bodily condition is counted 29 years
- A. very bad
  - B. bad
  - C. satisfactory
  - D. \* good
  - E. excellent
169. At the adequate physical work in the health training of pulse recommences after employment not later
- A. right after employment
  - B. 5 minutes
  - C. \* 20 minutes
  - D. 2 hours
  - E. 24 hours
170. At the calculation of power of the physical physical work during stepergometric use all indexes, after an exception
- A. bodyweight
  - B. \* growth, standing
  - C. height of step
  - D. rate of ascents

- E. all answers are not faithful
171. At the course reception of medications, before valeoergometric they
- always abolished
  - abolished
  - \* abolished sometimes
  - not abolished
  - not abolished sometimes
172. Before absolute contra-indications for the leadthrough of tests with physical work does not belong
- acute thrombophlebitis
  - \* aneurysm of heart
  - haemophilia
  - aneurysm of aorta
  - athrioventricular blockade of the second degree
173. Before absolute contra-indications for the leadthrough of tests the state does not belong with the dosed physical physical work
- acute thrombophlebitis
  - expressed respiratory insufficiency
  - \* incomplete blockade of right foot of bunch of Gisa
  - acute cold with a fever
  - acute period of craniocerebral trauma
174. Before contra-indications for the leadthrough of submaximal tests with physical work does not belong
- a period of reconvalescent is after the carried viral hepatitis
  - active rheumatic heart disease
  - complete athryoventricular blockade
  - \* syndrome of WPW of increase of systolic arterial pressure more than on 25 % from initial
  - all answers are not faithful
175. Before relative contra-indications for the leadthrough of tests with physical work does not belong
- saccharine diabetes
  - thyrotoxicosis
  - \* obesity of the second degree
  - considerable anaemia (Hb more small after 60 %)
  - considerable jumboizing heart
176. Before the leadthrough of test with the dosed physical physical work it is desirable to rest on a draught
- 5 minutes
  - 10 minutes
  - \* 20-30 minutes
  - 2-3 hours
  - 24 hours
177. By what functional test does determine a physical capacity?

- A. \* Test of PWC170
  - B. Harvard steppe-test
  - C. Test of Navakki
  - D. Test of Kuper
  - E. All answers are faithful
178. By what index does estimate the index of physical capacity?
- A. Pulse
  - B. Arterial pressure
  - C. Vital lungs volume
  - D. \* PWC170
  - E. Circulating blood volume
179. Contra-indication is for setting of the health physical training
- A. shortness of breath at physical physical work
  - B. parahypnosis
  - C. \* a disease is in the acute stage
  - D. overweight of body
  - E. hypercholesterinaemia
180. Contra-indication is to determination of physical capacity
- A. presence of chronic coronarism
  - B. arterial pressure of 170/95
  - C. \* tachycardia of 110
  - D. bradycardia of 60
  - E. chronic diseases of bronchial tubes
181. Contra-indication is to setting of facilities of the health training
- A. violation of tolerance is to glucose
  - B. boundary hyperpiesis
  - C. pain is in the back
  - D. \* thrombophlebitis of lower extremities
  - E. depression
182. Current sanitary control does not include
- A. looking after the sanitary state of sporting buildings
  - B. control of the sanitary state of shoe and clothes of sportsman
  - C. an estimation of epidemiology situation is in the district of teaching collections
  - D. \* control is after the observance of sanitary norms at building of stadiums
  - E. control after the state of sporting equipment
183. Determination of capacities for an effective sporting improvement passes on the degree of sporting selection
- A. previous
  - B. \* to intermediate
  - C. to final
  - D. all answers are faithful
  - E. all answers are not faithful

184. Determination of time, during which the explored can execute physical work of certain power which depends on mass of body of person, it:
- \* Test of Navakki
  - Test of Kuper
  - Test of Rufye
  - Harvard steppe-test
  - Test of Letunov
185. Determinations of physical capacity do not conduct at
- to dystrophy of myocardium
  - astenoneurotic syndrome after a craniocerebral trauma
  - \* acute diseases of respirators
  - traumatic humeral plexit
  - to superfluous weight of sportsman
186. Duration of the second degree of physical work in the test of PWC170 is evened
- 1 min.
  - 3 min.
  - \* 5 min.
  - 7 min.
  - 8 min.
187. During a stage control determine
- level of urea of blood
  - concentration of haemoglobin
  - \* level of physical capacity
  - co-ordination of motions
  - pulse
188. During pregnancy the sporting training must be
- in the morning
  - after dinner
  - prolonged
  - it is prolonged at prohibition of participating in competitions
  - \* halted
189. During the leadthrough of the valoergometric testing not obligatory for registration is a parameter
- pulse
  - systolic pressure
  - \* pulmonary ventilation
  - diastolic pressure
  - ECG
190. ECG-sign of inadequacy of the physical physical work can not be
- getting up of segment of ST of more than 0,2 mB
  - multiplying amplitude of indent of T more than in 3 times
  - a decline of voltage of indent of R is on 50 % but anymore
  - \* a size of interval of PQ is to 0,2 C

- E. origin of early gastric extrasystoles
191. For a girl 19 years research of MSK in laboratory terms set his level of 40 ml/min/kg. It is allowed to assume a presence
- A. \* safe somatic health level
  - B. low level of somatic health
  - C. high somatic health level
  - D. belonging is to the group of risk
  - E. presence of somatic pathology
192. For clarification of nature of violation of cardiac rhythm does not use a test from
- A. obzidan
  - B. by an atropine
  - C. \* adelfan
  - D. all answers
  - E. not faithful
193. For description of recharge period after muscular activity does not use a test
- A. test of DCOLIFK
  - B. \* test of Novakki
  - C. Harvard steppe-test
  - D. test of Mastera
  - E. test of Martine
194. For girls more senior 18 years in Harvard steppe test recommend the height of step
- A. 50 s
  - B. \* 43 s
  - C. 40 s
  - D. 33 s
  - E. 28 s
195. For practically healthy youth 18 years at research of MSK the index of 50 ml/min/kg is set in laboratory terms. It is allowed to assume a presence
- A. \* safe somatic health level
  - B. low level of somatic health
  - C. high level of somatic health
  - D. belonging is to the group of risk
  - E. presence of somatic pathology
196. For sportsmen the initial physical work makes at valeoergometric (for WHO)
- A. 25 Vat
  - B. 50 Vat
  - C. \* 100 Vat
  - D. 150 Vat
  - E. 250 Vat



197. For the neuromuscles apparatus of sportsman comes forward a functional test
- test of Ashner
  - electrotonometry
  - \* temping-test
  - test of Yarotskogo
  - test of Genchi
198. For the untrained practically healthy men the initial physical work makes at valeoergometric (for WHO)
- 25 Vat
  - \* 50 Vat
  - 100 Vat
  - 150 Vat
  - 200 Vat
199. For the untrained women and children initial the degree of physical work at valeoergometric makes power (for WHO)
- \* 25 Vat
  - 50 Vat
  - 100 Vat
  - 150 Vat
  - 200Vat
200. Functional tests with the specific physical works use for determination
- \* to trained
  - untrained
  - psychological preparedness
  - tactical preparedness
  - practical preparedness
201. Going in for sports for women settled at
- dysmrrorrhea is at presence of hearths of chronic infection
  - to the hypermenorrhea of on a background of cardiomiopathy
  - amenorrhea is on a background a nervous breakdown
  - \* sexual infantilism
  - oligomenorrheas of on a background of hyperplasia of thyroid
202. Healthy sportswomen have multiplying pulse on 10 per min. takes place at increasing power of the valoergometric physical work on
- 7 Vat
  - \* 10 Vat
  - 17 Vat
  - 20 Vat
  - 25 Vat
203. How many are indexes for the estimation of bodily condition after O.Pirogov?
- 3
  - 4

- C. 6
  - D. \* 7
  - E. 5
204. ?How many do exist medical groups of medical conclusion?
- A. 6
  - B. \* 3
  - C. 2
  - D. 4
  - E. 5
205. How many do select medical groups for physical education in educational establishments and engaged in the physical culture of persons of middle and old years?
- A. \* 3
  - B. 2
  - C. 4
  - D. 6
  - E. 5
206. How many physical groups do select facial middle and old years?
- A. \* 2
  - B. 3
  - C. 6
  - D. 5
  - E. 4
207. How many tests for health athletic employments under the name «aerobic» offered K.Kuper?
- A. 3
  - B. \* 2
  - C. 4
  - D. 5
  - E. 6
208. In age explored 20-40 years in submaximal tests with physical work it is recommended to conduct stopping working at achieving pulse
- A. 50-70 % from MCO
  - B. 60-75 % from MCO
  - C. \* 75-80 % from MCO
  - D. 80-90 % from MCO
  - E. 90-100 % from MCO
209. In age explored more senior 50 years in submaximal tests with physical work of shutting down recommend to conduct at achieving pulse
- A. 50-70 % from MCO
  - B. \* 60-70 % from MCO
  - C. 75-80 % from MCO
  - D. 80-90 % from MCO
  - E. 90-100 % from MCO

210. In an additional inspection there is not a necessity in case
- to admitting to trainings after the carried diseases
  - \* after victory in competitions
  - before competitions
  - after monthly rest in an of season
  - after breaks
211. In Harvard steppe test a pulse during renewal is expected on
- to the first minute
  - to the first, second, third minutes
  - second and third minutes
  - \* to the second, third, fourth minutes
  - to the third, fourth, fifth minutes
212. In the system of determination of adaptation potential of the system of circulation of blood after R.M.Baevskij determination of index is absent
- age
  - growth, standing
  - \* vital capacity of lights
  - mass of body
  - a pulse is in a spacehold
213. In the test of PWC AF facial with a mionectic bodily condition first the degree of physical work answers power
- 25 Vat
  - 100 Vat
  - \* 0,5 Vat/kg
  - 1,0 Vat/kg
  - 2,0 Vat/kg
214. In what amount of marks estimate mental work after O.Pirogov?
- 5
  - 4
  - 3
  - 2
  - \* 1
215. Index which poorly depends on the inherited factors
- MCO
  - composition of muscles
  - \* muscular force
  - muscular power
  - trained
216. Indexes which are explored at current control
- level of cholesterol of blood
  - physical capacity
  - \* pulse
  - External excretion
  - skin algesthesia

217. Indicator pulse in the test of PWC AF makes a percent from its minimum age-old value
- A. 65-70 %
  - B. 70-75 %
  - C. 75-80 %
  - D. \* 85-87 %
  - E. 90-92 %
218. Initial physical work for children to 10 at valeoergometric
- A. \* 25 Vat
  - B. 48 Vat
  - C. 50 Vat
  - D. 100 Vat
  - E. 1 Vat/kg
219. Is there what maxheight of step for the test of steppe for women?
- A. 30 sm
  - B. 40 sm
  - C. 28 sm
  - D. \* 33 sm
  - E. 35 sm
220. Is there what maxheight of step for the test of steppe for men?
- A. 25 sm
  - B. 20 sm
  - C. 30 sm
  - D. 35 sm
  - E. \* 40 sm
221. It is not recommended to determine MSK after the graph of Astrand-Ryhming for persons which in a functional test attained Pulse less
- A. 120
  - B. \* 130
  - C. 140
  - D. 150
  - E. 160
222. Linear dependence between pulse and consumption of oxygen is in the area of intensity of physical work
- A. 20-100 %
  - B. 20-50 %
  - C. 80-100 %
  - D. \* 50-90 %
  - E. 90-100 %
223. Middle level of physical capacity practically healthy man (men) characterized ability to execute working as power
- A. 1-1,5 Vat/kg of mass of body
  - B. 1,5-2,0 Vat/kg of mass of body
  - C. \* 2,0-2,5 Vat/kg of mass of body

- D. 2,5-3,0 Vat/kg of mass of body  
E. 3,0-3,5 Vat/kg of mass of body
224. Motive quality from which a physical capacity depends in most degree  
A. force  
B. adroitness  
C. \* endurance  
D. speed  
E. flexibility
225. MSK at testing on a treadmill in equalization from valeoergometric  
A. \* higher  
B. identical  
C. below  
D. considerably below  
E. does not change
226. Not straight method of determination of MCO  
A. test of Rufye  
B. Harvard steppe-test  
C. \* test of Sestrand  
D. test of Yarotskogo  
E. test of Serkin
227. Not straight method of determination of physical capacity  
A. test of Serkin  
B. \* test of Rufye  
C. test of Yarotskogo  
D. clinostatic test  
E. Harvard steppe-test
228. Persons which take part on the special programs of physical education rid of drafting of some norms behave to the medical group:  
A. To 1 g.  
B. To 2 g.  
C. \* To 3 g.  
D. To 4 g.  
E. To none of these groups
229. Persons with insufficient physical development and little physically geared-up without rejections and with insignificant rejections in a state of health attribute to the group:  
A. Basic  
B. Special  
C. \* Preparatory  
D. To none of these groups  
E. A and B
230. Physical capacity it is  
A. \* A potential capacity of man is for the display of maximal physical effort in dynamic, static or mixed work

- B. A potential capacity of man is for the display of minimum physical effort in dynamic, static or mixed work
  - C. A potential capacity of man is for the display of the minimum physical physical work in dynamic work
  - D. All answers are correct
  - E. All answers are not correct
231. PULSE, at which the explored goes out on the level of MCO in a test with the physical work with age
- A. \* goes down
  - B. does not change
  - C. rises
  - D. rises considerably
  - E. all answers are not faithful
232. Relative PWC170 most in
- A. athletes-runners
  - B. \* skiers
  - C. footballers
  - D. swimmers of academic style
  - E. bicyclists
233. Research of sportswoman in a state of rest set adaptation potential of the system of circulation of blood after R.M.Baevskij 2,0. It is estimated as
- A. \* satisfactory adaptation
  - B. tension of mechanisms of adaptation
  - C. dug up adaptation
  - D. all answers are faithful
  - E. all answers are not faithful
234. SL-MSK it is
- A. a consumption of oxygen is at the supermaximal physical works
  - B. a consumption of oxygen is at the pulse of 170
  - C. \* the consumption of oxygen is real in the moment of waiver of work
  - D. a consumption of oxygen is at the submaximal physical work
  - E. all answers are not faithful
235. Speed endurance in the system of Contrex - 2 estimated in a test
- A. to the standing broad jump up
  - B. \* levitating direct feet to the corner 90 g. From position, lying on the back
  - C. relay test
  - D. to ten at minute run
  - E. bending of hands is in support
236. Stage researches conduct
- A. daily
  - B. weekly
  - C. monthly
  - D. after every micro cycle

- E. \* each 2-3 months
237. State of sportsman which is investigation of long duration training estimated in control
- \* stage control
  - current control
  - operative control
  - near control
  - remote control
238. Submaximal test with physical work it is not needed to stop at a case
- strong shortness of breath
  - considerable dizziness
  - \* increase of systolic arterial pressure more than on 25 % from initial
  - a waiver of sportsman is of leadthrough of research
  - decline of systolic arterial pressure more than on 25 % from initial
239. Testing of man set the low level of bodily condition 40 years. It testifies to
- safe somatic health level
  - low somatic health level
  - high somatic health level
  - belonging is to the group of risk
  - \* presence of somatic pathology
240. Testing of physical capacity must be conducted after adopting a meal through
- 5-10 min.
  - 20-30 min.
  - 40-50 min.
  - \* 1,5-2 hours
  - 6-8 hours
241. Tests with one moment physical work it is expedient to conduct in
- footballers
  - swimmers
  - boxers
  - \* fighters of free style
  - jumpers in water
242. the 12-minute test of Kuper requires implementation of the of six weeks program of trainings engaged in facial age of elders
- 20 years
  - \* 30 years
  - 40 years
  - 50 years
  - 60 years
243. The effect of trainings employments is moved aside estimated in
- stage control
  - \* current control
  - operative control

- D. near control
  - E. remote control
244. The fivefold measuring of vital lungs volume is with the interval of rest of 15 s. makes essence of test
- A. orthostatic
  - B. \* Rozental
  - C. Genchi
  - D. Shafranovskogo
  - E. Votchal
245. The leadthrough of tests with the growing work is:
- A. Absolute, relative, special
  - B. Special, basic
  - C. Basic, preparatory, special
  - D. \* Absolute, relative
  - E. Basic, preparatory
246. The most physiology variant of the physical physical work is during the valoergometric testing
- A. two levels submaximal physical work
  - B. the same thingstage submaximal physical work
  - C. raising physical work
  - D. \* upstairs break physical work
  - E. upstairs continuous physical work
247. The physiology curve of health training employment is not made by an index
- A. pulse
  - B. arteriotony
  - C. \* degree of fatigue
  - D. vital lungs volume
  - E. all answers are not faithful
248. The process of search of people, most capable for high results in this type of sport, carries the name
- A. \* sporting selection
  - B. sporting orientation
  - C. pedagogical testing
  - D. sporting testing
  - E. pedagogical orientation
249. The test of PWC170 determines:
- A. \* Physical capacity, that its organism would be able to discover in the conditions of physical work which is accompanied the increase of pulse to 170/per 1 min.
  - B. There is not such test
  - C. Physical capacity, that its organism would be able to find out in the conditions of physical work which accompanied the increase of pulse to 100 /per 1 min.



- D. All answers are correct  
 E. Right answer A and B
250. Time of ascent on a step in Harvard steppe test for the boy of seven years  
 A. \* 2 minutes  
 B. 3 minutes  
 C. 4 minutes  
 D. 5 minutes  
 E. 6 minutes
251. Time of ascent on a step in Harvard steppe test for adults makes  
 A. \* 1 min.  
 B. 3 min.  
 C. 5 min.  
 D. 6 min.  
 E. 7 min.
252. To ECG-signs of inadequacy at a valeoergometric test belongs  
 A. multiplying amplitude of indent of R is to 50 %  
 B. reduction of interval of PQ  
 C. obliquely east depression of segment of ST  
 D. horizontal depression of segment of ST is on 0,3 MM  
 E. \* appearance of frequent gastric extrasystoles
253. To task medical force of physical education in educational establishments of persons of middle and take old years:  
 A. Persons without rejections in a state of health and also person which have insignificant rejections  
 B. Persons with insignificant rejections by their insufficient physical development and little physically geared-up, without physical rejections  
 C. \* Persons which have a rejection in a state of health of permanent or temporal character  
 D. All answers are not faithful  
 E. All answers are faithful
254. To the anaerobic tests does not belong  
 A. \* determination of consumption of oxygen is on PANO  
 B. test of Margaria  
 C. Vingatskiy test  
 D. a test is on determination of maximal oxygen debt  
 E. all answers are not faithful
255. To the basic medical group of physical education in educational establishments of persons of middle and take old years:  
 A. \* Persons without rejections in a state of health and also person which have insignificant rejections  
 B. Persons with insufficient physical development and little physically geared-up, without physical rejections  
 C. Persons which have a rejection in a state of health of permanent or temporal character

- D. All answers are not faithful  
E. All answers are faithful
256. To the complex methods of estimation of bodily condition of man belongs  
A. Finnish test  
B. \* an express is the system of G.L.Apanasenko  
C. test of Ruffy  
D. Harvard steppe-test  
E. determination of integral biological age
257. To the external signs fatigues do not take  
A. color of skin  
B. \* pains are in muscles  
C. exactness of motions  
D. equilibrium  
E. external excretion
258. To the laboratory methods of estimation of level of bodily condition of man belongs  
A. system of Contrex -2  
B. \* clinical valvoergometric  
C. test of Kuper  
D. presidential tests  
E. all answers are not faithful
259. To the methods of determination physical readiness on the indexes of adaptation status belongs  
A. 1.5 mile test of Kuper  
B. test of Shtange  
C. the system is "Schoolboy"  
D. a method of prognostication of bodily condition is after O.Purogov  
E. \* variation pulse metric
260. To the methods of estimation of bodily condition of man the diagnostic system does not belong with the use of motive tests  
A. 12-minute test of Kuper  
B. Contrex - 2  
C. Finnish test  
D. \* determination of adaptation potential of the system of circulation of blood is after R.M.Baevskij  
E. an express is the system after G.L.Apanasenko
261. To the methods of estimation of bodily condition of man with the use of natural motive tests take  
A. \* 12-minute test of Kuper  
B. adaptation potential of the system of circulation of blood is after R.M.Baevskij  
C. variation pulse metric  
D. clinical valvoergometric  
E. Harvard steppe-test

262. To the objective signs of inadequacy of the physical work at valeoergometric belongs
- general weakness
  - dizziness
  - \* hypotaxia motions
  - head pain
  - redness
263. To the preparatory medical group of physical education in educational establishments of persons of middle and take old years:
- \* Persons without rejections in a state of health and also person which have insignificant rejections
  - Persons with insignificant rejections by their insufficient physical development and little physically geared-up, without physical rejections
  - Persons which have a rejection in a state of health of permanent or temporal character
  - All answers are not faithful
  - All answers are faithful
264. To the states which claim special attention during the leadthrough of clinical valeoergometric, all belong, after an exception:
- adopting cardiac glucosids
  - liquid extrasystoly (less 1 : 10)
  - bursitis of knee-joint
  - \* dystrophy of myocardium is as a result of physical overstrain of 1 st
  - psychoneurotic disorders
265. To the subjective indexes of self-control belongs
- breathing frequency
  - \* quality of sleep
  - pulse
  - bodyweight
  - result of orthostatic test
266. To the subjective signs of inadequacy of the physical work at valeoergometric belongs:
- pallor
  - tachycardia
  - \* acute fatigue
  - disorientation in space and time
  - redness
267. To the tasks, testing of sportsmen does not belong
- sporting selection
  - \* estimation of physical development
  - determination of physical capacity
  - estimation of backlogs of the cardiorespiratory system
  - determination of efficiency of physical rehabilitation of sportsmen

268. To the tests which do not use the physical parameters of environment does not take
- A. a test is in the conditions of change of temperature
  - B. a test is in the conditions of change of atmospheric pressure
  - C. \* a test is on treadmill
  - D. a test is at influence on the organism of angular acceleration
  - E. a test is with the change of position of body in space
269. To the tests with one moment physical work does not belong
- A. a test is with maximal one moment physical work
  - B. \* test of Myullera
  - C. test of Valsalvi
  - D. test of Burgher
  - E. all
270. To the **непрямых** methods of estimation of MCO at testing on a veloergometer does not belong
- A. as a result of test of PWC 170
  - B. after the graph of Astrand-Ryhming
  - C. after the graph of Shapard
  - D. \* after the index of the Harvard test of steppe
  - E. after the formula of Von Dobal
271. To what functional class of aerobic ability after Kuper it is possible to deliver a man age 29 years, which runs about a 2,5 km for 12 minutes
- A. first
  - B. second
  - C. third
  - D. Fourth
  - E. \* fifth
272. Tolerance to the physical work is considered sufficient at achieving pulse in valeoergometric
- A. \* 195 is age
  - B. 220 is age
  - C. 170 per min.
  - D. 170 - 1/2 ages
  - E. 150 - 1/2 ages
273. Trainings in the phase of menstruation are let sportswomen
- A. with sexual infantilism]
  - B. \* with a bar by a menstrual function
  - C. with inflammatory processes in appendages
  - D. what carried abortion, to proceeding in an ovarian-menstrual cycle
  - E. in the period of the sexual ripening
274. Two minutes works at power 3 Vat/kg in untrained in the test of Navakki characterizes a physical capacity, as
- A. low
  - B. satisfactory

- C. \* normal
  - D. high
  - E. ever-higher
275. Valeoergometric not necessarily to have instruments or vehicles
- A. dephybrelator
  - B. \* gas analyzer
  - C. there is a pulmotor
  - D. non-permanent systems
  - E. tonometer
276. Valeoergometric requires the presence of all medications, after an exception
- A. mezatone
  - B. novokainamid
  - C. no-shpa
  - D. \* unitiol
  - E. solution of ammonia
277. Volume of oxygen, which is consumed in the state of basic exchange makes the amount of metabolic units (MU)
- A. \* 1 MU
  - B. 2 MU
  - C. 3 MU
  - D. 4 MU
  - E. 5 MU
278. Was the «amount of health entered in what year»?
- A. 1986
  - B. 1989
  - C. 1985
  - D. 1988
  - E. \* 1987
279. What «age-old index» in a norm for age 15 years?
- A. \* 1,10
  - B. 1,00
  - C. 0,85
  - D. 0,9
  - E. 1,15
280. What «age-old index» in a norm for age 25 years?
- A. 1,10
  - B. 0,83
  - C. \* 1,00
  - D. 0,9
  - E. 0,87
281. What «age-old index» in a norm for age 40 years?
- A. \* 0,83
  - B. 0,9

- C. 1,10
  - D. 1,0
  - E. 0,95
282. What are the medical groups of medical conclusion?
- A. Basic, general
  - B. Basic, preparatory, general
  - C. \* Basic, preparatory, special
  - D. Special, preparatory, general
  - E. Basic, preparatory, special, general
283. What are the types of physical work?
- A. \* Step growth of physical work with the periods of rest
  - B. Step growth of physical work
  - C. Continuous or almost continuous growth of physical work is to the certain level
  - D. One moment continuous physical work
  - E. All answers are faithful
284. What devices do apply for determination of physical capacity?
- A. Veloergometer
  - B. Tredban
  - C. Various steps
  - D. \* All answers are faithful
  - E. All answers are not faithful
285. What from these tests is executed by a veloergometer?
- A. \* Test of Navakki
  - B. Test of Kuper
  - C. Test of Navakki and Kuper
  - D. Harvard steppe-test
  - E. All answers are faithful
286. What from transferred is not included in a medical conclusion?
- A. Physical development
  - B. State of health
  - C. Term of the repeated appearance
  - D. \* Home address
  - E. Recommendations that given
287. What is expected after the graph of Astramd?
- A. Steppe-test
  - B. PWC170
  - C. \* MSK
  - D. Test of Navakki
  - E. Test of Kuper
288. What is general PP especially closely associated with?
- A. With development of the muscular system
  - B. With physical preparation
  - C. \* With aerobic possibilities of organism

- D. With the state by a health
  - E. All answers are faithful
289. What is it needed to take into account on during the choice of physical works above all things?
- A. \* On physical preparation
  - B. On specialization of sportsman
  - C. On mass of body
  - D. On growth of sportsman
  - E. On specialization and mass of body
290. What is represented in a conclusion after the inspection of athlete and sportsman pursuant to a medico-control card?
- A. \* Physical development
  - B. State of health
  - C. Medical group
  - D. Admitting is to employments
  - E. All answers are faithful
291. What medical group is it possible to deliver persons to without rejections in the state of health and persons which have insignificant rejections on condition of sufficient physical development?
- A. \* To 1 g.
  - B. To 2 g.
  - C. To 3 g.
  - D. To 4 g.
  - E. To none of these groups
292. What program take part persons which behave to the basic group on?
- A. \* Allow employment on the program in full, in sections and participating in competitions
  - B. On the program, visit additional employments, hand over norms in more late terms
  - C. On the special programs of physical education, rid of drafting of some norms
  - D. Engaged in medical physical education in middle ages
  - E. All answers are not correct
293. What program take part persons which behave to the preparatory group on?
- A. \* Take part on the program, visit additional employments, hand over norms in more late terms
  - B. Engaged in medical physical education in middle ages
  - C. Right answers A and B
  - D. All answers are correct
  - E. All answers are not correct
294. What program take part persons which behave to the preparatory group on?
- A. \* Rid of drafting of some norms, take part on the special programs of phys.. education
  - B. Engaged in medical physical education in middle ages

- C. Take part on the program, visit additional employments, hand over norms in more late terms
  - D. All answers are correct
  - E. All answers are not correct
295. What select from medical groups for phys. education in educational establishments and engaged in the physical culture of persons of middle and old years?
- A. Basic, preparatory, junior
  - B. Basic, junior, senior
  - C. Preparatory, senior, junior
  - D. \* Basic, preparatory, special
  - E. Senior, basic, special
296. What tests for health athletic employments under the name «aerobic» offered K.Kuper?
- A. 12-minute, 2-mile
  - B. 13-minute, 1,5-mile
  - C. \* 12-minute, 1,5-mile
  - D. 14-minute, 1,5-mile
  - E. 15-minute, 1,5-mile
297. Who decides a question in relation to going in for sports, and participating in competitions after the carried disease:
- A. \* A doctor is after a careful and comprehensive additional inspection
  - B. Sportsman
  - C. Trainer
  - D. A and B
  - E. A and C
298. Who did enter a concept «amount of health»?
- A. L.Ivashchenko
  - B. G.Apanasenko
  - C. \* M.Amosov
  - D. K.Kuper
  - E. O.Pirogov
299. Who did enter a concept «safe health level»?
- A. \* G.A.Apanasenko
  - B. R.M. Baevskiy
  - C. V.P. Kaznacheev
  - D. L.J. Ivanenko
  - E. There is not a single right answer
300. Who did suggest to measure a physical capacity the method of extrapolations?
- A. M.Vojtyuk
  - B. G.Bytkevich
  - C. B.Prevarsky
  - D. K.Kuper



- E. \* T.Syostrand
301. A boxer has an obligatory component of therapy at a knock-out
- A. anticonvulsant therapy
  - B. decline of agile excitability
  - C. \* analgesia
  - D. antibiotic therapy
  - E. there is not a right answer
302. A chronic physical overstrain develops as a result:
- A. As a result of at run
  - B. Surplus jumping
  - C. \* Protracted physical work
  - D. Illnesses of the vascular system
  - E. Squat
303. A disease in basis of which lies overstrain of muscles and mioentesit apparatus, it:
- A. \* Mioentesit
  - B. Nevromiosit
  - C. Miofibrosit
  - D. There is not a right answer
  - E. Miogelos
304. A main testimony is for setting of pharmacological facilities of renewal
- A. a hypertensive type of reaction of the system of circulation of blood is in the test of Letunov
  - B. \* warning of physical overstrain
  - C. a middle degree of fatigue is after trainings in a preparatory period
  - D. A and C
  - E. there is not a right answer
305. A sudden brief loss of consciousness is as a result of insufficient blood circulating of brain through falling of vascular tone, it –
- A. \* Glok
  - B. Fainting fit
  - C. Collapse
  - D. Stop
  - E. Stupor
306. A temperature of air is in a pare bath-house for proceeding in a sportsman
- A. 38-40 0C
  - B. \* 40-42 0C
  - C. 47-49 0 C
  - D. 55-57 0 C
  - E. there is not a right answer
307. A testimony is for setting of complex of facilities of proceeding in sportsmen
- A. a rehabilitation is after traumas and diseases
  - B. intensifying of chronic diseases

- C. a large volume of the trainings works is in a pre-contention macro cycle
  - D. \* dystrophy of myocardium is as a result of physical overstrain
  - E. there is not a right answer
308. A training process to the static works is accompanied diminishing or absence after the working reception of pulmonary ventilation, it is the phenomenon:
- A. \* Navakki
  - B. Lindgard
  - C. Kuper
  - D. Safronov
  - E. Bakulin
309. A transitional period in macro cycle is directed on
- A. book-mark of strong functional base
  - B. subsequent improvement of different sides of preparedness
  - C. \* proceeding in physical and psychical potential
  - D. A and B
  - E. there is not a right answer
310. After the international system of units (Si) AT is measured:
- A. Pa
  - B. Mm.hg.st.
  - C. Mm.hg.st., Pa
  - D. \* kPa
  - E. There is not a right answer
311. After the international system of units (Si) AT is measured:
- A. Pa
  - B. Millimeter of mercury.
  - C. Millimeter of mercury, Pa
  - D. \* kPa
  - E. There is not a right answer
312. After the non-permanent maximal work of aerobic character a heparin in muscles recommences fully through
- A. 6 hours
  - B. 12 hours
  - C. \* 24 hours
  - D. 48 hours
  - E. there is not a right answer
313. Among all localizations of damages of joints for sportsmen most frequent are traumas to the joint
- A. humeral
  - B. talocrural
  - C. \* genicular
  - D. elbow
  - E. there is not a right answer
314. Are there what groups of reasons of origin of disease in sportsmen?

- A. Those which are unconnected with going in for sports
  - B. Those which are related to going in for sports
  - C. Retraining
  - D. \* All answers are faithful
  - E. There are incorrect answers
315. As a result is there an incomplete myorrhexis?
- A. Flounce
  - B. Miralgia
  - C. \* Chronic microtraumas of muscle
  - D. Jump
  - E. Wrong organization of trainings
316. As considerable physical works influence on the function of the digestive system:
- A. \* Go down
  - B. Rise
  - C. Does not change
  - D. All answers are correct
  - E. There is not a right answer
317. At a collapse it is needed to enter for a sportsman
- A. pentamin
  - B. droperidol
  - C. lasix
  - D. \* mesaton
  - E. clophelin
318. At a hepatic pain syndrome for an athlete appoint
- A. asparkam
  - B. naproxen
  - C. \* carsil
  - D. cyclopheron
  - E. there is not a right answer
319. At development of ferumdeficit anaemia for sportswomen appoint
- A. \* vitamin B12 and pholium acid
  - B. vitamins B1 and B2
  - C. vitamins of C and P
  - D. vitamins of E and A
  - E. there is not a right answer
320. At research of power of anaerobic alactate process most more expedient is work during
- A. \* from 15 to 30 seconds
  - B. to 45 - 90 seconds
  - C. to 60 - 100 minutes
  - D. to 70-90 minutes
  - E. there is not a right answer
321. Basic group of facilities of renewal

- A. \* pedagogical
  - B. pharmacological
  - C. massage and reflex therapy
  - D. a feed and food additions is specialized
  - E. psychological
322. Bath which is used for stimulating of sportsmen
- A. mineral
  - B. \* contrasting
  - C. pearl
  - D. oxygen
  - E. there is not a right answer
323. Certainly, maximum for sportsmen observed a capacity
- A. from 9 to 12 hours
  - B. from 15 to 18 hours
  - C. \* in the days of regular trainings
  - D. in early morning times (to 9 hours)
  - E. there is not a right answer
324. Change in composition of blood in the conditions of the physical work:
- A. \* Miogenic leucocytosis
  - B. leucopenia
  - C. Erythropenia
  - D. erythrocytosis
  - E. There is not a right answer
325. Change in composition of blood in the conditions of the physical work:
- A. \* miogenic thrombocytosis
  - B. Leucopenia
  - C. Erythropenia
  - D. erythrocytosisc
  - E. There is not a right answer
326. Choose a mean for the improvement of cerebral circulation of blood for a boxer in a remote period after a knock-out
- A. esenciale
  - B. cytamak
  - C. hemodez
  - D. \* tanakan
  - E. there is not a right answer
327. Choose a mean for the improvement of реологічних properties of blood for a decathlon competitor
- A. phosfaden
  - B. asparkam
  - C. \* actovegine
  - D. orhotat of potassium
  - E. there is not a right answer
328. Choose a mean for warning of parafunctions buds for a footballer

- A. tardyferone
  - B. \* phytolisine
  - C. lipoid acid
  - D. cerebrolisine
  - E. there is not a right answer
329. Choose ointment which has warming operating on fabrics
- A. olfen-gel
  - B. traumel
  - C. \* dip-hit
  - D. arnika
  - E. there is not a right answer
330. Choose property which vegetable adaptogenes have
- A. diminish the power resources of CNS
  - B. promote oxidization of lipides of cellular membranes peroxyde
  - C. multiply tension of autoimune processes
  - D. \* cause physiology stress
  - E. diminish making of endorphins
331. Chronic degenerative dystrophic disease of miontasial apparatus, it:
- A. \* Mioektesit
  - B. Nevroliosit
  - C. Miofibrosit
  - D. Miogelos
  - E. There is not a single right answer
332. Chronic disease of joints degenerative dystrophic character, it:
- A. \* Artrosis
  - B. Periarthritis
  - C. Arthritis
  - D. Miogelos
  - E. Myofibrosis
333. Complete oxidization of a 1 molecule of glucose to CO<sub>2</sub> and H<sub>2</sub>O results in liberation
- A. 3 molecules ATF
  - B. \* 38 molecules ATF
  - C. 50 molecules ATF
  - D. 100 molecules ATF
  - E. there is not a right answer
334. Contra-indication is for the leadthrough of sporting massage
- A. psycho-emotional excitation is before competitions
  - B. pains are in muscles after trainings
  - C. heavy degree of fatigue
  - D. \* pyoderma
  - E. there is not a right answer
335. Diet which conduces to superindemnification of hepatin use for sportsmen
- A. high jumpers

- B. sporting gymnasts
  - C. handballers
  - D. \* bicyclists
  - E. there is not a right answer
336. Duration of one stay is in the heat chamber of sauna for the increase of physical capacity
- A. 1 min.
  - B. \* 3-5 min.
  - C. 10-12 min.
  - D. 15-20 min.
  - E. 20-30 min.
337. During intensive work for sportsmen appointed
- A. Trental
  - B. Legalone
  - C. Pyracetam
  - D. \* neurosin
  - E. there is not a right answer
338. During tense muscular activity the most optimum vitamin complex
- A. junicap
  - B. multitabs
  - C. \* duovite
  - D. quadevite
  - E. there is not a right answer
339. During the intensive protracted work in the conditions of hot climate it is necessary to use solutions a sportsman
- A. hypertensive
  - B. normotonic
  - C. \* hypertensive
  - D. A and B
  - E. there is not a right answer
340. Entangle consciousness with amnesia without the loss of consciousness characteristic for such degree of concussion of the brain, as:
- A. \* 2
  - B. 1
  - C. 5
  - D. 4
  - E. 3
341. Excitant a massage before a start lasts
- A. 1-2 min.
  - B. \* 6-10 min.
  - C. 15-20 min.
  - D. 20-30 min.
  - E. 30-40 min.
342. Exercises are for the muscles of stomach:

- A. \* Stimulate a peristalsis
  - B. Slow a peristalsis
  - C. Does not change a peristalsis
  - D. All answers are correct
  - E. Does not have a right answer
343. Facilities of speed preparedness of sportsman are exercises which require
- A. rapid reaction
  - B. high-rate of implementation of separate exercises
  - C. maximal frequency of motions
  - D. \* all groups of exercises
  - E. there is not a right answer
344. Feature of feed of sportsmen
- A. use of hyperdoses of vitamins and animalprotein
  - B. prohibition of unwork-dietary therapy
  - C. an unchanging ration is for one macro cycle
  - D. \* dependence is on the type of sport
  - E. there is not a right answer
345. Features of the physical training of children
- A. scalene physical preparation
  - B. an observance of age-old limitations is at admitting to the competitions
  - C. limitation of the forced achievement of sporting result
  - D. \* all above-mentioned
  - E. there is not a right answer
346. Fibres of which to the type are anymore in muscular fabric for runners-sprinters?
- A. \* I to the type
  - B. II to the type
  - C. III to the type
  - D. I-II of type
  - E. There is not a right answer
347. Fibres of which to the type are anymore in muscular fabric in runners staers?
- A. \* I to the type
  - B. II to the type
  - C. III to the type
  - D. I-II of type
  - E. There is not a right answer
348. For decreasing weight of sportsmen recommend
- A. fully to eliminate the use of carbonhydratess
  - B. to enter furosemide in 1 on three days
  - C. \* a ration is balanced with the diminished calorage
  - D. fully to exclude adiposes from a ration
  - E. fully to exclude jaboties from a ration

349. For determination anatomic of accessible amplitude of motions in a joint use a method
- honiometric
  - optical
  - \* sciagraphy
  - A and B
  - there is not a right answer
350. For diminishing of haematome of thigh for a handballer appoint natively
- ben-gay
  - \* essaven-gel
  - nicoflex
  - hyoxisone
  - nothing is appointed
351. For diminishing of heamartrosis talocrural a joint it is necessary to conduct at his break
- \* cooling of area to the joint
  - taking gipseous longets
  - hot foot-bath
  - in a cold foot-bath
  - there is not a right answer
352. For multiplying muscular mass for sportsmen use
- \* Kalium orotate
  - Legalone
  - ATP
  - Milldronate
  - Glutamine acid
353. For providing of proper motoric of intestine for sportsmen rationally to use
- sources of vitamins of group In
  - products which contain fructose and glucose
  - animal albumen
  - \* food fibres
  - there is not a right answer
354. For stimulation of anabolic processes in the organism of sportsman appoint
- vitamin C
  - routines
  - \* tocopherole acetate
  - nicotine acid
  - there is not a right answer
355. For stimulation of growth of muscles at a powerlifter does not use a mean
- carnitine hydrochloride
  - ecdisten
  - to the picolinat chrome
  - \* stanosolol
  - alpa-tocopherol acetate



356. For support of water-salt balance during competitions it is necessary in the conditions of heat and enhanceable humidity
- to drink a frappe liquid considerable volumes
  - to limit the use of liquid during implementation of contention exercises
  - to use the pills of salts in a cut-in kind
  - \* to adopt cold carbohydrate-mineral tankards shallow portions
  - there is not a right answer
357. For the acceleration of cicatrization of wound for a tennis player appoint natively
- dymexide
  - \* gel of solcosterile
  - fastum-gel
  - finalgone
  - lyotone-gel
358. For the exposure of arrhythmias of heart for sportsmen recommend to conduct continuous registration of ECG on a draught
- 1 minutes
  - \* 3 minutes
  - 10 minutes
  - 20 minutes
  - there is not a right answer
359. For the primary selection of children to going in for sports has a large value
- \* estimation of the state of health
  - comparison of passport and biological age
  - psychological indexes of propensity are to sporting activity
  - indexes of physical capacity
  - there is not a right answer
360. For the primary selection of children to going in for sports has a large value
- \* estimation of the state of health
  - comparison of passport and biological age
  - psychological indexes of propensity are to sporting activity
  - indexes of physical capacity
  - there is not a right answer
361. For training in the conditions of hot climate recommended
- multiplying maintenance of carbonhydratess is in a ration
  - decline the calorage of food ration
  - \* a shallow reception of drinks of mineral-vitamins is in a cool kind
  - A and B
  - there is not a right answer
362. For treatment of ulcerous illness of stomach it is impossible to use for a sportsman
- de-nol
  - \* methandrostenolol
  - methyluracyl

- D. almagel
  - E. there is not a right answer
363. For warning of dystrophy of myocardium for skiers in a pre-contention period appoint a course
- A. FIBS
  - B. \* cocarboxilase
  - C. amixin
  - D. lipostabil
  - E. there is not a right answer
364. For warning of functional violations of liver for sportsmen use
- A. aminalone
  - B. artheparone
  - C. \* legalone
  - D. biphycol
  - E. there is not a right answer
365. For warning of immunodeficit for sportsmen in winter time use
- A. magnetotherapy
  - B. oxyhaemotherapy
  - C. sulphuric baths
  - D. \* UFP
  - E. there is not a right answer
366. For warning of kaliopenia for sportsmen use
- A. methionine
  - B. syrup of wild rose
  - C. \* panangin
  - D. orhotat of potassium
  - E. there is not a right answer
367. For what state these characteristic symptoms: there are feelings of pains in right undercostal, often dyspepsia disorders, crossness, dizziness, is enhanceable?
- A. Ulcerous illness of stomach
  - B. Enterocolitis
  - C. \* Hepatic pain cider
  - D. Traumas of buds
  - E. All answers are faithful
368. From the methodical point of view a sauna is
- A. passive rest
  - B. \* proper work
  - C. manipulation treatment
  - D. A and C
  - E. there is not a right answer
369. How does the physical work of dynamic character influence on changing of arterial pressure?
- A. \* Instrumental in the decline of arterial pressure

- B. Instrumental in the increase of arterial pressure
  - C. Does not influence on changing of arterial pressure
  - D. All answers are faithful
  - E. Not a single answer is faithful
370. ?How many are phases in the direct reactions of organism on the physical works?
- A. 4
  - B. 6
  - C. \* 5
  - D. 3
  - E. 2
371. How many degrees of concussion of the brain do distinguish during employments of sport?
- A. \* 3
  - B. 4
  - C. 5
  - D. 6
  - E. 7
372. How many degrees of concussion of the brain do distinguish during going in for sports?
- A. 5
  - B. 4
  - C. \* 3
  - D. 2
  - E. 1
373. How many groups is it possible to divide reasons which result in the diseases of sportsmen on?
- A. \* 4
  - B. 2
  - C. 3
  - D. 5
  - E. 6
374. How many groups is it possible to divide reasons which lead to death as a result of physical overstrain on?
- A. 1
  - B. 2
  - C. \* 3
  - D. 4
  - E. 5
375. How many groups is it possible to divide reasons which lead to death as a result of the physical work on?
- A. \* On 2 groups
  - B. On 3 groups
  - C. On 5 groups

- D. On 7 groups
  - E. On 10 groups
376. How many percents of cases do have ORL-pathology for the representatives of watersports?
- A. \* 20%
  - B. 10%
  - C. 50%
  - D. 25%
  - E. 30,5%
377. How many stages do distinguish in the clinic of untrained?
- A. 4
  - B. 2
  - C. \* 3
  - D. 5
  - E. 6
378. How many stages the clinic of retraining has:
- A. 1
  - B. 2
  - C. \* 3
  - D. 4
  - E. 5
379. How many times can power possibilities of muscles grow in in the conditions of the regular physical trainings?
- A. \* 5-8
  - B. 6-7
  - C. 8-9
  - D. 7-8
  - E. There is not a right answer
380. How many times does heart rate grow in in the conditions of the maximal physical work for the healthy trained persons?
- A. \* 4,5-5
  - B. 3,5
  - C. 2
  - D. 1,5
  - E. 1-2
381. How many times does pulse grow in the conditions of the considerable physical work for the healthy untrained persons?
- A. \* 2,5
  - B. 3,5
  - C. 2
  - D. 1,5
  - E. 1
382. How many times does systolic arterial pressure grow in in the conditions of maximal physic work for the trained persons?

- A. \* 2-2,2
  - B. 2-3
  - C. 3-4
  - D. 1-2
  - E. 4-5
383. How many times does the minute volume of blood grow in the conditions of the considerable physical work for the healthy untrained persons?
- A. \* 3-4
  - B. 2-3
  - C. 4-5
  - D. 5-6
  - E. There is not a right answer
384. How many times does the minute volume of blood grow in in the conditions of the considerable physical work for the healthy trained persons?
- A. \* 6-7,5
  - B. 6-7
  - C. 5-6
  - D. 4-5
  - E. There is not a right answer
385. How называется in sporting medicine of defeat of CNS?
- A. Overload
  - B. Overstrain
  - C. \* Retraining
  - D. Neurosis
  - E. Excitation
386. Humidity of air is in a sauna for proceeding in a sportsman
- A. \* 10-25 %
  - B. 30-45 %
  - C. 50-65 %
  - D. 70-80 %
  - E. there is not a right answer
387. Humidity of air is in the Russian pare bath-house for proceeding in a sportsman
- A. 50-55 %
  - B. 60-65 %
  - C. 70-75 %
  - D. \* 80-85 %
  - E. there is not a right answer
388. If a sauna is appointed a sportsman with the purpose of liquidation of fatigue, right after her it is necessary to conduct
- A. \* rehydrotation
  - B. active rest
  - C. passive rest
  - D. cultural hike

- E. there is not a right answer
389. In at run on distance 400-1500 i a basic source in the energy supply of work is
- A. aerobic
  - B. \* anaerobic lactate
  - C. anaerobic lactate
  - D. A and C
  - E. there is not a right answer
390. In composition of drinks for the use sportsmen during competitions enter
- A. chicken soup
  - B. \* syrup of wild rose, decoction of the oat
  - C. fat yoghurt
  - D. distilled water
  - E. there is not a right answer
391. In times of what to the competitions it is possible to use a sauna
- A. for one week
  - B. \* for 2-4 days
  - C. for one day
  - D. for 10-12 hours
  - E. there is not a right answer
392. Initial specialization in track-and-field takes place in
- A. 5-6 years
  - B. 8-9 years
  - C. \* 10-11 years
  - D. 13-14 years
  - E. there is not a right answer
393. Is there what mass of heart for sportsmen?
- A. 280-350 g
  - B. 300-400 g
  - C. 200-400 g
  - D. \* 350-500 g
  - E. 450-50 g
394. Is there what mass of heart for the untrained adult persons?
- A. \* 280-350 g
  - B. 300-400 g
  - C. 200-400 g
  - D. 350-500 g
  - E. 450-50 g
395. Is there what vital capacity of lights for sportsmen?
- A. \* 3-4 l
  - B. 5-7 l
  - C. 2-3 l
  - D. 4-5 l
  - E. 6-7 l

396. Is there what vital capacity of lights for the untrained people?
- \* 3-4 l
  - 5-7 l
  - 2-3 l
  - 4-5 l
  - 6-7 l
397. Medico-biological control estimates
- level of techno-tactical and physical preparedness
  - \* state of health, possibility of the different functional systems
  - mental condition and features of individuality of sportsman
  - A and C
  - there is not a right answer
398. Name reasons which lead to death as a result of physical overstrain
- Underestimation by the doctor of diseases which a sportsman had to going in for sports
  - Diseases which arose up as a result of the surplus going in for sports
  - The traumas of chairman, stomach, thorax are closed
  - \* All answers are faithful
  - All answers are not faithful
399. Optimum temperature in a sauna for the acceleration of regenerating processes in the organism of sportsman
- 55-70 0 C
  - \* 70-90 0 C
  - 110-120 0 C
  - 125-130 0 C
  - there is not a right answer
400. PH-venous blood for the trained people after work
- \* 7,2
  - 7,1
  - 6,8
  - 7
  - 7,3
401. PH-venous blood for the untrained people after work
- \* 7,2
  - 7,4
  - 6,8
  - 7
  - 7,3
402. Phase of reflectory reactions of organism, which precede work, preparing an organism to the next period of acutely growings queries to the exchange of matters of activity of organs of circulation of blood and breathing, it –
- \* 1 phase
  - 2 phases
  - 3 phases

- D. 4 phases
  - E. 5 phase
403. Phase of working growth of reactions which are observed during implementation of the physical works, it –
- A. \* 1 phase
  - B. 2 phases
  - C. 3 phases
  - D. 4 phases
  - E. 5 phase
404. Phase which is characterized the decline of reactions, it –
- A. \* 1 phase
  - B. 2 phases
  - C. 3 phases
  - D. 4 phases
  - E. 5 phase
405. Preparations are for the improvement of processes of exchanges and power of cerebrum of sportsmen
- A. cinarisine and trental
  - B. \* aminalone and pircetam
  - C. vinpocetin and sermyon
  - D. tanakan and ticlyde
  - E. there is not a right answer
406. Products which warn development of the second immunodeficit for sportsmen
- A. kidney bean, asparagus
  - B. \* sea-buckthorn, garlic
  - C. bananas, potato
  - D. saltwater and river fish
  - E. there is not a right answer
407. Relatively the integral stage of training process 3-6 weeks has the name duration
- A. \* meso cycle
  - B. micro cycle
  - C. macro cycle
  - D. motor cycle
  - E. there is not a right answer
408. Sedative a massage upon termination of competitions lasts
- A. 10-12 min.
  - B. \* 20-40 min.
  - C. 50-60 min.
  - D. 1,5 hours
  - E. 2 hours
409. Shallow addition to the charges of liquid is needed during the leadthrough of competitions from



- A. fencing
  - B. broad jumps
  - C. \* bicycle races
  - D. swimming
  - E. there is not a right answer
410. Slalomers has the most frequent break of genicular bone
- A. lumbar
  - B. \* cycle-like
  - C. parted-like
  - D. killed
  - E. there is not a right answer
411. Sportsman in the muscles of which the located had an amount quickly retractive fibres poorly adapts to
- A. power work
  - B. \* speed work
  - C. hardy work
  - D. A and C
  - E. there is not a right answer
412. Sportsmen have a degree of weight of damages most frequent
- A. \* easy
  - B. middle
  - C. heavy
  - D. as heavy as lead
  - E. there is not a right answer
413. Sportsmen have all the most widespread diseases of joints, except for:
- A. \* Arthritis
  - B. Sinovitis
  - C. Periarthritis
  - D. Artrosis
  - E. Pandaktilitis
414. Sportsmen have violation of rhythm of heart more frequent in all
- A. left ventricle extrasystole
  - B. blinking tachyarrhythmia
  - C. syndrome of WPW
  - D. \* weakness of sine knot
  - E. there is not a right answer
415. The basic value of rational feed of sportsmen consists in
- A. corrections of bioelectric activity of heart
  - B. warning of traumas and diseases
  - C. \* to delivery of plastic and power material
  - D. corrections of chronic physical overstrain
  - E. there is not a right answer
416. The best time for adopting a sauna by a sportsman
- A. before breakfast

- B. before dinner
  - C. \* before sleep
  - D. during breakfast
  - E. there is not a right answer
417. The considerable physical works influence on resistance of sportsman thus
- A. promotes
  - B. \* reduces
  - C. does not influence
  - D. deviates
  - E. there is not a right answer
418. The disease of muscles and peripheral nerves of dystrophic character is combined with propensity to the periodic acuteening through a physical overstrain with cooling, it:
- A. \* Nevromiosika
  - B. Myofibrosis
  - C. Miogelos
  - D. Mioentesit
  - E. There is not a right answer
419. The method of subcompensation hepatin in a liver and muscles is applied in the types of sport, related to development
- A. \* general endurance
  - B. speed-power internalss
  - C. to adroitness and flexibility
  - D. forces
  - E. there is not a right answer
420. The most characteristic changes of ECG are at dystrophy of myocardium of III item
- A. Decline of amplitude of indent of T
  - B. Increase of segment of ST
  - C. \* A complete inversion of indent of T is in many taking
  - D. A terminal inversion of indent of T is in V2-V3-separation
  - E. All answers are faithful
421. The trained persons have a concentration of lactatdehydrohenasa after work:
- A. \* 120
  - B. 125
  - C. 135
  - D. 130
  - E. 140
422. The ultimate goal of regenerating measures for sportsmen is
- A. warning of traumatism
  - B. achieving the results of records
  - C. \* stabilizing or increase of the functional state
  - D. correction of the psycho-emotional state of sportsman

- E. there is not a right answer
423. The untrained persons have a concentration of lactatdehydrohenasa after work:
- A. \* 120
  - B. 125
  - C. 135
  - D. 130
  - E. 140
424. The visit of sauna is forbidden for sportsmen in cases
- A. \* acute diseases
  - B. general fatigue
  - C. injuring of joints and muscles
  - D. B I C
  - E. there is not a right answer
425. There must be most calorage of ration of feed at engaged in what kinds of sport
- A. athletics gymnastics
  - B. boxing
  - C. \* ski sport
  - D. sporting gymnastics
  - E. water-polo
426. To adaptogenes take
- A. riboxine
  - B. extract to crumple
  - C. extract of hawthorn
  - D. \* extract lemon of Chinese
  - E. furosemid
427. To albuminous and amino acid preparations for важкоатлетів does not take
- A. vansitone
  - B. neotone
  - C. \* riboxine
  - D. alvesine
  - E. there is not a right answer
428. To antihypoxantes take
- A. neurosin
  - B. riboxine
  - C. carnitine chloride
  - D. \* glutamine acid
  - E. there is not a right answer
429. To facilities renewals which improve microcirculation take
- A. asparkam
  - B. \* actovegine
  - C. essentielle

- D. vitamin
  - E. there is not a right answer
430. To facilities, proceedings in a power action take
- A. tryboxine
  - B. carnitine chloride
  - C. yohimbine
  - D. \* phosfadine
  - E. there is not a right answer
431. To more rapid overheat of organism conducts
- A. \* steam bath-house (Russian)
  - B. dry-air sauna
  - C. Turkish bath-house
  - D. B I C
  - E. there is not a right answer
432. To preparations with an anabolic action take
- A. panagine and asparkam
  - B. \* carnitine and riboxine
  - C. aminalone and nootropile
  - D. troxevasine and trental
  - E. there is not a right answer
433. To unsteriode anabolic facilities take
- A. stanosolol
  - B. \* carnitine chloride
  - C. pyridoxine
  - D. testosterone propionate
  - E. there is not a right answer
434. Undermiddle rhythm is characterized
- A. by the positive indent of P
  - B. \* by the negative indent of P before QRS
  - C. by the negative indent of P after QRS
  - D. by absence of indent of P
  - E. there is not a right answer
435. Upon termination of competitions it is possible to visit a sauna boxers not early than what in 24 hours. It is tied-up from
- A. by a mental condition
  - B. by the reaction of the nervous system
  - C. \* by possibility of internal hemorrhages
  - D. by support of bodyweight
  - E. there is not a right answer
436. What amount of the trainings works is needed for the increase of capacity on 100% for people by age 11-14 years?
- A. \* 2-3
  - B. 3-4
  - C. 4-5

- D. 5-6
  - E. 6-7
437. What amount of the trainings works is needed for the increase of capacity on 100% for people by age 18-20 years?
- A. 2-3
  - B. 3-4
  - C. 4-5
  - D. \* 5-6
  - E. 6-7
438. What amount of the trainings works is needed for the increase of capacity on 100% for people by age 41-45 years?
- A. \* 9-12
  - B. 3-4
  - C. 8-9
  - D. 5-6
  - E. 6-7
439. What amount of the trainings works is needed for the increase of capacity on 100% for people by age 60-69 years?
- A. \* 5-10
  - B. 14-18
  - C. 4-5
  - D. 1-2
  - E. 6-7
440. What does a acute overstrain show up?
- A. Shortness of breath
  - B. Acute vascular insufficiency
  - C. Stenocardia
  - D. \* Death-damp, nausea, pallor of skin
  - E. Shock
441. What does not belong to 3 groups of reasons of death as a result of the physical work?
- A. Concussion of the brain. A hemorrhage is in a brain
  - B. A blow is in the area of heart, sun interlacing
  - C. Enterorrhexiss, breaks of liver
  - D. \* Rheumatic defeats of myocardium, cardiosclerosis
  - E. Concussion of the brain, breaks of liver
442. What gravity shock?
- A. Sudden brief loss of consciousness
  - B. A defeat of heart is as a result of acute overstrain
  - C. \* A loss of consciousness is as a result of the acute stopping of the physical work
  - D. State which longer lasts than fainting fit
  - E. A loss of consciousness is as a result of blow
443. What is a basic factor in the origin of shock?

- A. \* Pain
  - B. Overstrain
  - C. Fatigue
  - D. Not enough balanced
  - E. Ration
444. What is characterize the defeat of heart at the III stage of chronic physical overstrain?
- A. \* By dystrophy of myocardium
  - B. By expansion of right departments of heart
  - C. All answers are faithful
  - D. By a acute coronarism
  - E. There is not a right answer
445. What joints are more frequent in all struck in a gymnastics?
- A. \* Joints of spine
  - B. Genicular and humeral
  - C. Elbow
  - D. Genicular and elbow
  - E. Humeral and elbow
446. What sportsmen require most of protein on the kilogram of bodyweight
- A. marathon racers
  - B. \* heavy athletes
  - C. biathlonists
  - D. fencers
  - E. there is not a right answer
447. When is a acute muscular spasm?
- A. After a flounce
  - B. After the physical work
  - C. In the moment of the considerable physical work
  - D. \* In the moment of flounce
  - E. In a state of rest
448. With a purpose the increases immune resistance of sportsman organism appoint
- A. vitamin B1
  - B. \* ascorbic acid
  - C. vitamin PP
  - D. vitamin E
  - E. there is not a right answer
449. With a purpose the increases of backlogs of adaptations use
- A. riboxine
  - B. \* saparal
  - C. alvesine
  - D. imunal
  - E. there is not a right answer
450. With a restorative purpose at appearance of signs of overdrive use

- A. carnitine chloride
  - B. sydnocarb
  - C. caffeine
  - D. \* saparal
  - E. essentielle
451. Amount of the possible states to the muscle
- A. two
  - B. three
  - C. four
  - D. five
  - E. six
452. A basic form of medical gymnastic in a hospital
- A. morning hygienical gymnastics
  - B. medical gymnastics
  - C. walking, walks is dosed
  - D. massage
  - E. employment of trainers
453. A basic form of medical gymnastic in a sanatorium
- A. morning hygienical gymnastics
  - B. medical gymnastics
  - C. walking, walks is dosed
  - D. employment of trainers
  - E. sporting exercises
454. A basic method of leadthrough of employments from medical gymnastic at hypertensive illness
- A. gymnastic
  - B. playing
  - C. sporting applied
  - D. gymnastic playing
  - E. sporting applied and gymnastic
455. A characteristic feature of reaction on the physical work in patients"hyperreactors" ( after the level of diastolic pressure)
- A. increase
  - B. decline
  - C. without changes
  - D. increase or decline
  - E. all answers are faithful
456. A chemical neurohumor of nervous excitement for skeletal muscles
- A. adrenalin
  - B. serotonin
  - C. acethylcholin
  - D. cholinesterasa
  - E. all answers are not faithful
457. A complex of medical gymnastics appoint for the patients of IM

- A. on I a degrees of activity, by duration to 5 minutes
  - B. on I a degrees of activity, by duration to 10 minutes
  - C. on I b degrees of activity, by duration 10-12 minutes
  - D. on II a degrees of activity, by duration 10-15 minutes
  - E. on II a degrees of activity, by duration 15-20 minutes
458. A croquet, cinema, concerts, is allowed the patients with IM on the following degrees of activity
- A. III
  - B. IV
  - C. V
  - D. VI
  - E. VII
459. A form of medical gymnastics at the bed modes of motions of the stationary stage of rehabilitation of cardiologic patients ( except for a medical gymnastics)
- A. morning hygienical gymnastics
  - B. walking is dosed
  - C. employment of trainers
  - D. massotherapy
  - E. elements of sporting exercises
460. A ground of medical gymnastic at hypertensive illness
- A. strengthening of cardiac activity
  - B. hypotension influence
  - C. psycho-emotional excitation
  - D. psycho-emotional calming
  - E. hypertension influence
461. A ground of medical gymnastic at low blood pressure illness
- A. increase of blood arteriotony
  - B. increase of retractive ability of heart
  - C. increase of venous piesis
  - D. decline of blood arteriotony
  - E. decline of venous piesis
462. A leading method of medical rehabilitation at chronic inflammatory processes
- A. physiotherapy
  - B. worktherapy
  - C. medicinal therapy
  - D. medical physical education
  - E. psychotherapy
463. A leading method of medical rehabilitation at motive violations
- A. physiotherapy
  - B. worktherapy
  - C. medicinal therapy
  - D. medical physical education



- E. psychotherapy
464. A leading method of medical rehabilitation at psychosomatic pathology
- physiotherapy
  - worktherapy
  - medicinal therapy
  - medical physical education
  - psychotherapy
465. A leading role of reception in the nerve-reflectoral mechanism of influence of muscles activity on an organism
- extero-reception
  - intero-reception
  - proprio-reception
  - extero- and intero-reception
  - all answers are faithful
466. A leading role of the afferent systems (analyzers) in regulation of traffics and pose
- visual analyzer
  - vestibular analyzer
  - motor analyzer
  - auditory analyzer
  - all answers are faithful
467. A leading value in compensation had
- part of large hemispheres of cerebrum
  - vegetative nervous system
  - semiotic structures of cerebrum
  - all central and peripheral nervous system
  - all answers are faithful
468. A massage of stomach at hypertensive illness
- promotes pressure
  - reduces pressure
  - on pressure does not give substantial influence
  - multiplies pulse
  - diminishes pulse
469. A massotherapy is not appointed at
- to hypertensive illness of II-A-II-B of st.
  - to low blood pressure illness
  - diencephalic crises
  - to bronchial asthma
  - neck osteochondrosis
470. A massotherapy is not used at
- bronchial asthma
  - dyskinesia of gall-bladder
  - aneurysm of vessels
  - hypertonic disease

- E. polynevritis
- 471. A methodological feature of medical gymnastics at low blood pressure illness ( character, exercises)
  - A. respiratory
  - B. dynamic with tension
  - C. static
  - D. dynamic with devices, on devices
  - E. dynamic with a facilitation
- 472. A table of contents of heparin in muscles at hypokinesia
  - A. increased
  - B. increased considerably
  - C. diminishes
  - D. without changes
  - E. all answers are not faithful
- 473. A test with the physical work is considered positive at diagnostics of coronary disease at
  - A. to the presence of attack of stenocardia
  - B. to appearance of frequent ventricle extrasystolies
  - C. to the isolated inversion of indent of T
  - D. decline of segment of ST for " to the ischemic" type less 0,1 MB
  - E. all answers are faithful
- 474. A testimony of physical treatment at hypertensive illness
  - A. any levels of hypertension
  - B. hypertensive illness from N-I and N-II of st
  - C. hypertensive illness from N-III of st
  - D. hypertensive crisis
  - E. all answers are faithful
- 475. Amount of degrees of freedom of motions of body
  - A. two
  - B. three
  - C. four
  - D. five
  - E. six
- 476. At polyarthrites which are accompanied by arthropathies of bones is better to apply
  - A. periosteal massage
  - B. classic
  - C. tissue massage
  - D. sporting massage
  - E. erotic massage
- 477. Basic clinico-diagnostic criteria of IHD
  - A. fervecence
  - B. pain syndrome or his equivalentes
  - C. violation of cardiac rhythm and conductivity

- D. signs of violation of circulation of blood (stuffiness, oedemata)
  - E. decline of physical activity
478. Beginning of medical rehabilitation
- A. on the stage of treatment in permanent establishment
  - B. on the stage of treatment in a polyclinic
  - C. on the stage of treatment in a sanatorium
  - D. on the stage of clinical convalescence
  - E. in combination with beginning of treatment
479. Biological bases of medical rehabilitation
- A. suppression of source ( reasons) of violation of the state of health
  - B. adaptation to the new terms as a result of compensation-rehabilitation processes
  - C. mobilization of the hereditarily predefined potential of health
  - D. preparation to work teaching and reteaching
  - E. all answers are faithful
480. Calculate the norms of area for cabinet of medical gymnastic for 1 patient (at group employment)
- A. 1 sq.m
  - B. 2 sq.m
  - C. 3 sq.m
  - D. 4 sq.m
  - E. 5 sq.m
481. Changes of carriage are from violation of apparatus
- A. speeds
  - B. forces
  - C. equilibrium
  - D. speeds and forces
  - E. speed and equilibrium
482. Changes of K-Na correlation in muscles at hypokinesia
- A. increase of concentration of potassium, decline of sodium
  - B. increase of concentration of sodium, diminishing potassium
  - C. increase of concentration of potassium and sodium
  - D. decline of concentration of potassium and sodium
  - E. all answers are not faithful
483. Clinical effect of influence of the systematic physical work on the adaptation-trophic function of the nervous system - on an example of the muscle
- A. hypertrophy
  - B. oligotrophy
  - C. dystrophy
  - D. atrophy
  - E. answers are not faithful
484. Contra-indication to medical gymnastic at hypertensive illness
- A. high level of arteriotony

- B. hypertensive crisis
  - C. different degrees of insufficiency of circulation of blood
  - D. head pain
  - E. all answers are faithful
485. Correlation of respiratory and general exercises in the medical gymnastics of cardiologic patients of the free mode of motions are
- A. 1:1
  - B. 1:2
  - C. 1:3
  - D. 1:4
  - E. 1:5
486. Description of office a muscle hours at levitating engaged in a medical gymnastics
- A. isotonic
  - B. isometric
  - C. auxotonic
  - D. ideomotor
  - E. all answers are faithful
487. ?Determination (synonym) of medical rehabilitation
- A. medicinal treatment
  - B. sanatorium-resort treatment
  - C. regenerating treatment
  - D. conservative treatment
  - E. radical treatment
488. Eating meals sitting round the table allowed to the patient with IM at
- A. I and degrees of activity
  - B. I degrees of activity
  - C. IIa degrees of activity
  - D. IIb degrees of activity
  - E. IIIa degrees of activity
489. ECG-indexes of stopping of test with the physical physic work
- A. horizontal displacement of segment of ST below izoline on 0,1 MB
  - B. arched displacement of segment of ST below izoline on 0,1 MB
  - C. displacement of segment of ST up on 0,1 MB
  - D. appearance of extrasystoles
  - E. all answers are faithful
490. Electrocardiogram –
- A. method of graphic registration of bioelectrical potentials of which generates a cardiac muscle
  - B. a method of graphic registration of the electric field of heart in the process of cardio cycle
  - C. a method of graphic registration of vibrations of thorax in the area of apex shove

- D. a method of graphic registration of vibrations of thorax in the area of pulmonary artery
  - E. all answers are faithful
491. Estimated time to a doctor of medical gymnastic cabinet for inspection of 1 patient (minutes)
- A. 5
  - B. 10
  - C. 15
  - D. 20
  - E. 25
492. Factors which complicate implementation of motions in medical gymnastic
- A. loosening counteraction of muscles-antagonists
  - B. an increase of center of bodyweight in relation to a foothold
  - C. implementation of motions in water
  - D. use of different apparatus or instruments
  - E. all answers are faithful
493. Factors which facilitate implementation of motions in medical gymnastic
- A. an increase of center of bodyweight in relation to a foothold
  - B. implementation of exercises in water
  - C. motion of extremities in a vertical plane in the going mode
  - D. motion of extremities in a vertical plane in the heavy mode
  - E. all answers are faithful
494. Features method of massage ( classic) at hypertensive illness (area)
- A. back
  - B. upper extremities
  - C. lower extremities
  - D. stomach
  - E. heart area
495. Features method of massage ( classic) at hypertensive illness (receptions)
- A. stroking
  - B. grinding
  - C. limbering-up
  - D. a vibration is fragmentary
  - E. a vibration is continuous
496. Features of medical gymnastics at hypertensive illness (character of exercises)
- A. respiratory
  - B. dynamic with devices, on devices, with shells
  - C. static
  - D. dynamic without tension
  - E. all answers are faithful
497. Features the use of isometric tensions in a medical gymnastics at hypertensive illness ( a degree of tension is from maximal)
- A. 10-30%

- B. 30-50%
  - C. 50-70%
  - D. more than 70%
  - E. more than 80%
498. For patients with IM on the stationary stage select the type of hardeness
- A. two
  - B. three
  - C. four
  - D. five
  - E. six
499. For the best formation of bone callosity at breaks apply
- A. stroking
  - B. grinding
  - C. limbering-up
  - D. vibration
  - E. none
500. For the estimation of the state of circulation of blood in extremities apply
- A. apexcardiography
  - B. echography
  - C. polycardiography
  - D. reography
  - E. all answers are not faithful
501. Formula of possible reaction of pulse at walking and at health run for senior age and patients with cardio-lung pathology
- A. 180- age
  - B. 190 -age
  - C. 200- age
  - D. 220 -age
  - E. all answers are faithful
502. Four complexes of medical gymnastics are appointed to the patient with IM
- A. IIIa degrees of activity
  - B. IIIb degrees of activity
  - C. IVa degrees of activity
  - D. IVb degrees of activity
  - E. IVa degrees of activity
503. Grinding - it is a reception which is executed
- A. from periphery to the center, for the step of lymph movement
  - B. from periphery to the center, against motion of lymph movement
  - C. in any directions
  - D. from a center on periphery
  - E. from periphery to the center
504. High level of normal systolic blood pressure (mm)
- A. 120
  - B. 130

- C. 140
  - D. 150
  - E. 160
505. Hypertrophy of counter-clockwise ventricle is characterized
- A. multiplying amplitude of indent of R > 2,5 mm.in taking of V1- V 2
  - B. multiplying amplitude of indent of R > 26 mm.is in taking of V4- V5
  - C. deep indent of S > 20 mm.is in taking of V4- V5
  - D. deep indent of S > 20 mm.is in taking of V1- V2
  - E. all answers are not faithful
506. In what terms patients with IM prescribed turns on the side (1class of hardness)
- A. first day
  - B. second day
  - C. third day
  - D. fourth day
  - E. fifth day
507. In what terms prescribed turns for a side the patient with IM of the III class of hardness
- A. first day
  - B. second day
  - C. third day
  - D. fourth day
  - E. fifth day
508. In what terms prescribed turns on a side to the patient with IM of the II class of hardness
- A. first day
  - B. second day
  - C. third day
  - D. fourth day
  - E. fifth day
509. Increase of retractive ability of a muscle at the systematic physical work tied-up
- A. with multiplying mass of muscular albumen
  - B. with multiplying the amount of muscular fibres
  - C. with the improvement of the syneptic providing to the muscle
  - D. with strengthening of potential of nervous impulse
  - E. answers are not faithful
510. Influence of hypocinesia on the changes of oxygen on unit of work
- A. increase
  - B. without changes
  - C. decline
  - D. deceleration
  - E. all answers are faithful
511. Influence of hypocinesia on the coefficient of the use of oxygen

- A. rises
  - B. without changes
  - C. goes down
  - D. deceleration
  - E. all answers are faithful
512. Influence of hypocinesia on intensity of the external breathing
- A. increase
  - B. without changes
  - C. decline
  - D. acceleration
  - E. deceleration
513. Influence of hypocinesia on muscular tone
- A. increase
  - B. without changes
  - C. decline
  - D. deceleration
  - E. all answers are faithful
514. Influence of hypocinesia on the maximal level of deoxygenation at implementation of physical exercises
- A. increase
  - B. without changes
  - C. decline
  - D. acceleration
  - E. deceleration
515. Influence of hypocinesia on the minute volume of blood
- A. increase
  - B. without changes
  - C. decline
  - D. acceleration
  - E. deceleration
516. Influence of hypocinesia on frequency of heart-throbs
- A. increase
  - B. without changes
  - C. diminishing
  - D. deceleration
  - E. all answers are faithful
517. Influence of hypocinesia on maintenance of mineral matters in bones
- A. considerable increase
  - B. increase
  - C. decline
  - D. without changes
  - E. answers are not faithful
518. Influence of hypocinesia on the " intermuscles peripheral " hearts ( clinical effect)



- A. decline of arterial blood stream
  - B. decline of venous blood stream
  - C. decline of capillary blood stream
  - D. increase of capillary blood stream
  - E. all answers are faithful
519. Influence of massage on fatty fabric explained
- A. direct operating of massage on fatty fabric
  - B. by normalization of general exchange of matters
  - C. by the improvement of blood circulation of fatty fabrics
  - D. multiplying fatty fabric
  - E. diminishing of fatty fabric
520. Influence of massage on the circulatory system
- A. an arteriotony rises sharply
  - B. an arteriotony goes down sharply
  - C. pulse pressure goes down
  - D. pulse pressure rises
  - E. the capillaries of reserves open up
521. Influence of massage on the lymphatic system
- A. motion of lymph is accelerated
  - B. motion of lymph is slowed
  - C. motion of lymph is considerably slowed
  - D. does not have an influence
  - E. all answers are faithful
522. Influence of massage on the muscular system results in
- A. decline of elastic function
  - B. increase of elasticity of muscular fibres
  - C. decline of function reduction
  - D. increase of function of reduction
  - E. all answers are not faithful
523. Influence of massotherapy is on CNS
- A. decline of common excitation, proceeding in going out reflexes
  - B. increase of common nervous excitement, proceeding in going out reflexes
  - C. decline or increase of common nervous excitement, proceeding in going out reflexes
  - D. does not find out substantial influence
  - E. all answers are faithful
524. Influence of medical gymnastic on the factors of haemodynamics at hypertensive illness
- A. cardiac
  - B. extracardiac vascular
  - C. extracardiac auxiliary
  - D. tissue breathing
  - E. all answers are faithful

525. Influence of the physical training on the state of synapsis
- multiplaing of the amount of synapsis
  - diminishing of amount of synapsis
  - growth of synaptic structures
  - functional change of synapsis
  - decline of efficiency of synapsis
526. Influence of the special physical exercises on the function of suction of an intestine
- strengthening
  - decline
  - without changes
  - strengthening or decline
  - answers are not faithful
527. Influence of the special physical exercises on an agile function to the intestine
- strengthening
  - decline
  - without changes
  - strengthening or decline
  - answers are not faithful
528. Influence of the systematic physical work on the level of arteriotony ( in rest)
- high blood pressure
  - low blood pressure
  - dystonia
  - partial high blood pressure
  - answers are not faithful
529. Influence of the systematic physical work on frequency of breathing ( in rest)
- acceleration
  - deceleration
  - without changes
  - increase
  - decline
530. Influence of the systematic physical work on functioning ( tone) of the symphato-adrenic system
- increase
  - decline
  - normalization
  - without changes
  - answers are not faithful
531. Influence of the systematic physical work on frequency of pulse ( in rest)
- acceleration
  - deceleration

- C. without changes
  - D. increase
  - E. decline
532. Influence of the systematic physical work on the minute volume of blood (in rest)
- A. increase
  - B. decline
  - C. without changes
  - D. increase or decline
  - E. answers are not faithful
533. Influence of the systematic physical work on maintenance of mineral matters in bones
- A. increase
  - B. decline
  - C. without changes
  - D. strengthening or decline
  - E. answers are not faithful
534. It less movement of hands-
- A. one of basic receptions of massage
  - B. auxiliary reception of stroking
  - C. auxiliary reception of grinding
  - D. auxiliary reception of limbering-up
  - E. auxiliary reception of vibration
535. Major from the forms of medical gymnastic at the free mode of motions of the stationary stage of rehabilitation of cardiologic patients ( except for a medical gymnastics)
- A. morning hygienical gymnastics
  - B. walking is dosed
  - C. employment of trainers
  - D. massotherapy
  - E. elements of sporting exercises
536. Major from the forms of medical gymnastic at the halfbed mode of motions of the stationary stage of rehabilitation of cardiologic patients ( except for a medical gymnastics)
- A. morning hygienical gymnastics
  - B. walking is dosed
  - C. employment on trainers
  - D. massotherapy
  - E. elements of sporting exercises
537. Major from the forms of medical gymnastic on the polyclinic stage of rehabilitation of patients of therapeutic type ( except for a medical gymnastics)
- A. morning hygienical gymnastics
  - B. walking is dosed
  - C. employment of trainers

- D. massotherapy
  - E. elements of sporting exercises
538. Mechanisms of influence of massage on an organism
- A. nerve-reflecting, mechanical
  - B. nerve-reflecting, gumoral
  - C. gumoral, mechanical
  - D. nerve-reflecting, gumoral, mechanical, bioenergetic
  - E. none of above-mentioned
539. Medical gymnastic and its influence on illness of myocardium
- A. strengthening of cardiac activity
  - B. increase of retractive ability of heart
  - C. activation of coronal circulation of blood
  - D. decline of systolic volume
  - E. increase of systolic volume
540. Medical gymnastic basic method of treatment and medical rehabilitation of cardiological patients with a purpose of
- A. decline and normalization of arteriotony
  - B. decline oedema of extremities
  - C. normalization of heart-throbs
  - D. an increase of adaptation to the physical work
  - E. removal of hydroperitoneum
541. Medical gymnastic is a basic method of treatment and medical rehabilitation of patients with neurological type
- A. proceeding in a sensitiveness
  - B. proceeding in motions
  - C. removal of vegetative trophic violations
  - D. proceeding of language
  - E. a removal of pain in joints
542. Medical gymnastic is a basic method of treatment and medical rehabilitation of patients with traumatological type with a purpose
- A. a removal of pain in joints
  - B. removal and prophylaxis of arthral contractures
  - C. decline of muscular tone
  - D. increase of muscular force
  - E. a prophylaxis of complications from the side of internals
543. Medical gymnastics by duration of 30-40 minutes and pulse from 100 to 110 beats per a minute for the patients with IM
- A. not used
  - B. used for separate patients
  - C. used of the IV degree of activity
  - D. used of the V degree of activity
  - E. used of the VI degree of activity
544. Medical gymnastics by duration of 25 minutes used in a group method for patients with IM

- A. not used
  - B. used for separate patients
  - C. used on the III degree of activity
  - D. used on the V degree of activity
  - E. used on the VI degree of activity
545. Medical gymnastics by duration of 35-40 minutes and pulse 100-120 beats per a minute for the patients with IM
- A. not used
  - B. used for separate patients
  - C. used on the V degree of activity
  - D. used on the VI degree of activity
  - E. used on the VII degree of activity
546. Methodological features of health-improvement-athletic employments of persons with arterial high blood pressure
- A. exercises with dumb-bells, athletics gymnastics
  - B. physical exercises with water procedures
  - C. swimming
  - D. mobile and sporting games
  - E. exercises with a gymnastic stick
547. Methodological features of health-improvement-athletic employments of persons with arterial low blood pressure
- A. exercises with dumb-bells, athletics gymnastics
  - B. physical exercises with water procedures
  - C. swimming
  - D. mobile and sporting games
  - E. exercises with a gymnastic stick
548. Neurological patients have elements of medical physical education for the decline of muscular spastic
- A. active motions
  - B. passive motions
  - C. massage
  - D. mechanotherapy
  - E. "treatment position"
549. Neurophysiological mechanisms of identification of the broken functions
- A. regenerative processes are in CNS
  - B. alteration in activity of the system of synapsis
  - C. forming of new networks of temporal communications
  - D. plugging in activity on the mechanism of substituting for intact structures in place of damage
  - E. alteration of function of nervous structures and relations of innervations
550. Non- recommended physical exercises in medical gymnastics at hypertensive illness
- A. in water
  - B. deep breathing

- C. isometric
  - D. with tension
  - E. on weakening
551. Office a muscle which is instrumental in growth of muscular force hours
- A. elevating
  - B. retaining
  - C. retaining and elevating
  - D. going and elevating
  - E. going
552. Office a muscle which is instrumental in his next weakening hours
- A. elevating
  - B. retaining
  - C. retaining and elevating
  - D. going and elevating
  - E. going
553. On the sanatorium stage for the patients with IM select the next amount of classes of hardness
- A. two
  - B. three
  - C. four
  - D. five
  - E. Six
554. On which from the basic receptions of massage selected most time
- A. stroking
  - B. grinding
  - C. limbering-up
  - D. vibration
  - E. on all
555. Operating of massage on a skin erected to
- A. deceleration of processes of oxygen-restorations in a skin
  - B. by the acceleration of processes of oxygen-restorations in a skin
  - C. braking of secretory function of greasy and sweats glands
  - D. by stimulation of secretory function of greasy and sweats glands
  - E. an improvement of circulation of blood in a skin
556. Organization of measures of rehabilitation
- A. a selection of methods on the stages of rehabilitation
  - B. program of the successive use of methods
  - C. complex application of methods of rehabilitation
  - D. all answers are faithful
  - E. all answers are not faithful
557. Physical exercises as mean of decline of arteriotony
- A. massage
  - B. passive motions
  - C. active motions

- D. isometric tension of muscles
  - E. mechanotherapy
558. Physical exercises as mean of decline of muscular hypertone
- A. mechanotherapy
  - B. passive motions
  - C. massage
  - D. active motions
  - E. respiratory exercises
559. Physical exercises as mean of nosotropic therapy at
- A. to hypertensive illness
  - B. to emphysema of lungs
  - C. to arthral contractures
  - D. rheumatic heart disease
  - E. paresis of muscles of extremities
560. Physiological basis of medical rehabilitation
- A. motivation of proceeding in a capacity for self-service
  - B. motivation of proceeding in a capacity for labour
  - C. a faith in efficiency of medical rehabilitation
  - D. internal discipline, implementation of recommendations and settings
  - E. all answers are faithful
561. Principles of realization of the program of medical rehabilitation
- A. stage
  - B. by courses
  - C. continuously
  - D. by the stages continuously
  - E. by courses continuously
562. Purpose of medical rehabilitation
- A. proceeding in a capacity
  - B. proceeding in a health
  - C. proceeding in a capacity for self-service
  - D. preparation to work teaching and reteaching
  - E. all answers are faithful
563. Recommended at low blood pressure illness exercises
- A. bathing, swimming, rowing
  - B. volley-ball, basket-ball, tennis, badminton
  - C. dumb-bells, barbells , weights
  - D. walking, tourism
  - E. pattens, skates
564. Sanogenesis at low blood pressure illness
- A. increase of arterial tone
  - B. increase of arteriotony
  - C. increase of retractive ability of heart
  - D. increase of venous tone
  - E. decline of venous tone

565. Scoliosis of I degree is deformation ( curvature) of spine around to the landmark
- sagital and vertical
  - frontal
  - vertical
  - vertical and frontal
  - frontal and sagital
566. Sitting in a bed during 20 minutes, letting down a feet, 2-3 times per a day allowed to the patient with IM
- Ia degrees of activity
  - Ib degrees of activity
  - IIa degrees of activity
  - IIb degrees of activity
  - IIIa degrees of activity
567. Sitting in a bed, letting down feet, allowed to the patient with IM
- I degrees of activity
  - I degrees of activity
  - II degrees of activity
  - II degrees of activity
  - III and degrees of activity
568. Social-economic aspect of medical rehabilitation
- a cutback of spending on examination and treatment
  - reduction of necessity in guardianship and supervision from the side of relatives and society
  - returning to publicly useful work
  - increase of physical health level
  - all answers are faithful
569. Stroking - it is a reception at which
- a hand slides on a skin, not moving her
  - a skin is moved with the hand of masseur
  - a skin is moved with the hand of masseur lateral
  - a hand displaces a skin, stretching her
  - a hand displaces a skin, narrowing her
570. Stroking - it is a reception which is executed
- from periphery to the center, for the step of lymph movement
  - from periphery to the center, against motion of lymph movement
  - in any directions
  - from a center on periphery
  - from periphery to the center
571. Table of contents ATP and to creatinphosfate in muscles at hypocinesia
- multiplying maintenance ATP and to creatinphosfate]
  - diminishing of maintenance ATP and to creatinphosfate
  - increase ATP and diminishing of creatinphosfate]
  - diminishing ATP and multiplying creatinphosfate]



- E. all answers are faithful
572. The area of ischemia at the heart attack of myocardium characterized
- by the pathological indent of Q
  - dome-shaped getting up of segment of ST
  - by appearance of negative coronal indent of T
  - multiplying the indent of R
  - all answers are not faithful
573. The class of hardeness for the patients of IM on the stationary stage depends on
- depths and sizes of defeat, complications, coronary disease
  - depths and sizes of defeat, concomitant diseases, age sick
  - depths and sizes of defeat, finding sick in the chamber of intensive therapy
  - depths and sizes of defeat, age sick
  - depths and sizes of defeat, coronary disease
574. The daily physic work instructor of medical gymnastic cabinet at the individual method of inspection( orientation) is
- 5 men
  - 10 men
  - 20 men
  - 30 men
  - 40 men
575. The massage of stomach is not executed at
- pregnancy
  - hypertensive illness
  - the state after gall-bladder ectomia
  - collitis in the stage of sharpening
  - bronchial asthma
576. The patients of IM have features of 3 complexes of medical gymnastics
- employments of littlegroups, B.II sitting and standing
  - individual employments, B.II standing
  - individual employments, B.II sitting and standing
  - individual employments, B.II. sitting
  - individual employments, B.II being in bed
577. The patients of IM have features of 4 complexes of medical gymnastics
- individual employments, B.II sitting and standing
  - employments of little groups, B.II standing, being in bed
  - groups for 6-8 persons, B.II sitting and standing
  - groups for 10-12 persons, B.II standing, lying on a carpet
  - all answers are not faithful
578. The patients of IM have features of 2 complexes of medical gymnastics
- individual employments, B.II sitting
  - individual employments, B.II being in bed
  - employments of little groups, B.II being in bed

- D. employments of little groups, B.II sitting
  - E. employments of little groups, B.II standing
579. The patients of IM have features of I of complex of medical gymnastics
- A. individual employments, B.II lying on the back in a bed
  - B. individual employments, B.II being in bed on a stomach
  - C. individual employments, B.II being in bed on a side
  - D. individual employments, B.II being in bed on the back, stomach, side
  - E. individual employments, B.II sitting on a bed
580. The patients with IM have the autogene training at the sanatorium stage
- A. not used
  - B. used on the IV degree of activity
  - C. used on the V degree of activity
  - D. used for separate patients
  - E. used necessarily
581. The patients with IM have the training walking at the sanatorium stage
- A. not used
  - B. used for separate patients
  - C. used on the VI degree of activity
  - D. used on the VII degree of activity
  - E. it is one of basic elements of rehabilitation
582. The presence of necrosis characterizes at the heart attack of myocardium
- A. deep and wide pathological indent of Q
  - B. deep and wide pathological indent of S
  - C. multiplying the indent of R
  - D. diminishing of indent of R
  - E. all answers are not faithful
583. The type of walking most accepted for cardiologic patients on the policlinic stage of rehabilitation
- A. walking is dosed ( medical )
  - B. terencur
  - C. hurried jogging
  - D. health running
  - E. tourism
584. The type of walking most accepted in a cardiologic sanatorium
- A. walking is dosed ( medical)
  - B. walks
  - C. hurried jogging
  - D. health running
  - E. tourism
585. The type of walking of cardiologic patients most accepted in the conditions of permanent establishment
- A. walking is dosed ( medical)
  - B. terencur
  - C. hurried jogging

- D. health running
  - E. tourism
586. The types of sport ( elements) are recommended at the sanatorium stage of rehabilitation at low blood pressure illness
- A. swimming
  - B. heavy athletics
  - C. athletics gymnastics
  - D. table tennis
  - E. bicycling
587. The use of mechanotherapy of the periods of motion and rehabilitation at the breaks of bones of extremities
- A. in the first period
  - B. in the second period
  - C. in the third period
  - D. all answers are faithful
  - E. all answers are not faithful
588. The use of passive motions in a medical gymnastics at hypertensive illness
- A. at a moderate hyperpiesis
  - B. at the high level of arteriotony
  - C. at the head pain
  - D. at insufficiency of circulation of blood
  - E. all answers are faithful
589. The use of some types of sport ( elements) on the sanatorium stage of rehabilitation at hypertensive illness
- A. swimming
  - B. heavy athletics
  - C. athletics gymnastics
  - D. table tennis
  - E. bicycling
590. There is most angle of getting up enroute terencur ( degrees)
- A. 5
  - B. 10
  - C. 15
  - D. 20
  - E. 25
591. Three complexes of medical gymnastics for the patients of IM are appointed
- A. on III and degrees of activity, by duration to 15 minutes
  - B. on the III degree of activity, by duration to 15 minutes
  - C. on the III degree of activity, by duration to 20 minutes
  - D. on |IV and degrees of activity, by duration to 20 minutes
  - E. on |IV and degrees of activity, by duration to 25 minutes
592. Trembling of ventricles

- A. non--coordinated vibrations of separate parts of the muscle of ventricles with frequency 150-500 on one minute
  - B. frequent, comparatively rhythmic weak and uneffective reductions of ventricles with frequency 150-300 on 1 minute
  - C. attack of frequent and comparatively rhythmic cardiac activity
  - D. attack of frequent cardiac activity
  - E. attack of rhythmic cardiac activity
593. Two complexes of medical gymnastics for the patients of IM are appointed
- A. on I degrees of activity, by duration to 10 minutes
  - B. on II and degrees of activity, by duration to 10 minutes
  - C. on the II degree of activity, by duration 10-15 minutes
  - D. on III and degrees of activity, by duration 20 minutes
  - E. on III and degrees of activity, by duration 25 minutes
594. Under act of massage an amount of leucocytes in blood
- A. rises
  - B. goes down
  - C. goes down insignificantly
  - D. a massage does not influence on the amount of leucocytes
  - E. all answers are faithful
595. Under act of massage capillaries are
- A. functionings broaden
  - B. reserves open up
  - C. functionings narrow
  - D. functionings broaden, reserves open up
  - E. functionings narrow, reserves open down
596. Under-water shower-massage is used at
- A. obesity
  - B. diseases of vessels
  - C. stenocardia
  - D. sclerosis of cerebral vessels
  - E. all answers are faithful
597. Use " isometric gymnastics" on the periods of motion and rehabilitation at the breaks of bones of extremities
- A. in the first period
  - B. in the second period
  - C. in the third period
  - D. all answers are faithful
  - E. all answers are not faithful
598. Walking in a corridor the patient with IM allowed on
- A. I and degrees of activity
  - B. I degrees of activity
  - C. IIb degrees of activity
  - D. IIIa degrees of activity
  - E. IIIb degrees of activity

599. Walking on a department allowed to the patient with IM
- I and degrees of activity
  - I degrees of activity
  - IIa degrees of activity
  - IIb degrees of activity
  - IIIa degrees of activity
600. What from the basic receptions of massage " by a passive gymnastics" for muscles are
- stroking
  - grinding
  - limbering-up
  - stopping vibration
  - continuous vibration
601. A basic feature of the use of respiratory exercises in a medical gymnastics at emphysema of lungs
- Prolonging and strengthening of inhalation
  - Prolonging and strengthening of exhalation
  - strengthening of the diaphragmatic breathing
  - involvement of stomach at the end of exhalation
  - involvement of stomach at the end of inhalation
602. A basic feature of the use of respiratory exercises in a medical gymnastics at a chronic bronchitis
- strengthening of inhalation
  - strengthening of exhalation
  - strengthening of the diaphragmatic breathing
  - strengthening of the pectoral breathing
  - there is not a right answer
603. A basic feature of use of respiratory exercises in a medical gymnastics at pneumosclerosis
- an accent on strengthening of inhalation
  - an accent on strengthening of exhalation
  - deepening of both phases of breathing
  - use of drainage positions
  - strengthening of the diaphragmatic breathing
604. A basic methodical feature of implementation of respiratory exercises at broncho-ectazy illness
- strengthening of inhalation
  - strengthening of exhalation
  - strengthening of inhalation and exhalation
  - use of drainage positions
  - there is not a right answer
605. A basic task of physical rehabilitation in a preoperated period of preparation of patients with defects of heart
- expansion of functional possibilities of lungs

- B. improvement of mental condition
  - C. studies of method of medical gymnastics of early post-operative period
  - D. training of co-ordination of breathing with motions
  - E. increase of compensatory possibilities of organism
606. A complex of forms of physical rehabilitation at pneumosclerosis on the stationary stage of rehabilitation at the free mode of motions
- A. treatment gymnastics, morning hygienic gymnastics, walking is dosed
  - B. treatment gymnastics
  - C. treatment gymnastics, morning hygienic gymnastics, employment on a rowing trainer, elements of types of sport, walking
  - D. treatment gymnastics, figure-skating
  - E. there is not a right answer
607. A display of mechanism of normalization of functions after operations on the organs of abdominal cavity
- A. proceeding in the valuable breathing
  - B. normalization of function of the intestine
  - C. normalization of homeostasis
  - D. proceeding in a myodynamia abdominal press
  - E. liquidation of defect of carriage
608. A display of trophic action of physical exercises after surgical interferences
- A. regenerative processes are in a skin
  - B. regenerative processes are in muscles
  - C. regenerative hypertrophy
  - D. deceleration of development of atrophy from a hypodynamia
  - E. all answers are faithful
609. A feature of massage at pneumonia
- A. massage of the back
  - B. massage of thorax
  - C. oscillation massage
  - D. massage of over-shoulder region
  - E. there is not a right answer
610. A feature of respiratory exercises in a traditional medical gymnastics at bronchial asthma
- A. strengthening of inhalation
  - B. deepening of breathing
  - C. Prolonging of exhalation
  - D. static respiratory
  - E. dynamic respiratory
611. A feature of the use of respiratory exercises in a medical gymnastics at sharp pneumonia
- A. an accent is on exhalation
  - B. an accent is on the diaphragmatic breathing
  - C. an accent is on the pectoral breathing
  - D. implementation is in the special initial positions

- E. there is not a right answer
- 612. A ground (special task) of physical rehabilitation at pleuritis
  - A. treatment of sharp inflammation of pleura
  - B. resolution of exsudate
  - C. prophylaxis of the atelectasis
  - D. counteraction forming of accretions of pleurae and joints
  - E. there is not a right answer
- 613. A ground of physical rehabilitation at bronchial asthma
  - A. strengthening of respiratory musculature
  - B. spasmolytic effect (in relation to bronchial tubes)
  - C. desensitizing an effect
  - D. normalization of tone of the vegetative nervous system
  - E. normalization of corks нейродинаміки
- 614. A ground of physical rehabilitation at broncho-ectazy illness
  - A. prophylaxis of purulent and trophic complications
  - B. treatment of broncho-ectazis
  - C. a facilitation of outflow of sputum from broncho-ectazis
  - D. an improvement of interchange of gases in lungs
  - E. there is not a right answer
- 615. A ground of physical rehabilitation at emphysema of lungs
  - A. compensatory development of the diaphragmatic breathing
  - B. strengthening of inhalation
  - C. development of correct mechanism of breathing
  - D. multiplying the excursion of thorax
  - E. improvement of common circulation of blood
- 616. A ground of ЛФК at pneumonia
  - A. liquidation of remaining infection
  - B. strengthening of pulmonary interchange of gases
  - C. prophylaxis of complications and relapses
  - D. improvement of system and pulmonary circulation of blood
  - E. there is not a right answer
- 617. A leading task of physical rehabilitation at pneumonia in a subsharp period
  - A. resolution of inflammatory exsudate
  - B. liquidation of infection
  - C. diminishing of respiratory insufficiency
  - D. prophylaxis of complications
  - E. there is not a right answer
- 618. A medical gymnastics after reconstructive operations on the arteries of extremities is appointed
  - A. on the first day
  - B. on the second day
  - C. on the third day
  - D. on a fourth day
  - E. in a week

619. A physiological mechanism of medical action of physical exercises at sharp pneumonia
- normalizing influence on the nervous system
  - influence on trophic functions
  - forming of indemnifications
  - normalization of functions
  - there is not a right answer
620. A physiological mechanism of medical action of physical exercises at pneumosclerosis
- normalizing influence on the nervous system
  - influence on trophic processes
  - forming of indemnifications
  - normalization of functions
  - there is not a right answer
621. A post-operative period after operations on the organs of abdominal cavity is divided into periods
- early and late operation
  - early, late, remote post-operative
  - reanimation, early, late post-operative
  - early, late post-operative
  - reanimation, late post-operative
622. A presence of bronchial ( fistula) after operations on lungs is
- absolute contra-indication to setting of physical rehabilitation
  - relative contra-indication to setting of physical rehabilitation
  - Physical rehabilitation appointed necessarily as the special method of treatment
  - Physical rehabilitation is not appointed
  - there is not a right answer
623. A symptomatic action of physical exercises after operations on the organs of abdominal cavity
- improvement of drainage of bronchial tubes
  - improvement of the physiology sending
  - an improvement of suction functions of the intestine
  - proceeding in the secretory function of stomach and bowels
  - improvement of vesical excretion
624. A testimony of physical rehabilitation at sharp pneumonia
- normal temperature of body
  - subfibrule temperature
  - absence of displays of inflammation
  - common satisfactory state
  - absence of respiratory insufficiency
625. After a venectomy in an early post-operative period appoint exercises
- dynamic for operated extremities
  - isometric for the distal areas of the operated extremity



- C. only for healthy extremities
  - D. Only for one healthy extremity
  - E. there is not a right answer
626. After an operation concerning dislocation of pectoral end of collar-bone active motions appointed
- A. for all joints of the staggered extremity
  - B. only for all joints of healthy extremity
  - C. appoint for the distal joints of the staggered extremity, gradually including in
  - D. a complex of exercise is for proximal joints
  - E. there is not a right answer
627. After apendectomy appoint exercises a patient
- A. dynamic for the muscles of front abdominal wall
  - B. static for the muscles of front abdominal wall
  - C. isometric for the muscles of pelvic bottom
  - D. isometric for the muscles of extremities
  - E. there is not a right answer
628. After apendectomy appoint respiratory exercises a patient
- A. with an accent on the pectoral breathing
  - B. with an accent on the diaphragmatic breathing
  - C. with an accent on inhalation
  - D. all above-mentioned
  - E. nothing of above-mentioned
629. After apendectomy early rising of patients indicated
- A. contra-indicated
  - B. used depending on the state of the vascular system
  - C. it is indicated for the prophylaxis of complications
  - D. used depending on the state of the digestive system
  - E. there is not a right answer
630. After gall-blader ectomy dosed walking indicated
- A. appointed only after an extract from permanent establishment
  - B. appointed only for separate patients
  - C. widely used in a late post-operative period
  - D. not appointed
  - E. there is not a right answer
631. After operation in the first three days appointed respiratory exercises
- A. respiratory with an accent on diaphragmatic
  - B. respiratory with an accent on thoracal
  - C. respiratory dynamic
  - D. respiratory static
  - E. all answers are faithful
632. After operations concerning the defects of heart with multiplying pulmonary circulation of blood appoint exercises in the first days
- A. active for the distal departments of extremities

- B. active for the proximal departments of extremities
  - C. isometric tension of muscles of extremities
  - D. passive motions are in extremities
  - E. there is not a right answer
633. After operations on a stomach and pancreas in the first days respiratory exercises appointed
- A. coughing appoint only
  - B. appoint the diaphragmatic breathing
  - C. appoint the mainly pectoral breathing
  - D. appoint the mixed type of breathing
  - E. all answers are faithful
634. After operations on lungs patient after taking out drainages from a pleura cavity, possibility of breath-holding in inhalation to 20-25 seconds, on exhalation to 10-15 seconds, rotined for
- A. extracts are from permanent establishment
  - B. transference on the free mode
  - C. transference on the chamber mode
  - D. transference on the extended bed mode
  - E. there is not a right answer
635. After operations on lungs the easy massage of extremities, neck and thorax (without the area of operation) does in regime
- A. severely in bed
  - B. bed extended
  - C. chamber
  - D. free
  - E. there is not a right answer
636. After operations on lungs the restoring of function of hand on the side of operation carried out on the mode
- A. bed extended
  - B. chamber
  - C. free
  - D. after an extract from permanent establishment
  - E. there is not a right answer
637. After reconstructive operations on veins physical exercises execute from initial positions
- A. lying
  - B. lying from higher tender end of bed
  - C. sitting
  - D. Standing
  - E. there is not a right answer
638. After the operation of cutting hernia in the first 7-10 days exercises for muscles of the trunk indicated
- A. limit
  - B. appoint for separate patients

- C. appoint as special
  - D. does not appoint
  - E. there is not a right answer
639. After the operation of cutting hernia in the first 7-10 days loadings on a front abdominal wall indicated
- A. appoint on whole body
  - B. measure out individually
  - C. maximally limit
  - D. does not appoint
  - E. there is not a right answer
640. After the reconstructive plastic operations of vessels a patient in the first 2-3 months medical gymnastics appointed
- A. contra-indicated
  - B. conducted on a simple method
  - C. appointed on an intensively training method
  - D. appointed on a very active method
  - E. there is not a right answer
641. An index of efficiency of course of physical rehabilitation at pneumosclerosis
- A. multiplying the vital capacity of lungs
  - B. multiplying the excursion of thorax
  - C. decline of breathing frequency
  - D. multiplying maximal ventilation of lungs
  - E. multiplying time of breath-holding
642. An orientation of method of treatment gymnastics after operations concerning the born defects of heart
- A. prophylaxis of pulmonary complications
  - B. multiplying the excursion of thorax
  - C. mobilization of extra-cardial factors - " peripheral hearts"
  - D. a prophylaxis of complications from the side of gastroenteric system
  - E. prophylaxis of pure trained cardiac a muscle
643. At conservative treatment of defeat of diaphysis of thigh-bone in the first 10-14 days at conservative treatment the special exercises are
- A. isometric tension of muscles of thigh
  - B. dynamic exercises for to the o joint
  - C. exercises are on weakening of muscles of thigh
  - D. A and B there is not a right answer
  - E. there is not a right answer
644. At conservative treatment of defeat of diaphysis of thigh-bone sitting down in a bed with the help of different devices allowed
- A. from the first days
  - B. in 2 weeks
  - C. in 1 month
  - D. in 2 months

- E. there is not a right answer
645. At conservative treatment of diaphysis breaks of thigh in the first 10-15 days of the second period a patient is on the mode
- bed
  - chamber
  - free
  - B and C
  - there is not a right answer
646. At conservative treatment of diaphysis breaks of thigh of levitating a pelvis with support on elbows and back of head allowed
- not recommended
  - appointed from the first days
  - appointed in 2-3 weeks
  - appointed in 1 months
  - there is not a right answer
647. At dislocation of acromial end of collar-bone in the period of immobilization a patient not rotined
- active motions in an elbow and joints
  - active motions are for the fingers of brush
  - passive motions are for humeral a joint
  - isometric tensions of muscles of shoulder, forearm, brush
  - there is not a right answer
648. At dislocation of head of humeral bone in a first period it is not recommended to execute patients
- active motions in the distal joints of extremity
  - isometric tension of muscles of shoulder and forearm
  - passive and active motions in a humeral joint
  - A and B
  - there is not a right answer
649. At dislocation of head of humeral bone in the second period of employment in a pool
- contra-indicated
  - does not act substantial part
  - recommended
  - recommended only in the third period
  - there is not a right answer
650. At dislocation of humeral bone studying of skills of domestic self-service begin from
- from the first period
  - from the second period
  - from the third period
  - from a fourth period
  - there is not a right answer

651. At hammered and abduction breaks of proximal segment of humeral bone in the first period contra-indicated
- exercises on strengthening of muscles of humeral belt and overhead extremities
  - motions of strokes of the staggered extremity
  - levitating shoulders
  - levitating lower extremities
  - there is not a right answer
652. At hammered and abduction breaks of proximal segment of humeral bone exercises execute from initial position
- lying and standing
  - sitting and standing with easy inclination a trunk ahead
  - sitting and standing with easy inclination a trunk in a healthy side
  - sitting and standing with easy inclination a trunk in a sick side
  - there is not a right answer
653. At operations on lungs in a preoperation period diaphragmatic breathing applied
- does not apply, train only thoracal
  - apply for separate patients
  - teach to execute
  - execute actively
  - there is not a right answer
654. At operative treatment of lymphostasis in an early post-operative period apply exercises
- motions are active in the fingers of the operated leg
  - dynamic motions are in the large joints of the operated extremity
  - dynamic motions for the operated extremity are contra-indicated
  - does not apply exercise
  - there is not a right answer
655. At staggered genicular a joint in the second period of loading on a landmark on trauma extremity
- contra-indicated
  - used with limitation
  - used without limitations
  - B and C
  - there is not a right answer
656. At surgical treatment by fixed tighten of compression breaks of bodies of pectoral vertebrae to the patient during the first week contra-indicated
- turns are on a side
  - diaphragmatic breathing
  - bending and inclinations to the trunk by sides
  - A and B
  - there is not a right answer

657. At surgical treatment of diafisis breaks of thigh from the first days for the staggered extremity appoint exercises
- active motions are only in a talocrural joint
  - passive motions in talocrural joint
  - passive motions in a knee joint
  - the active facilitated motions are in all joints
  - there is not a right answer
658. At the adduction—extenzion breaks of proximal segment of humeral bone the special exercises in a first period are
- isometric tension of muscles of shoulder and forearm
  - active with a help motions in a humeral joint
  - active motions in an elbow joint
  - B and C
  - there is not a right answer
659. At the break of collar-bone after the removal of fixing bandages medical gymnastics include exercises
- isometric for the staggered extremity
  - active motions are with the dosed resistance only for healthy extremity
  - active motions are with the dosed resistance for sick extremity
  - A and B
  - there is not a right answer
660. At the break of collar-bone in the period of immobilization the special exercises are
- respiratory
  - dynamic for all joints of healthy extremity
  - isometric tensions of muscles of shoulder and forearm of trauma extremity
  - motions of strokes and fluctuating are for trauma extremity
  - there is not a right answer
661. At the breaks of elbow joint in the period of absolute immobilization physical rehabilitation
- contra-indicated
  - appointed from 2-3 days after imposition of gypsum
  - appointed in a week for separate patients
  - appointed in 14 days
  - there is not a right answer
662. At the breaks of elbow joint in the period of absolute immobilization it follows to give for the staggered extremity
- position is enhanceable
  - middling physiology position
  - position is with tomentous extremity
  - B and C
  - there is not a right answer

663. At the breaks of neck department of spine in the first period to the patient contra-indicated
- isometric tensions of muscles of overhead extremity
  - diaphragmatic breathing
  - isometric tension of muscles of lower extremity
  - taking and bringing feet over, not tearing away them від a bed
  - levitating a direct leg
664. At the breaks of proximal department of thigh in the first week the special exercises are
- isometric tension of muscles of thigh and shin
  - active with resistance motions in a talocrural joint
  - active motions are in a knee-joint
  - passive motions are in a joint
  - there is not a right answer
665. At the breaks of shoulder-blade with displacement motions in a humeral joint
- does not appoint to complete accretion
  - appoint active and passive motions from the first days
  - appoint in 12-18 days, limiting rotary motions
  - appoint in a month
  - there is not a right answer
666. At the breaks of shoulder-blade without displacement active motions for a humeral joint
- does not appoint to complete accretion
  - appoint in 10 days after a trauma
  - appoint right after trauma
  - appoint in a month after a trauma
  - there is not a right answer
667. At the defeat of ahilles ltendon in the first 3 weeks appoint exercises for trauma extremity
- active motions by fingers feet
  - active with a help motions in a talocrural joint
  - active motions in a knee-joint
  - B and C
  - there is not a right answer
668. At the defeat of area of elbow joint through development of atrophy of muscles the special attention is spared
- to active motions in a radial-brush joint, fingers of brush
  - to ideomotor motions
  - to isometric tension of muscles of shoulder
  - to isometric tension of muscles of forearm
  - there is not a right answer
669. At the defeat of diafisis of thigh-bone isometric tensions of muscles of thigh are in the first 10-14 days at conservative treatment

- A. recommended
  - B. not recommended
  - C. used as general-strengthening
  - D. used as special
  - E. there is not a right answer
670. At the diaphysis breaks of humeral bone a patient begins to learn skills of self-service from
- A. from the first period
  - B. from the second period
  - C. from the third period
  - D. from a fourth period
  - E. there is not a right answer
671. At the diaphysis breaks of humeral bone a patient begins to learn skills of self-service from
- A. from the first period
  - B. from the second period
  - C. from the third period
  - D. from a fourth period
  - E. there is not a right answer
672. At the diaphysis breaks of humeral bone initial position in the second period is
- A. sitting, a hand freely lays down
  - B. sitting, a hand is located on-the-surface of table
  - C. standing, a hand hangs down freely, a trunk is inclined in a healthy side
  - D. A and C
  - E. there is not a right answer
673. At the diaphysis breaks of humeral bone pronation and supination in an elbow joint is executed
- A. in the first period
  - B. in the second period
  - C. in the third period
  - D. in a fourth period
  - E. there is not a right answer
674. At the trauma of which to the joint the period of immobilization is divided into the period of absolute and relative immobilization
- A. humeral
  - B. elbow
  - C. radial -brush
  - D. phalanxes of fingers of brush
  - E. there is not a right answer
675. At the traumas of knee-joint there are motions of strokes and stretching in the second period
- A. contra-indicated
  - B. executed from the facilitated initial positions



- C. used necessarily as special
  - D. rotined
  - E. there is not a right answer
676. At the traumas of neck department of spine a massage is appointed
- A. in the first period
  - B. in the second period
  - C. in the third period
  - D. in a fourth period
  - E. there is not a right answer
677. At the traumas of neck department of spine in the third period there are exercises, directed on multiplying mobility of spine execute from position
- A. lying and sitting
  - B. lying and standing
  - C. sitting and standing
  - D. standing
  - E. there is not a right answer
678. At the traumas of shin static maintenance of extremity is appointed
- A. in the first period
  - B. in the second period
  - C. in the third period
  - D. in a fourth period
  - E. there is not a right answer
679. At the traumas of shin there are isometric tensions of muscles of shin in the first period
- A. contra-indicated
  - B. appointed only at the end of period
  - C. appointed as the special exercises
  - D. A and B
  - E. there is not a right answer
680. At treatment of breaks of neck department of spine by gipseous a semicorset sick contra-indicated
- A. isometric tensions of muscles of neck
  - B. isometric tension of muscles of humeral belt
  - C. inclinations to the trunk ahead
  - D. diaphragmatic breathing
  - E. there is not a right answer
681. Basic elements of medical gymnastics in the first employments after operations on the organs of abdominal cavity
- A. exercises in the proximal departments of extremities
  - B. static respiratory exercises
  - C. dynamic respiratory exercises
  - D. exercises in the distal departments of extremities
  - E. exercises from coughing
682. Basic physical exercise at pleuritis

- A. forerakes
  - B. lay-backs
  - C. inclinations are in a healthy side
  - D. inclinations are in a sickly side
  - E. there is not a right answer
683. Beginning of medical rehabilitation of pulmonary patients
- A. on the stage of treatment in permanent establishment
  - B. on the stage of treatment in a policlinic
  - C. on the stage of treatment in a sanatorium
  - D. on the stage of clinical convalescence
  - E. in combination with beginning of treatment
684. By a traumatological patient ideomotor exercises appointed
- A. does not appoint
  - B. appoint in the period of immobilization
  - C. appoint in a post-immobilization period
  - D. appoint in a period of rehabilitation
  - E. there is not a right answer
685. Character of respiratory exercises in a medical gymnastics at pneumonia
- A. static
  - B. dynamic
  - C. static and dynamic
  - D. active and passive
  - E. there is not a right answer
686. Complex of forms of physical rehabilitation at pneumonia at the bed modes of motion
- A. treatment gymnastics, massage
  - B. treatment gymnastics, morning hygienic gymnastics, walking is dosed
  - C. treatment gymnastics, morning hygienic gymnastics, employment on a rowing trainer, element of types of sport
  - D. treatment gymnastics, figure-skating
  - E. there is not a right answer
687. Complex of forms of physical rehabilitation at pneumonia at the half-bed mode of motions
- A. treatment gymnastics, massage
  - B. treatment gymnastics, morning hygienic gymnastics, walking is dosed
  - C. treatment gymnastics, morning hygienic gymnastics, employment on a rowing trainer, elements of types of sport, walking
  - D. treatment gymnastics, figure-skating
  - E. there is not a right answer
688. Complex of forms of physical rehabilitation at emphysema of lungs with cardio-pulmonary insufficiency on the stationary stage of rehabilitation at the bed modes of motions
- A. treatment gymnastics, morning hygienic gymnastics, walking is dosed
  - B. treatment gymnastics, massage

- C. treatment gymnastics, morning hygienic gymnastics, employment on trainers, elements of types of sport, walking
  - D. treatment gymnastics there is not a right answer
  - E. there is not a right answer
689. Complex of forms of physical rehabilitation at pneumonia at the free mode of motions
- A. treatment gymnastics, massage
  - B. treatment gymnastics, morning hygienic gymnastics, walking is dosed
  - C. treatment gymnastics, morning hygienic gymnastics, employment on a *веслувальному* trainer, elements of types of sport, walking
  - D. treatment gymnastics, figure-skating
  - E. there is not a right answer
690. Complex of forms of physical rehabilitation at pneumonia on the policlinic stage of rehabilitation
- A. treatment gymnastics, morning hygienic gymnastics, walking is dosed
  - B. treatment gymnastics, massage
  - C. treatment gymnastics, morning hygienic gymnastics, employment on a *веслувальному* trainer, elements of types of sport, walking
  - D. treatment gymnastics, figure-skating
  - E. there is not a right answer
691. Contra-indication to physical rehabilitation at sharp pneumonia
- A. subfibrule temperature
  - B. temperature higher 38i
  - C. stuffiness
  - D. considerable respiratory insufficiency
  - E. there is not a right answer
692. Contra-indication to physical rehabilitation at bronchial asthma
- A. emphysema of lungs
  - B. pneumo-sclerosis
  - C. respiratory insufficiency
  - D. asthmatic status
  - E. insufficiency of circulation of blood
693. Contra-indication to hydro-kinesiotherapy in an orthopaedy and traumatology is
- A. chronic diseases of bones and joints
  - B. illness of Bekhterev
  - C. the state after amputation of extremities
  - D. all above-mentioned
  - E. none of afore-mentioned
694. Contra-indication to medical gymnastic in a preoperated period before the planned operations on the organs of abdominal region
- A. intoxication
  - B. exhaustion sick
  - C. pain syndrome

- D. internal bleeding
  - E. negative relation of patient
695. Contra-indication to physical rehabilitation in a preoperated period of operations on lungs is
- A. tracks of blood in a sputum
  - B. insufficiency of circulation of blood of I-II of st.
  - C. high temperature, related to the delay of sputum
  - D. pulmonary bleeding
  - E. there is not a right answer
696. Description of drainage positions in a medical gymnastics at sharp pneumonia
- A. heaved up position of feet (lying)
  - B. heaved up position of chairman
  - C. heaved up position of pelvis (lying)
  - D. thorax below to the pelvis
  - E. there is not a right answer
697. Distinguish such measures of rehabilitation of patients with traumas and diseases of locomotorium
- A. directed on proceeding in a health
  - B. directed on proceeding in domestic skills
  - C. directed on proceeding in a capacity
  - D. all above-mentioned
  - E. none of higher marked
698. During an operation on the organs of abdominal cavity in a preoperated period train breathing
- A. respiratory exercises apply only as general
  - B. diaphragmatic
  - C. thoracic
  - D. mixed
  - E. all answers are faithful
699. Etiology of bronchial asthma
- A. infectious
  - B. allergic
  - C. infectiously allergic
  - D. degenerative process
  - E. there is not a right answer
700. Features of respiratory exercises in physical rehabilitation at pneumosclerosis with emphysema
- A. strengthening of inhalation
  - B. strengthening of exhalation
  - C. strengthening of inhalation and exhalation
  - D. strengthening of the diaphragmatic breathing
  - E. strengthening of the pectoral breathing
701. Features of training of breathing in a preoperated period of operation lights

- A. lengthening inhalation in relation to exhalation
  - B. lengthening exhalation in relation to inhalation
  - C. even duration of inhalation and exhalation
  - D. training of breathing, sitting
  - E. training of breathing is during a step
702. For a patient after operations on arteries isometric exercises for the operated extremity indicated
- A. contra-indicated
  - B. used individually
  - C. used actively
  - D. recommend the little exercises for a day
  - E. there is not a right answer
703. For patients after operations concerning the purchased defects of heart the dosed walking is appointed
- A. at the end of early post-operative period
  - B. in a late post-operative period
  - C. after an extract from permanent establishment
  - D. after an operation
  - E. there is not a right answer
704. For the restoration rehabilitation of patients with i-traumatological type application is needed
- A. medical gymnastics
  - B. labour-therapy
  - C. orthopaedic facilities
  - D. all above-mentioned
  - E. nothing of marked
705. For what defect of carriage characteristically multiplying pectoral kiphosis at the simultaneous smoothing of lumbar lordosis
- A. stoop
  - B. round back
  - C. roundly concave back
  - D. flat back
  - E. planoconcave back
706. Forms of physical rehabilitation at the free mode of motions for patients with bronchial asthma
- A. treatment gymnastics, massage
  - B. treatment gymnastics, morning hygienic gymnastics, walking is dosed
  - C. treatment gymnastics, morning hygienic gymnastics, elements of types of sport, employment on trainers, walking
  - D. treatment gymnastics, swimming
  - E. there is not a right answer
707. Forms of physical rehabilitation for patients with bronchial asthma on the policlinical stage
- A. treatment gymnastics, morning hygienic gymnastics, walking is dosed

- B. treatment gymnastics, massage
  - C. treatment gymnastics, morning hygienic gymnastics, elements of types of sport, employment on trainers, walking
  - D. treatment gymnastics, hurried
  - E. there is not a right answer
708. Forms of physical rehabilitation of bed regime of motion on the stationary stage of rehabilitation of pulmonary patients (except for a medical gymnastics)
- A. morning hygienic gymnastics
  - B. walking is dosed
  - C. employment on a rowing trainer
  - D. massage
  - E. elements of types of sport
709. Forms of physical rehabilitation of half-bed regime of motion on the stationary stage of rehabilitation pulmonary patients (except for a medical gymnastics)
- A. morning hygienic gymnastics
  - B. walking is dosed
  - C. employment on a rowing trainer
  - D. massage
  - E. elements of types of sport
710. Forms of physical rehabilitation on the polyclinic stage of rehabilitation of pulmonary patients (except for a medical gymnastics)
- A. morning hygienic gymnastics
  - B. walking is dosed
  - C. employment on trainers
  - D. massage
  - E. elements of types of sport
711. General square of air-cells of the adult man (square metres)
- A. 8
  - B. 80
  - C. 800
  - D. 8000
  - E. there is not a right answer
712. In a preoperated period patients with the purchased defects of heart respiratory exercises used
- A. apply only as general-srengthening
  - B. teach the pectoral breathing
  - C. teach the diaphragmatic breathing of ordinary depth
  - D. teach the upper breathing
  - E. there is not a right answer
713. In a preoperated period of operations on lungs tracks of blood in a sputum finded
- A. it is contra-indication to employments of medical gymnastic
  - B. it is relative contra-indication

- C. it is categorical contra-indication
  - D. it is not hindering to setting of medical gymnastic
  - E. there is not a right answer
714. In the period of absolute immobilization at the traumas of elbow joint the special exercises is
- A. passive motions are in an elbow joint
  - B. active motions are in an elbow joint
  - C. isometric tensions and ideomotor exercises
  - D. A and B
  - E. there is not a right answer
715. In the period of absolute immobilization at the traumas of elbow joint labour-therapy
- A. contra-indicated
  - B. rotined only from the second period
  - C. rotined only from the third period
  - D. the elements of labour-therapyare rotined for the fingers of brush
  - E. there is not a right answer
716. In the period of absolute immobilization at the traumas of the elbow joint bending fingers in a fist
- A. used widely as the special exercises
  - B. not recommended at the defeat of internal an epicondyle
  - C. not recommended at the defeat of elbow a sprout
  - D. not recommended at the defeat of coronal a sprout
  - E. there is not a right answer
717. In the period of immobilization for mobilized extremity exercises indicated
- A. does not appoint, give exercises only for symmetric extremity
  - B. does not appoint, give exercises only for healthy extremities
  - C. appoint for the free of immobilization joints of the staggered extremity
  - D. and there is not a right answer
  - E. all answer is right
718. In the period of relative immobilization at the traumas of elbow joint recommend exercises a patient for staggered a joint
- A. passive
  - B. passive and active with a help
  - C. the active and active are facilitated
  - D. active with a burden
  - E. there is not a right answer
719. Labour-therapy for lower extremity
- A. there is wheeling
  - B. there is playing football
  - C. squat
  - D. digging of vegetable garden
  - E. dances

720. Labour-therapy is better to conduct for the patients of orthopedic – traumatological type
- to physiotherapy
  - right after physiotherapy
  - sequence not important
  - during physiotherapy
  - there is not a right answer
721. Modern feature of motion of pneumonia
- sharp motion, portion process
  - languid motion, partial process
  - protracted and relapsed process
  - Complicated by purulent abscesses
  - there is not a right answer
722. next massage receptions
- stroking
  - grinding
  - limbering-up
  - vibration
  - there is not a right answer
723. On what day after operations on lungs a patient rises, walks, makes special exercises in standing position
- on 4-5
  - on 6-7
  - on 8-9
  - on 10-11
  - there is not a right answer
724. On what day after operations on lungs a patient turned in on a healthy side for special exercises
- on the first
  - on the second
  - on the third
  - on fourth
  - there is not a right answer
725. Pathogenesis of attack of bronchial asthma
- spasm of respiratory musculature
  - it was swollen mucus bronchial tubes
  - spasm of shallow bronchial tubes
  - spasm of large bronchial tubes
  - spasm of muscles of larynx
726. Physical exercises in the first days after prosthesis of valves of heart
- active motions are in the proximal departments of extremities
  - active motions are for the muscles of trunk
  - active motions are in the distal departments of extremities
  - isometric tension of muscles of extremities



- E. there is not a right answer
727. Physical exercises after an operation on the organs of abdominal cavity appointed
- A. on the first day
  - B. on the second day
  - C. on the third day
  - D. on fourth day
  - E. on fifth day
728. Physical exercises which stimulate regenerative hypertrophy in muscles
- A. for symmetric muscles active motions
  - B. active tension of damaged muscle
  - C. massage
  - D. turns of chairman
  - E. pectoral type of breathing
729. Physical rehabilitation is better to begin for the patients of traumatological type
- A. as possible before
  - B. as possible later
  - C. better in the period of rehabilitation
  - D. on the desire of patient
  - E. there is not a right answer
730. Physiology mechanism of medical action of physical exercises at emphysema of lungs
- A. normalizing influence on the nervous system
  - B. influence on trophic processes
  - C. forming of indemnifications
  - D. normalization of functions
  - E. there is not a right answer
731. Physiology mechanisms of medical action of physical exercises at bronchial asthma
- A. normalizing influence on the nervous system
  - B. influence on trophic processes
  - C. forming of indemnifications
  - D. normalization of functions
  - E. there is not a right answer
732. Principle of realization of the program of medical rehabilitation of pulmonary patients
- A. stage
  - B. by courses
  - C. continuous
  - D. by the stages continuously
  - E. there is not a right answer
733. Purpose of the "paradoxical breathing" (for I.I. Strel'nikovoy)
- A. increase of maximal ventilation of lungs

- B. increase of vital capacity of lungs
  - C. Plugging in breathing of maximal amount of alveolas
  - D. increase of satiation of organism by oxygen
  - E. strengthening of respiratory muscles
734. Recommended duration after a stationary rehabilitation after sharp pneumonia (months)
- A. 1-2
  - B. 3-4
  - C. 5-6
  - D. over 6
  - E. there is not a right answer
735. Sanogenesis of bronchial asthma
- A. removal of inflammatory process
  - B. removal of hyperreactivity of bronchial tubes
  - C. decline of allergic sensitiveness
  - D. proceeding of normal correlation of breathing phases
  - E. there is not a right answer
736. Task of application physical exercises before operations on lungs
- A. increase of general tone
  - B. multiplying the functional indexes of the external breathing
  - C. diminishing of expressed of the phenomena of intoxication
  - D. improvement a management the arbitrary breathing
  - E. there is not a right answer
737. Terms of setting of medical gymnastics after appendix ectomy
- A. first days
  - B. second days
  - C. third days
  - D. fourth days
  - E. fifth days
738. The course of physical rehabilitation for the patients of traumatological type is divided into periods
- A. early, late immobilization, post-immobilization , restoration early and late
  - B. early and late immobilization, restoration
  - C. immobilization, post-immobilization, restoration
  - D. I, II, III
  - E. there is not a right answer
739. The expedient of sporting exercises applied at bronchial asthma
- A. bathing, swimming, rowing
  - B. volley-ball, basket-ball, badminton, tennis
  - C. dumb-bells, barbell, weights
  - D. tourism, walking
  - E. pattens, skates
740. The expedient sporting exercises applied after a pleuritis

- A. rowing, swimming
  - B. volley-ball, basket-ball, tennis, badminton
  - C. dumb-bells, barbell, weights
  - D. walking, tourism
  - E. pattens, skates
741. The expedient sporting exercises applied at pneumonia
- A. rowing, swimming
  - B. volley-ball, basket-ball, tennis, badminton
  - C. dumb-bells, barbell, weights
  - D. walking, tourism
  - E. pattens, skates
742. The expedient sporting applied exercises at a chronic bronchitis (out of sharpening)
- A. bathing, swimming, rowing
  - B. sporting games
  - C. dumb-bells, barbell, weights
  - D. walking, tourism
  - E. pattens, skates
743. The modes of motions are in permanent establishment at pneumonias
- A. bed chamber, general
  - B. neverely bed, half-bed, free easily
  - C. 1, 2, 3, 4th
  - D. 5, 6, 7th
  - E. there is not a right answer
744. The patients with orthopedic-traumatological pathology have contra-indication to hydro-kinesiotherapy
- A. the state after osteo -synthesis
  - B. damage of soft fabrics of extremities
  - C. consequences of breaks of tubular bones
  - D. all above-mentioned
  - E. nothing of above-mentioned
745. The rehabilitation of patients of traumatological type includes
- A. medical
  - B. social
  - C. professional
  - D. all above-mentioned
  - E. none of afore-mentioned
746. The Sporting elements applied in a medical rehabilitation of emphysema of lungs
- A. dumb-bells, barbell, weights
  - B. games
  - C. walking, tourism, walks
  - D. pattens, skates
  - E. swimming, rowing

747. To the mechanotherapy for the patients of orthopedic-traumatological type have contra-indication
- cicatrical accretions of soft fabrics
  - considerable deformation to the joint
  - muscular contractures
  - there is not a right answer
  - all answer is right
748. To the mechanotherapy the patients of -traumatological type have contra-indication
- obesity
  - paresises
  - paralyses
  - it was swollen distal departments of extremities after procedure
  - there is not a right answer
749. Violation of breathing mechanics at bronchial asthma
- difficulty of inhalation
  - difficulty of exhalation
  - difficulty of inhalation and exhalation
  - easy inhalation and heavy exhalation
  - there is not a right answer
750. When is indicated to begin the diaphragmatic breathing after appendix ectomy
- in the first day
  - on the second day
  - on the third day
  - on a fourth day
  - on a fifth day
751. "Treatment position" at sphastic paralysis at the defeats of cerebrum
- middle physiological
  - straining
  - shortening
  - A and C
  - there is not a right answer
752. "Treatment position" at the languid paraplegia of feet
- middle physiological
  - unbending is in all joints
  - bending is in all joints
  - support of foot to the direct corner
  - there is not a right answer
753. "Treatment position" at the traumas of facial nerve
- a stretch of muscles on the paralysed side of person
  - stretching of muscles on the healthy side of person
  - shortening of muscles on the paralysed side of person
  - shortening of muscles on the healthy side of person

- E. there is not a right answer
754. A basic display of syndrome of vestibular disfunction of standing impossibility
- head pain
  - dizziness
  - unbalance
  - hypotaxia motions
  - there is not a right answer
755. A basic orientation of method of PR at sphastic paraparesis of feet at the trauma of spinal cord
- maintainance of function of joints
  - development of supporting function of feet
  - strengthening of muscles- unbenders of feet
  - preparation to standing, step
  - there is not a right answer
756. A basic orientation of method of PR at languid paraparesis of feet
- maintainance of function of joints
  - development of supporting function of feet
  - strengthening of muscles –un benders of feet
  - preparation to standing, walking
  - there is not a right answer
757. A criterion of dosage of loading in employments of the "vestibular training"
- appearance of nausea
  - appearance (strengthening) of dizziness
  - appearance of feeling of palpitation
  - eclipse of consciousness
  - there is not a right answer
758. A feature of "treatment position" at a paralysis at the defeat of medullispinal nerves
- middle physiological
  - stretching of the paralysed muscles
  - shortening of the paralysed muscles
  - any variants, duties
  - there is not a right answer
759. A feature of active motions at sphastic paraparesis of feet at the trauma of spinal cord
- with weight, with shells
  - unweighed, without shells
  - on the vehicles of mechanotherapy
  - in water
  - there is not a right answer
760. A feature of active motions at languid paraparesis of feet
- with weight, with shells

- B. unweighed, without shells
  - C. on the vehicles of mechanotherapy
  - D. in water
  - E. there is not a right answer
761. A feature of massage at a sphastic paraplegia at the trauma of spinal cord
- A. spared , without the receptions of shocks
  - B. deep, with the receptions of shocks
  - C. moderate after intensity, all receptions
  - D. any variant
  - E. there is not a right answer
762. A feature of massage at a paralysis at the defeat of spinal nerves
- A. spared , superficial
  - B. active, deep
  - C. receptions of shocks
  - D. A and C
  - E. there is not a right answer
763. A feature of massage at the languid paraplegia of feet at the trauma of spinal cord
- A. spared, without the receptions of shocks
  - B. deep, with the receptions of shocks
  - C. moderate after intensity, all receptions
  - D. any variant
  - E. there is not a right answer
764. A feature of passive motions at the languid paraplegia of feet
- A. maximal amplitude of motions
  - B. moderate amplitude of motions
  - C. in combination with an impulse to motion
  - D. moderate amplitude in combination with an impulse to motion
  - E. there is not a right answer
765. A leading syndrome of motive violations at sharp violation of cerebral circulation of blood is
- A. monoplegia, monopharesis
  - B. paraplegia, parapharesis
  - C. haemiplegia, hemiparesis
  - D. tetraplegia, tetrapharesis
  - E. there is not a right answer
766. A massage at neck-pectoral radiculitis
- A. active, deep
  - B. spared , weakening
  - C. point
  - D. A and C
  - E. there is not a right answer
767. A massage using only stroking used for children of age
- A. to 4 months

- B. to 6 months
  - C. to 9 months
  - D. to 12 months
  - E. there is not a right answer
768. A massage of an abdomen for babies with umbilical hernia
- A. contra-indicated
  - B. used only for separate children
  - C. it is the obligatory special manipulation
  - D. A and B
  - E. there is not a right answer
769. A medical gymnastics after births at the breaks of perineus of a 111 degree
- A. not appointed
  - B. assigned later for a few days
  - C. appointed, beginning from 2 days after births
  - D. A and C
  - E. there is not a right answer
770. A medical gymnastics at expressed pregnancy toxicosis used
- A. used necessarily
  - B. used in most pregnant
  - C. contra-indicated
  - D. A and B
  - E. there is not a right answer
771. A purpose of application of PR at child`s cerebral paralysis
- A. proceeding in a motive function
  - B. proceeding in psychical functions
  - C. stabilizing of motive disorders
  - D. warning of progress of motive violations
  - E. there is not a right answer
772. A purpose of application of PR at myelities
- A. general- strengthening influence
  - B. proceeding in a motive function
  - C. oppressing a sensitiveness
  - D. proceeding in a sensitiveness
  - E. warning of progress of motive violations
773. A role of passive motions at sphastic paresises
- A. multiplying muscular force
  - B. multiplying the volume of active motions
  - C. decline of muscular hypertone
  - D. multiplying the volume of passive motions
  - E. there is not a right answer
774. A role of physical rehabilitation in sanogenesis of early recovering period at sharp violation of cerebral circulation of blood
- A. regeneration of nervous mews
  - B. porphyryze in the area of non-active neurons

- C. functional alteration of compensative-adaptive processes
  - D. activation of circulation of blood in the area of defeat
  - E. there is not a right answer
775. A role of PR in sanogenesis of late RECOVERING period at sharp violation of cerebral circulation of blood
- A. regeneration of nervous cells
  - B. porphyryze in the area of non-active neurons
  - C. functional alteration of compensative-adaptive processes
  - D. activation of circulation of blood in the area of defeat
  - E. there is not a right answer
776. A task of PR at rachitis in the acute period of disease
- A. proceeding in nervous processes, improvement of exchange of matters
  - B. restoring functions organs of breathing and system of circulation of blood
  - C. liquidation of muscular low blood pressure
  - D. correction of deformation of locomotorium
  - E. there is not a right answer
777. A testimony to PR at lumbar radiculitis
- A. sharp pain in the back
  - B. remaining sickliness
  - C. complete absence of pain
  - D. weakness of the muscles of leg
  - E. there is not a right answer
778. A testimony to PR at lumboishalgia
- A. violation of trophism
  - B. paralysis
  - C. expressed pain
  - D. remaining of pain
  - E. there is not a right answer
779. A testimony to PR at the defeats of peripheral nerves
- A. sensible violations
  - B. motive violations
  - C. trophic violations
  - D. vegetative violations
  - E. there is not a right answer
780. A testimony to PR at hurts of cerebrum
- A. absence of blood (red corpuscles) in a neurolymph
  - B. normalization of temperature of body
  - C. a stay in consciousness
  - D. satisfactory feeling
  - E. there is not a right answer
781. An antihemiplegic conclusion of extremities of patient with a cerebral stroke at the bed mode
- A. middle physiological



- B. unbend for a hand and leg
  - C. bend for a hand and leg
  - D. unbend for a hand, bend for a leg
  - E. unbend for a leg, bend for a hand
782. Application of PR in paediatrics needs knowledges
- A. features of application of facilities of PR in different age-dependent groups
  - B. to character of pathological process
  - C. individual features of flowing of illness
  - D. age-old features of child
  - E. all above-mentioned
783. At dysmenorrea it is expedient to apply a complex of PR
- A. right after menstruation
  - B. for a few days and during menstruation
  - C. in a middle cycles
  - D. A and C
  - E. there is not a right answer
784. At retroflexy of uterus eliminate next initial positions from a complex
- A. lying on abdomen
  - B. knee-whrist position
  - C. sitting
  - D. lying on the back
  - E. there is not a right answer
785. At a rachitis children have a correction of deformations of locomotorium and the task of PR in a period
- A. to the height of disease
  - B. reconvalescence
  - C. remaining phenomena
  - D. A and C
  - E. there is not a right answer
786. At a rachitis for a child in the period of the remaining phenomena application of massage
- A. not obligatory
  - B. carries out additional role only
  - C. it is one of basic methods of treatment and correction
  - D. A and B
  - E. there is not a right answer
787. At an hypotrophy disorders of water-mineral exchange, sharp thinning of musculature and disappearance of hypodermic fatty layer characteristics for
- A. 1 degree
  - B. 2 degree
  - C. 3 degree
  - D. 4 degree
  - E. there is not a right answer

788. At an hypotrophy the delay of psycho-motoric development of child begins at
- 1 degree
  - 2 degree
  - 3 degree
  - 4 degree
  - there is not a right answer
789. At functional incontinence of urine exercise time-lagged, breathings, and static
- contra-indicated
  - used in most patients
  - used as special
  - B and C
  - there is not a right answer
790. At functional incontinence of urine exercise on relaxation
- contra-indicated
  - used in most patients
  - used, as special
  - A and B
  - there is not a right answer
791. At functional incontinence of urine exercise with the rapid change of position of body
- contra-indicated
  - used in most patients
  - used, as special
  - B and C
  - there is not a right answer
792. At functional incontinence of urine hurried, jumps
- contra-indicated
  - used in most patients
  - used, as special
  - B and C
  - there is not a right answer
793. At infantilism a complex of PR consists of
- medical gymnastics, tourism for a not large distances , elements of sporting games, hardened
  - medical gymnastics, mechanotherapy, athletics gymnastics
  - medical gymnastics, labour therapy , morning hygienical gymnastics
  - B and C
  - there is not a right answer
794. At normal births a gymnastics is appointed
- in 2 hours after births
  - on 2 days after births
  - on 3-5 days after births

- D. A and C
  - E. there is not a right answer
795. At partial incontinence of urine skiing and skating
- A. contra-indicated
  - B. recommended separate patients
  - C. used, as special
  - D. A and C
  - E. there is not a right answer
796. At retroflexy of uterus exercises on relaxation execute from initial positions
- A. sitting on a chair
  - B. lying on the back
  - C. lying on abdomen
  - D. A and B
  - E. there is not a right answer
797. At the chronic inflammatory diseases of sex sphere exercises for strengthening of peripheral circulation of blood appointed
- A. does not appoint in general
  - B. appoint at expansion of the bed mode
  - C. appoint rehabilitations on the final stage
  - D. A and C
  - E. there is not a right answer
798. At the hypotrophy of children putting them on an abdomen
- A. does not apply
  - B. apply only at 1 degree
  - C. apply at all degrees
  - D. apply only at 2 degree
  - E. apply only at 1 degrees
799. At the prolapsus of uterus and vagina strengthen muscles
- A. back and abdominal press
  - B. pelvic bottom, abdominal press, back
  - C. pelvic bottom, abdominal press
  - D. A and B
  - E. there is not a right answer
800. At the rachitis application of baths
- A. contra-indicated
  - B. apply only after a year age the bischofite of bath
  - C. apply salt-coniferous baths from 6- of monthly age
  - D. A and B
  - E. there is not a right answer
801. At the rachitis application of UVR
- A. contra-indicated
  - B. used individually
  - C. plug general UVR in the complex of treatment
  - D. apply only in the acute period of disease

- E. apply only in the period of the remaining phenomena
802. Basic contra-indications to physical rehabilitation at motive violations of neurological patients
- sphastic of muscles
  - pain during the movements
  - losing of sensetivity
  - aphasia
  - there is not a right answer
803. Basic exercises of medical gymnastics at a sphastic paralysis
- "impulsive gymnastics"
  - passive motions
  - active motions
  - passive motions with a motive impulse
  - ideomotor motions
804. Basic facilities of PR for children 9-12 months
- massage, reflex, passive exercises
  - massage, reflex, passive, active exercises
  - massage, passive, active exercises
  - active, active with a help
  - there is not a right answer
805. Basic facilities of PR in age 6-9 months of children
- massage, reflex exercises
  - massage, reflex, passive exercises
  - massage, reflex, passive, active exercises
  - massage, passive, active exercises
  - there is not a right answer
806. Basic facilities of PR among children under 4 month
- massage
  - massage, reflex exercises
  - massage, reflex and passive exercises
  - massage, reflex, passive and active exercises
  - there is not a right answer
807. Basic indications to physical rehabilitation in neurological practice
- violation of sensitiveness
  - violation of motions
  - violation of language
  - vegetative trophic disorders
  - there is not a right answer
808. Basic physical exercises in PR at the contusion of brain
- breathing
  - gymnastic with weights
  - "vestibular training"
  - playing games
  - there is not a right answer

809. Basic principle of leadthrough of exercises
- vestibular training"
  - high amount of reiterations
  - motions in all three planes
  - use of different initial positions
  - use of one weekend of position
810. Character of adopting a massage at a sphastic paralysis on base of hurts of cerebrum
- superficial, relaxing
  - deep, active, with the receptions of shocks
  - duty of active and relaxing motions
  - B and C
  - there is not a right answer
811. Children have features of reaction of the cardio-vascular system on physical work
- long period of working, the increase of FCB is insignificant
  - short period of working , considerable increase of FCB
  - short period of working , practically without the increase of FCB
  - A and C
  - there is not a right answer
812. Children have influence of physical exercises on the function of kidneys and urino-excretory ways
- intensive work promotes a diuresis
  - work of moderate intensity does not influence on a diuresis
  - work of moderate intensity promotes a diuresis
  - A and C
  - there is not a right answer
813. Children have influence of physical exercises on the function of endocrinological glands
- the neuroendocrinological adjusting and functional integration of glands perfected
  - lability of the endocrine system rises
  - influence is not marked practically
  - A and C
  - there is not a right answer
814. Children have the isolated use of exercises of local action
- gives a positive medical effect
  - a medical effect depends on the correctly chosen exercises depending on age of child
  - a medical effect is small, or absent at isolated their use without influence of common action
  - a medical effect depends on the psychological state of child
  - there is not a right answer
815. Children with hypotrophy have good effect from PR after

- A. gradual increase of amount of active motions
  - B. multiplying the amount of reiterations of exercises
  - C. wideuse of massage
  - D. A and B
  - E. there is not a right answer
816. Combination of application of electromiostimulation (EMS) from physical rehabilitation at paralyzes and paresises
- A. EMS immediately before physical rehabilitation
  - B. EMS right after physical rehabilitation
  - C. EMS 1,5-2 hours prior to physical rehabilitation
  - D. EMS in 1,5-2 hours after physical rehabilitation
  - E. there is not a right answer
817. Contra-indication to the special method of PR in the late period of (hurts) of cerebrum
- A. exercises of the "vestibular training"
  - B. deep breathing
  - C. exercises with weights
  - D. exercises walking
  - E. there is not a right answer
818. Contra-indication to PR at neck-pectoral radiculitis
- A. a sickliness at motions of chairman
  - B. a pain syndrome is expressed
  - C. paralysis of muscles of hand
  - D. trophic violations are in overhead extremity
  - E. there is not a right answer
819. Contra-indication to PR at myelities
- A. psychical oppression
  - B. fervescence
  - C. multiplying pain
  - D. violation of sensitiveness
  - E. parafunction pelvic organs
820. Contra-indication to PR at the defeats of peripheral nerves
- A. active inflammatory process
  - B. expressed pain
  - C. absence of sensitiveness
  - D. paralysis of muscles
  - E. there is the negative setting of patient with employment
821. Contra-indication to PR at the trauma of facial nerve
- A. fervescence
  - B. damages of bones of person after a splintage
  - C. damages of bones of person to the splintage
  - D. damage of temple
  - E. there is not a right answer
822. Contra-indication to PR at the trauma of spinal cord psychical oppressing

- A. fervescence
  - B. spinal pain
  - C. violation of sensitiveness
  - D. violation of functions of pelvic organs
  - E. there is not a right answer
823. Contra-indication to PR at the closed craniocerebral trauma
- A. high temperature of body
  - B. blood (red corpuscles) in a neurolymph
  - C. psycho-motoric excitation
  - D. psycho-motoric dormancy
  - E. there is not a right answer
824. Contra-indication to employments of PR after child birth is
- A. general fatigue
  - B. a weakness in connection with the severe loss of blood and difficult confinements
  - C. breaks of crotch of a 1-11 degree
  - D. stitches are on a crotch after perineothomy
  - E. there is not a right answer
825. Contra-indication to setting of PR in the period of pregnancy is
- A. sharp fever, destructive forms of tubercular process, high water-level
  - B. presence in anamnesis abdominal operations, neurosis, neuralgias
  - C. obesity, initial stage of hypertensive illness, compensated defects of heart,
  - D. B and C
  - E. there is not a right answer
826. Contra-indication to setting of PR at the chronic inflammatory diseases of muliebriasis is
- A. parametritis
  - B. metroendometritis
  - C. presence of atonic constipation
  - D. sharpening of inflammation process expressed
  - E. presence of lumbar pains
827. Criterion of possible level of the general loading in procedures of PR of patients with brain stroke
- A. a muscular fatigue with the decline of volume of active motions
  - B. worsening of indexes of pulse and arteriotony
  - C. to continue an unwillingness employment
  - D. appearance of pain in the paralysed (paretic) extremities
  - E. there is not a right answer
828. Description of massage at child's cerebral paralysis
- A. combination of application of active and spared elements
  - B. active, restorative
  - C. spared, weakening
  - D. A and B

- E. there is not a right answer
829. During the leadthrough of trainings with patients in menopause use exercises
- A. simple, with limitation of amount of exercises, but multiplying repetitions
  - B. mainly on co-ordination
  - C. plenty of exercises for all muscular groups and joints with the two-bit of reiterations
  - D. B and C
  - E. there is not a right answer
830. Elements of logotherapy in practice of specialist of physical rehabilitation at aphasia
- A. sensor
  - B. motoric
  - C. senso-motoric
  - D. amnestic
  - E. there is not a right answer
831. Elements of physical rehabilitation for the declining of muscular sphastic
- A. "impulsive gymnastics"
  - B. massage
  - C. "treatment position"
  - D. passive motions
  - E. active motions
832. Elements of sporting exercises at a languid paraplegia after the traumas of spinal cord
- A. swimming
  - B. bicycle riding
  - C. rowing
  - D. heavy athletics
  - E. basket-ball
833. Elements of sporting exercises at sphastic paraparesis at the trauma of spinal cord
- A. swimming
  - B. bicycle riding
  - C. heavy athletics
  - D. rowing
  - E. there is not a right answer
834. Engaged in a gymnastics conducted a little group method ( 4-6 persons) for children in age
- A. from 1 year
  - B. from 1 year of 2 months
  - C. from 1,5 year
  - D. from 2
  - E. from 3



835. Exercises on relaxation indicated for a pregnant women
- contra-indicated
  - appointed for a separate women
  - appointed necessarily
  - A and B
  - there is not a right answer
836. Expedient duration of antihemiplegic conclusion of the paralysed extremities of patient with a cerebral stroke in position on the back and on a healthy side (hours)
- 1
  - 2
  - 3
  - 4
  - 6
837. Expedient forms of employments of PR of patients with chronic cerebral vascular insufficiency
- medical gymnastics
  - a step, dosed walking
  - elements of sporting exercises
  - mechanotherapy, employment on trainers
  - there is not a right answer
838. Facilities of PR, which are used in paediatrics, are the factors of influence
- therapeutic
  - educative
  - psychological
  - all above-mentioned
  - none of marked
839. Feature of application of passive motions at a paralysis at the defeat of peripheral nerves - after amplitude
- middle physiological
  - maximal
  - moderate
  - small
  - there is not a right answer
840. Feature of passive motions at sphastic paraplegias of feet at the trauma of spinal cord
- maximal amplitude
  - moderate amplitude
  - in combination with an impulse to motion
  - moderate amplitude in combination with an impulse to motion
  - there is not a right answer
841. Feature of passive motions at paresis on base of myelities of pectoral department of spinal cord is amplitude of motions
- maximal

- B. moderate
  - C. small
  - D. any
  - E. there is not a right answer
842. Features of implementation of passive motions at sphastic paralyses – with amplitude
- A. small
  - B. middle
  - C. maximal
  - D. not important
  - E. there is not a right answer
843. Features of implementation of passive motions at languid paralyses – with amplitude
- A. small
  - B. middle
  - C. maximal
  - D. not important
  - E. there is not a right answer
844. Features of massage at the trauma of facial nerve
- A. superficial, weakening
  - B. deep, restorative
  - C. with a continuous vibration
  - D. with an interrupted vibration
  - E. there is not a right answer
845. For babies with umbilical hernia PR
- A. contra-indicated
  - B. used only for separate children
  - C. it is a testimony to setting
  - D. A and B
  - E. there is not a right answer
846. For children at implementation of massage apply adopting stroking, grinding, limbering-up, pat beginning from
- A. from 1,5 months
  - B. from 4 months
  - C. from 6 months
  - D. from 9 months
  - E. only after a year
847. For the children of the first year of life apply exercises
- A. reflex
  - B. passive
  - C. active
  - D. all above-mentioned
  - E. none of above-mentioned
848. For the decision of the special tasks of PR in paediatrics apply

- A. special exercises
  - B. the special exercises are on a phone of general- strengthening
  - C. often use only general-strengthening
  - D. A and B
  - E. there is not a right answer
849. For the improvement of circulation of blood in the area of small pelvis at the chronic inflammatory diseases of sex sphere appoint exercises
- A. for direct and slanting muscles of abdomen
  - B. on development of flexibility of a spine,
  - C. strengthening the muscles of back, abdomen, swimming
  - D. A and C
  - E. there is not a right answer
850. For the organism of child stimulant action of physical exercises
- A. often negatively influences on the cardio- vascular system
  - B. it is the obligatory condition of growth and development
  - C. can negatively influence on the nervous system
  - D. can worsen work of the respiratory system
  - E. there is not a right answer
851. Forms of PR , which more frequently applied in paediatrics
- A. walking dosed, terrencur, tourism on small distances
  - B. sporting applied exercises
  - C. games
  - D. mechanotherapy, labourtherapy
  - E. there is not a right answer
852. General description of recommendations from PR by the patient with child`s cerebral paralysis
- A. medical gymnastics, employment on trainers
  - B. elements of sporting and motive games, types of sport
  - C. labour therapy
  - D. medical motive education
  - E. there is not a right answer
853. Implementations of physical exercises at pregnancy stopped at
- A. acceleration of pulse on 8 beats after loading from a beginning of training,to the fatigue after loading
  - B. acceleration of breathing during loading
  - C. systematic appearance of skirmish pains after training
  - D. A and B
  - E. there is not a right answer
854. In a 111 trimester (32-40 week) of pregnancy most exercises are on
- A. muscles of feet
  - B. muscles of pelvic bottom
  - C. humeral belt and hands
  - D. muscles of the back
  - E. there is not a right answer

855. In a midpregnancy (17-32 weeks) to a complex of PR add exercises
- A. breathing exercises with an accent on thoracal, developing flexibility of spine, developing general endurance, diaphragmatic breathing
  - B. strengthening the muscles of the back, pelvic bottom, abdominal press
  - C. B and C
  - D. there is not a right answer
  - E. all answer is right
856. In a period of reconvalescence at a rachitis for the correction of deformations of skeleton used
- A. reflex exercises
  - B. frequent change of position sick
  - C. putting on an abdomen, , lying on an abdomen
  - D. static exercises from position on the back
  - E. there is not a right answer
857. In a puerperium at presence of stitches on a crotch does not give exercises
- A. for the muscles of abdominal press
  - B. diaphragmatic breathing
  - C. with breeding of feet
  - D. A and B
  - E. there is not a right answer
858. In the acute period of a rachitis children use exercises
- A. only massage
  - B. massage, reflex exercises
  - C. massage, passive and reflex exercises
  - D. only active exercises
  - E. there is not a right answer
859. In the first trimester (1-16 week) in pregnancies apply exercises
- A. for tension and weakening of muscles of abdominal press
  - B. general-developing without including of large muscular groups
  - C. for the increase of intra-abdominal pressure
  - D. B and C
  - E. there is not a right answer
860. In the last 3-4 weeks pregnancies eliminate such exercises
- A. for the muscles of pelvic bottom
  - B. relaxation
  - C. for the muscles of abdominal press being in a starting position lying on the back
  - D. for the distal departments of extremities
  - E. there is not a right answer
861. In the period of height of disease at rachitis for children frequent change of position leads
- A. contra-indicated, because results in deformation of locomotorium
  - B. used for separate patients
  - C. used for prevention of deformations of locomotorium

- D. A and B
  - E. there is not a right answer
862. In the period of pregnancy advantage gives for exercises
- A. static
  - B. dynamic
  - C. static-dynamic
  - D. A and C
  - E. there is not a right answer
863. Initial position for a leadthrough
- A. vestibular training"
  - B. lying
  - C. sitting
  - D. standing
  - E. be which
864. Mechanisms of medical influence of facilities of PR on the organism of sick child
- A. stimulant action
  - B. normalizing action
  - C. scray action
  - D. trophic action
  - E. all afore-mentioned
865. Methodical feature of method of PR at the break of spinal cord - after the parameter of time
- A. brief (ordinary) employments
  - B. non-permanent protracted employment (to the fatigue)
  - C. repeated employments of sentinels
  - D. different variants
  - E. there is not a right answer
866. Most difficult from the recommended special exercises of the "vestibular training"
- A. gymnastic revolutions
  - B. swirling in place
  - C. walking with the closed eyes
  - D. walking with the change of direction of motion
  - E. there is not a right answer
867. Neurological patients have the using of physical exercises with weights and mechanotherapy
- A. at sphastic paresis
  - B. at languid paresis
  - C. at synkinesis
  - D. at a hyperkinesia
  - E. there is not a right answer
868. Norms of time in a hospital of procedure of medical gymnastics to the neurological patient (minutes)

- A. 15
  - B. 20
  - C. 25
  - D. 30
  - E. over 30
869. Physical work has follow influence on phermentative-creating , agile and suction function of gastroenteric part of our organism
- A. does not influence practically
  - B. high-intensive work stimulates function
  - C. work stimulates the weak and moderate function intensity
  - D. A and B
  - E. there is not a right answer
870. PR in sanogenezis of the contusions of the brain
- A. normalization of the blood supplying of brain
  - B. normalization of neurodynamics
  - C. normalization of VND
  - D. normalization of trophic function
  - E. there is not a right answer
871. Putting on an abdomen for babies with umbilical hernia
- A. contra-indicated
  - B. used only for separate children
  - C. it is the basic special exercise
  - D. A and B
  - E. there is not a right answer
872. Sanogenezis at the inflammatory defeats of peripheral nerves
- A. in-health influence
  - B. an improvement of circulation of blood and trophism in the area of defeat
  - C. resolation of products of inflammation
  - D. proceeding in motions
  - E. development of substitutive motions
873. Sanogenezis at the trauma of peripheral nerves
- A. in-health influence
  - B. an improvement of circulation of blood and trophism in the area of defeat
  - C. resolation of products of inflammation
  - D. proceeding in motions
  - E. development of substitutive motions
874. Sanogenezis of early recovering period at the defeats of CNS
- A. regeneration of nervous mewes
  - B. porphyryze in the area of inactive neurons
  - C. "functional alteration" of compensative-adaptive processes
  - D. activation of circulation of blood in the area of defeat
  - E. there is not a right answer

875. Sanogenesis of late recovering period at the defeat of CNS
- regeneration of nervous mews
  - porphyryze in the area of inactive neurons
  - "functional alteration" of compensative -adaptive processes
  - activation of circulation of blood in the area of defeat
  - there is not a right answer
876. Selection of facilities and forms of PR in paediatrics carried out recognition
- medical tasks
  - age of sick child
  - features of psycho-motoric development of child
  - take into account all ab ove-mentioned
  - the all above-mentioned is not taken into account
877. Special exercises in PR at hurts of cerebrum which leds to a paralysis and motion violations
- "impulsive gymnastics"
  - passive motions
  - active motions
  - ideomotor acts
  - passive motions are with a motive impulse
878. Strengthening of muscles of the back for children is important in age
- to 4 months
  - to 6 months
  - to 9 months
  - after a year
  - there is not a right answer
879. Strengthening of ventilation of lungs during physical work for children takes place
- mostly due to an acceleration and less due to deepening of breathing
  - mostly due to deepening of breathing, less due to the acceleration of breathing
  - due to deepening and acceleration of breathing
  - B and C
  - there is not a right answer
880. Symptoms of "central" paralysis
- violation of sensitiveness
  - violation of trophism
  - sphastic paralysis
  - languid paralysis
  - there is not a right answer
881. Symptoms of "peripheral" paralysis
- violation of sensitiveness
  - violation of trophism
  - sphastic paralysis
  - languid paralysis

- E. mixed spastic and languid paralysis
882. Tasks of PR at motive violations at the defeats of medullispinal nerves
- proceeding in active motions
  - improvement of function of joints
  - decline of muscular hypertone
  - a fight from sinkinezii
  - there is not a right answer
883. Teaching children combination of breathing and movement in age
- from 2
  - from 3 to 6
  - only after 6
  - from 1 year
  - there is not a right answer
884. Teaching of children combination of the breathing and movements begun in age
- from 2
  - from 3 to 6
  - only after 6
  - from 1 year
  - there is not a right answer
885. Terms of leadthrough of medical gymnastics at retroflexy of uterus
- through 1- 1,5 hours after-meal
  - after a massage
  - at emptied urinary bladder and rectum
  - A and B
  - there is not a right answer
886. Terms of references of setting of PR at ischemic stroke
- a middle of end of 1th week
  - beginning of a middle of 2th week
  - a middle of an end of 2th week
  - 3th week
  - there is not a right answer
887. Terms of references of setting of PR at a hypertensive stroke
- a middle of end of 1th week
  - beginning a middle of 2th week
  - a middle of end of 2th week
  - 3th week
  - there is not a right answer
888. Testimony to PR at the trauma of facial nerve
- violation of sensitiveness on face
  - parafunction of chewing
  - parafunction of mimic muscles with violation of language
  - A and B
  - there is not a right answer



889. The children on a background of hardening have a leadthrough of PR at an hypotrophy
- hardening is not conducted
  - hardening apply individually
  - PR is conducted only on a background of hardening
  - B and C
  - there is not a right answer
890. The complex of medical measures at the prolapsus of vagina and uterus consists of
- medical gymnastics, swimming, rowing
  - medical gymnastics, morning hygienical gymnastics, gynaecological massage
  - medical gymnastics, morning hygienical gymnastics, elements of sporting games
  - A and C
  - there is not a right answer
891. The most expedient complex of measures at fixed retroflexy of uterus
- medical gymnastics, gynaecological massage, physio- balneo-- mud care
  - medical gymnastics, dosed skiing, swimming, rowing
  - medical gymnastics, massage, swimming
  - B and C
  - there is not a right answer
892. The pregnant have a problem with a position of a child in uterus, medical gymnastics used or not
- used necessarily
  - used in most pregnant
  - contra-indicated
  - A and B
  - there is not a right answer
893. The stimulant action of physical exercises for children depends on
- muscles which execute them
  - dosage
  - the all afore-mentioned is taken into account
  - none of afore-mentioned is taken into account
  - there is not a right answer
894. The use of synkinesiss in the early recovering period of cerebral stroke
- possibly restrictedly
  - possibly wide
  - to eliminate
  - not important
  - there is not a right answer
895. The use of synkinesiss in the late recovering period of cerebral stroke
- possibly restrictedly
  - possibly wide

- C. to eliminate
  - D. not important
  - E. there is not a right answer
896. Using of deep-breathing exercises in PR of patients with violations of cerebral circulation of blood
- A. possibly restrictedly
  - B. possibly wide
  - C. to eliminate
  - D. A and B
  - E. there is not a right answer
897. Using of elements " of "beats of massage in neurological patients
- A. at a languid paralysis
  - B. at languid paresis
  - C. at sphastic paralysis
  - D. at sphastic paresis
  - E. at hyperkinesias
898. Using vehicles of mechanotherapy for development of muscular force in a period after brain stroke
- A. possibly restrictedly
  - B. possibly wide
  - C. to eliminate
  - D. A and B
  - E. there is not a right answer
899. Using of local hypothermia from physical rehabilitation in neurological patients
- A. at a languid paralysis
  - B. at languid paresis
  - C. at sphastic paralysis
  - D. at sphastic paresis
  - E. there is not a right answer
900. Using of medical gymnastics in water for neurological patients
- A. at a paralysis languid
  - B. at paresis with muscular hypertone
  - C. at paresis with muscular hypotonus
  - D. at a sphastic paralysis
  - E. there is not a right answer

### **Situational tasks**

1. After inspection of student L. 20 years the heart rate was more than 96 b./ min. The differential test with 20 squatting was conducted. To load: Pulse 16,16,16; A / T 120/80. After loading for 10 seconds 1 minute pulse was 20, recovered to 16 for 1 min 40 sec; renewed pressure on the 3-min. What is the cause of tachycardia after the test take place?

- A. diseases of the cardiovascular system;
  - B. respiratory disease;
  - C. \* thyroid gland
  - D. neurocirculator dystonia
  - E. reducing functionality.
2. Student L., 1925. The test of Martine: the pulse to the load for 10 s was: 14,15,16,16,16 b./s. AP - 120/80 mmHg After loading all indicators missed in normotonic type of reaction, but the pulse dropped to 14 beats per 10 s and stabilized on this figure. By results of tests you can take that tachycardia at rest is due to:
- A. decrease in functional ability of the cardiovascular system;
  - B. Thyroid gland;
  - C. \* violation of the functional state of autonomic nervous system;
  - D. heart disease;
  - E. violation of the functional state of central nervous system
3. At the examining a patient of 35 years the doctor noted that acute epigastric angle, AA flat chest, long limbs and neck, narrow shoulders, aliform blades. What type of body is that?
- A. \* Asthenic
  - B. Normostenic
  - C. Hyperstenic
  - D. Neither answer is correct
  - E. All answers are correct
4. 11. A boy of 5 years at the test revealed muscle weakness of the varying levels of standing muscles and shoulder, fickle scoliotic arch. What you as a doctor assign to this boy ?
- A. Therapeutic exercises
  - B. Swimming
  - C. skying
  - D. \* All answers are correct
  - E. No correct answer
5. Point the power index for men:
- A. \* 65-70
  - B. 70-75
  - C. 80-85
  - D. 90-95
  - E. 60-65
6. A power index for women is:
- A. \* 48-50
  - B. 50-52
  - C. 52-54
  - D. 54-56
  - E. 56-58
7. A distortion of spine in a frontal position is:

- A. \* Scoliosis
  - B. Lordosis
  - C. Kiphosis
  - D. Lordosis and kiphosis
  - E. All answers are correct
8. A sinus knot is excited with frequency(p./min.):
- A. \* in 60-90
  - B. in 30-60
  - C. in 15-30
  - D. in 40-70
  - E. there is no right answer
9. A sphygmography is a research method which is based on graphic registration of walls' vibration:
- A. Hearts
  - B. central arteries
  - C. peripheral arteries
  - D. \* central and peripheral vessels
  - E. veins
10. A sportsman has a level of shorting of knee-jerk :
- A. C6-C7
  - B. \* L2-L4
  - C. L5-S1
  - D. D7-D8
  - E. there is no a right answer
11. A student N., of 19. Before the test of Martine pulse rate for 10 seconds was stable: 16,16,16, AT-120/80 mmHg After 20 knee-bends all parameters changed within normotonic type reaction. Pulse after the load has stabilized at 16 beats per 10 seconds. According to the results of tests you can consider that tachycardia at rest is connected with:
- A. heart disease
  - B. Respiratory system diseases
  - C. \* endocrine diseases
  - D. diseases of the central nervous system
  - E. autonomic nervous system diseases
12. A teacher of physical culture came to the doctor. What a doctor can estimate at the primary inspection?
- A. \* The state of the health and detect all deviations
  - B. Consciousness
  - C. The position in the bed
  - D. Severity of the state
  - E. The color of mucous membranes
13. A term of the physical exercises proceeding in general groups after quinsy is:
- A. \* 2-4 weeks
  - B. 3-4 weeks

- C. 1-2 weeks
  - D. 3-5 weeks
  - E. 4-5 weeks
14. A term of the physical exercises proceeding in general groups after a acute otitis is:
- A. \* 2-4 weeks
  - B. 3-4 weeks
  - C. 1-2 weeks
  - D. 3-5 weeks
  - E. 4-5 weeks
15. A term of proceeding physical exercises in general groups after pneumonia is:
- A. \* 1-2 months
  - B. 1-2 weeks
  - C. 2-3 weeks
  - D. 1,5-2 weeks
  - E. 3-4 weeks
16. A term of the physical exercises proceeding in general groups after a flu is :
- A. \* 2-4 weeks
  - B. 3-4 weeks
  - C. 1-2 weeks
  - D. 3-5 weeks
  - E. 4-5 weeks
17. A term of the physical exercises proceeding in general groups after a acute pyelonephritis is:
- A. \* 2 months
  - B. 3 months
  - C. 4 months
  - D. 5 months
  - E. 6 months
18. A term of the physical exercises proceeding in general groups after viral hepatitis is :
- A. \* 8-12 months
  - B. 1-2 months
  - C. 2-5 months
  - D. 6 months
  - E. 2 years
19. A term of the physical exercises proceeding in general groups after the break of bones is:
- A. \* 1-3 months
  - B. 5-6 months
  - C. 1-2 weeks
  - D. 1-3 weeks
  - E. 6-7 months
20. About hypertrophy of myocardium the most objective information gives:

- A. ECG
  - B. \* echocardiography
  - C. apexcardiography
  - D. reography
  - E. there is no right answer
21. About lengthening of the QT-interval we can talk, when he exaggerates norms more than on:
- A. 0,01 s
  - B. 0,02 s
  - C. 0,03 s
  - D. 0,04 s
  - E. \* 0,05 s
22. About multiplying of the PQ-interval we can talk in the case when it exceeds :
- A. 0,14 s
  - B. 0,16 s
  - C. 0,18 s
  - D. \* 0,20 s
  - E. there is no right answer
23. About reduction of the PQ-interval we can talk in the case when it less on:
- A. 0,16 s
  - B. 0,14 s
  - C. \* 0,12 s
  - D. 0,10 s
  - E. 0,5 s
24. Admitting to trainings of gymnasts is not allowed at presence of :
- A. Myopia of high degree
  - B. scoliotic carriage
  - C. dysfunction of gall-bladder
  - D. \* splanchnoptosis
  - E. there is no a right answer
25. What belongs to the graphic method in study of mechanical work of heart, excepting ?
- A. ECG
  - B. Ballistic cardiography
  - C. Seismocardiography
  - D. \* Vectorcardiography
  - E. Kinetically cardiography
26. The index of Kettle for men is:
- A. \* 350-400
  - B. 400-420
  - C. 450-470
  - D. 320-370
  - E. 120-250
27. The index of Kettle for women is:

- A. \* 325-375
  - B. 350-395
  - C. 375-425
  - D. 380-430
  - E. 300-350
28. Apexcardiography allows to estimate :
- A. \* retractive function of myocardium
  - B. conductivity
  - C. electric activity
  - D. automatism
  - E. excitability
29. As a result of the regular training the a volume of circulating blood is :
- A. diminishes
  - B. \* increased
  - C. does not change
  - D. deviates
  - E. there is no right answer
30. At external review of athlete the hypersthenic body type was determined. What kind of sport may you recommend in this case?
- A. Volleyball
  - B. \* Weightlifting
  - C. Obstacle race
  - D. Basketball
  - E. Athletics is contraindicated
31. At the measuring of growth in the standing position a sportsman must touch to the vertical slat of a stadiometer
- A. by sacrum, heels, back of head
  - B. by sacrum, heels, middle scapulas area, back of head
  - C. by sacrum, middle scapulas area, back of head
  - D. \* by sacrum, heels, middle scapulas area
  - E. All answers are faithful
32. At multiplying frequency of heart-throbs duration of interval of P-Q is:
- A. increased
  - B. \* diminishes
  - C. does not change
  - D. A and C answers are right
  - E. there is no right answer
33. At sinus tachycardia a pulse draws at mild usually :
- A. 80-100 per 1 min.
  - B. \* 100-130 per 1 min.
  - C. 140-160 per 1 min.
  - D. 170-190 per 1 min.
  - E. there is not a right answer

34. At the normal location of heart electric axis the correlation of amplitude of R-waves in the standard taking are next:
- R1 anymore R2 anymore R3
  - R3 anymore R2 anymore R1
  - \* R2 anymore R1 anymore R3
  - R3 anymore R1 anymore R2
  - R4 anymore R1 anymore R3
35. At the rate of EEG movement the ribbon of 25 mm/s every little cell (1 mm.) on answers of interval :
- 0,01 s
  - 0,02 s
  - \* 0,04 s
  - 0,1 s
  - 0,5 s
36. At the record of ECG the electrode on the left arm join a wire in color :
- red
  - \* yellow
  - green
  - black
  - white
37. At the record of ECG with speed of 50 mm/s. 1 mm. on a paper ribbon answers:
- 0,01 s
  - \* 0,02 s
  - 0,03 s
  - 0,04 s
  - 0,05 s
38. At the record of ECG for a sportsman the counter-clockwise leg connect an electrode is:
- Red
  - \* green
  - yellow
  - black
  - white
39. Athlete with the highest level, which should go to the competition , put on check-in registration:
- \* Regional medical Center and athletic dispensary
  - City and athletic medical clinic
  - The district drug dispensary and athletic dispensary
  - All answers are correct
  - There is no correct answer
40. Basic signs of physical development are :
- muscular force of brushes, vital lungs volume, mass of body
  - \* length and mass of body, circumference of thorax



- C. composition of body and muscles, mass of body
  - D. carriage, form of feet, character of fat volume
  - E. All answers are correct
41. To contra-indications for determination of class force for sportsmen does not belong:
- A. hernia of Shmorlya
  - B. monthly
  - C. \* uncovertebral artrosis
  - D. inguinal hernia
  - E. pregnancy
42. Bradycardia concerns, when pulse is less than :
- A. 70 per min.
  - B. \* 60 per min.
  - C. 50 per min.
  - D. 20 per min.
  - E. there is no right answer
43. By a simple spirometry it is possible to define the such index of pulmonary ventilation :
- A. index of Tiphno
  - B. speed of exhalation
  - C. \* volume of the forced exhalation
  - D. All answers are correct
  - E. All answers are not correct
44. Point the changes of the respiratory system adaptation during the physical training ;
- A. decline of minute volume of breathing
  - B. decline of respiratory coefficient
  - C. \* multiplying a respiratory volume
  - D. A and C
  - E. there is not a right answer
45. Characterizes the static co-ordination we can after the:
- A. test of Yarotskyj
  - B. rotation in an arm-chair Ram
  - C. \* the test of Romberg is complicated
  - D. finger-nasal test
  - E. there is no a right answer
46. Diastolic noise concerns:
- A. at once after the first tone
  - B. between the first and second tones
  - C. immediately in front of by the first tone
  - D. \* after the second tone
  - E. there is no a right answer
47. Direct ECG-signs of myocardium hypertrophy is :
- A. multiplying amplitude of P-wave

- B. multiplying duration of P-wave
  - C. \* multiplying amplitude of R and P-waves
  - D. multiplying the width of complex QRS more than 0,12 s
  - E. there is no right answer
48. Doctor examining the athletes conducts the external review. What the external examination of athletes for determination of physical development is included?
- A. \* Condition of skin, subcutaneous fatty tissue, muscles, shape of chest, back, foot, state of muscle inguinal ring in men.
  - B. Condition of skin, subcutaneous fatty tissue, a form of chest, back, foot.
  - C. Condition of skin, shape of chest, back, foot, state of muscle inguinal ring in men.
  - D. Condition of skin, subcutaneous fatty tissue, muscle
  - E. There is no correct answer
49. Duration of interval of PQ is determined in :
- A. first taking
  - B. second taking
  - C. third taking
  - D. \* taking from extremities, where an interval is most
  - E. taking from extremities, where an interval is the least
50. During the examination the doctor found the flattened feet. What method used the doctor?
- A. \* Plantografic on Chyzhynu
  - B. Dinamometric
  - C. Anthropometric
  - D. All answers are correct
  - E. There is no right answer
51. During the peak of sporting form are developed:
- A. \* physiology hypotension
  - B. physiology hypertension
  - C. arterial pressure does not change
  - D. correct answers -B and C
  - E. there is no right answer
52. Early systolic noise concerns:
- A. at once after the second tone
  - B. \* at once after the first tone
  - C. between the first and second tones
  - D. before the second tone
  - E. before the first tone
53. Factors which reduce the level of arterial pressure after the the physical training are:
- A. increase of shock volume of heart
  - B. \* decline of common peripheral resistance of vessels
  - C. multiplying the retractive function of myocardium

- D. A and C
  - E. there is no a right answer
54. For a sportsman (broad jumps) marked index of mass of body -24,0. It means:
- A. \* norm
  - B. deficit of body mass
  - C. surplus of body mass
  - D. Answers B and C are right
  - E. All answers are faithful
55. For a sportswoman-sprinter marked the index of mass of body 18. It is considered as:
- A. norm
  - B. \* deficit of mass of body
  - C. surplus of body mass
  - D. All answers are correct
  - E. All answers are not correct
56. For an athlete-decathlon competitor marked the index of mass of body is 32. It is considered as:
- A. Norm
  - B. deficit of body mass
  - C. \* surplus of body mass
  - D. All answers are correct
  - E. All answers are faithful
57. For description of the vegetative nervous system use :
- A. test of Yarotskyj
  - B. temp-test
  - C. \* test of Ashner
  - D. genucalcaneal test
  - E. test of Bare
58. ultrasonic research of heart can help to determine in the sportsmen such pathology:
- A. dystrophy of myocardium
  - B. \* valvular defects
  - C. violation of heart rhythm
  - D. chronic aneurysm of heart
  - E. there is no a right answer
59. For measuring of spine curvatures apply the skoliosometers:
- A. Pidyampolskoy
  - B. Mikulesy
  - C. Galburtsev
  - D. \* All answers are faithful
  - E. All answers are not faithful
60. For research of carriage and body- build apply methods:
- A. \* anthropometry and somatoscopy
  - B. anthropometry

- C. Functional tests
  - D. All answers are right
  - E. There is no right answer
61. For sportsmen the such type of blood circulation is distinguished, after an exception
- A. hypo kinetic:
  - B. hyperkinetic
  - C. \* macro kinetic
  - D. eukinetic
  - E. there is no a right answer
62. For sportsmen duration of P- wave does not exceed in the standard taking more than:
- A. 0,09 s
  - B. 0,10 s
  - C. \* 0,11 s
  - D. 0,12 s
  - E. there is no right answer
63. For the estimation of dynamic coordination for sportsmen are used:
- A. test of Romberg
  - B. \* finger-nasal test
  - C. EEG
  - D. test of Adson
  - E. there is no right answer
64. For the estimation of retractive hearts' function do not use a method :
- A. apexcardiography
  - B. \* ECG
  - C. echocardiography
  - D. reography
  - E. there is not a right answer
65. For the record of ECG in taking of V4 after Wilson an active electrode is set in:
- A. 4 intercostal on the left at a breastbone
  - B. 5 intercostal on the left at a breastbone
  - C. 5 intercostal on a front armpit line
  - D. \* 5 intercostal for middle scapula line
  - E. All answers are not correct
66. For visual description of degree of skeletal musculature development does not use a criterion:
- A. volume
  - B. \* force
  - C. relief
  - D. resiliency
  - E. there is no right answer
67. Function of myocardium, which it can not find out with the help of ECG is:
- A. conductivity

- B. activity
  - C. automatism
  - D. \* contractility
  - E. there is no right answer
68. High cardiac production is characteristic of development :
- A. Physiology myocardium hypertrophy
  - B. pathological hypertrophy of myocardium
  - C. \* physiology dilatation of ventricles
  - D. Answers A and B are correct
  - E. there is no right answer
69. How many degrees of scoliotic curvature do you know?
- A. 4
  - B. 3
  - C. 1
  - D. 5
  - E. 2
70. How often conduct the repeated inspections?
- A. 1-2 times per a year
  - B. 3-4 times per a year
  - C. \* 2-5 times per a year
  - D. 8-10 times per a year
  - E. 1 time per 2 years
71. In a norm a cardiac shove is in adult on 1-1,5 sm.:
- A. medial від a front armpit line in fourth intercostal
  - B. lateral від a middle scapular line in fourth intercostal
  - C. \* medial від a middle scapular line in fifth intercostal
  - D. medial від a front armpit line in fifth intercostal
  - E. there is not a right answer
72. In a norm the amplitude of QRS-complex does not exceed in any of the pectoral taking more than:
- A. 10 mm
  - B. 15 mm
  - C. 20 mm
  - D. \* 25 mm
  - E. 30 mm
73. In a norm amplitude of the QRS-complex in the standard and increased taking from extremities draws it is in mild :
- A. 18 mm
  - B. 20 mm
  - C. \* 22 mm
  - D. 25 mm
  - E. 30 mm
74. In a norm the amplitude of QRS-complex must not exaggerate in the pectoral taking :

- A. 10 mm
  - B. 15 mm
  - C. 20 mm
  - D. \* 25 mm
  - E. 30 mm
75. In a norm the amplitude of P-wave must not exaggerate on ECG:
- A. 2,0 mm
  - B. \* 2,5 mm
  - C. 3,0 mm
  - D. 3,5 mm
  - E. 4,0 mm
76. In a norm the T-wave for sportsmen can be negative :
- A. in the second taking
  - B. in the first taking
  - C. \* in the third taking and in aVL
  - D. in the first taking and in aVF
  - E. there is not a right answer
77. In a norm colored part of foot must make not more :
- A. 1/2 its width
  - B. \* 1/3 its width
  - C. 1/4 its width
  - D. 1/5 its width
  - E. there is no a right answer
78. In a norm the T-wave is always negative in taking :
- A. second standard
  - B. V1
  - C. V5
  - D. \* aVR
  - E. there is not a right answer
79. In a norm the T-wave is always positive in :
- A. first taking
  - B. second taking
  - C. third taking
  - D. \* first and second taking
  - E. second and third taking
80. Test of Martine. To loading: Pulse 13,12,14,14,14,14; A / T 120/80. After loading -12,12,12. Estimation the result:
- A. diseases of the cardiovascular system;
  - B. respiratory disease;
  - C. thyroid gland;
  - D. \* neurocirculatory dystonia
  - E. reducing functionality.

- 81..Athlete S. The pulse rate increased immediately after rising(orthostatic test) by 18 strokes, and after 3 minutes she was standing on four strokes higher than the original.Estimate these violations results?
- violation of myocardial contractile capacity;
  - \* violation of excitability of sympathetic autonomic nervous system level;
  - violation level of sympathetic autonomic nervous system;
  - violation excitability level autonomic parasympathetic nervous system;
  - diseases of the central nervous system
- 82.In a sample of students the index of Ruf'ye was 17. Estimate the functional reserves of the heart:
- athletic heart;
  - heart of the average person: very well;
  - the average human heart: good;
  - moderate degree of heart failure;
  - \* high degree of heart failure
- 83.In a sample of students the Ruf'ye- index was 2. Estimate the functional reserves of the heart:
- \* athletic heart;
  - heart of the average person: very well;
  - the average human heart: good;
  - moderate degree of heart failure;
  - high degree of heart failure
- 84.In a sample of studentsthe. Ruf'ye- index was 4.8. Estimate the functional reserves of the heart:
- athletic heart;
  - \* heart of the average person: very well;
  - the average human heart: good;
  - moderate degree of heart failure;
  - high degree of heart failure
- 85.In a sample of students the Ruf'ye-index index was 7.8. Estimate the functional reserves of the heart:
- athletic heart;
  - heart of the average person: very well;
  - \* the average human heart: good;
  - moderate degree of heart failure;
  - high degree of heart failure
- 86.In a sample of students the Ruf'ye- index was 13. Estimate the functional reserves of the heart:
- athletic heart;
  - heart of the average person: very well;
  - the average human heart: good;
  - \* moderate degree of heart failure;
  - high degree of heart failure

87. In a sample student (klinostatic test): immediately after the transition in the prone position pulse frequency decreased by 10 strokes, and after 3 minutes she was nine strokes below the original. Indicate the character of violation:
- violation of myocardial contractile capacity;
  - violation of excitability of sympathetic autonomic nervous system level;
  - violation excitability level autonomic parasympathetic nervous system;
  - lower level of sympathetic autonomic nervous system;
  - \* decrease in parasympathetic tone level autonomic nervous system
88. In a survey form back with skoliozometr doctor was founded that the radius of spine curvature (the thoracic spine) to the boy is 5 cm. Estimate form of back:
- \* Rounded.
  - Normal.
  - Flat
  - High
  - There is no correct answer
89. In a survey form back with skoliozometr doctor was founded that the radius of the thoracic spine curvature to the boy is 3 cm. Estimate form of back:
- Rounded.
  - \* Normal.
  - Flat
  - High
  - No correct answer
90. In a survey form back with skoliozometr doctor was founded that the radius of the thoracic spine to the boy is 0 cm. Estimate form of back:
- Rounded.
  - Normal.
  - \* Flat
  - High
  - No correct answer
91. In a survey of patient S. was found that the knees touch, but between tibio-foot joints there is the distance. What is the form of patient's legs?
- O-shaped
  - \* X-shaped
  - Straight legs
  - All answers are correct
  - There is no right answer
92. In a survey of patient S. was found that the knees touch, and between tibio-foot joints is the distance. What is the form of patient's legs?
- O-shaped
  - X-shaped
  - Legs straight
  - \* All answers are correct
  - There is no right answer



93. In adolescents of 14 years the kyphotic deformation of the spine was founded. Called the type of kyphosis:
- \* Arched spine deforming in sagittal plane
  - Side curvature of the spine caused by pathological changes in heart tissues of the spine and paravertebral zones
  - Arched spine deforming in the frontal plane
  - All answers are correct
  - There is no correct answer
94. In Athlete R., 24 years. The physical development is stunting. What physical characteristics are not used to estimate of the physical development?
- Posture
  - musculature
  - shape of legs
  - form of back
  - \* strabismus (cross-eye)
95. At the first phase of myogenic leucocytoses number of leucocytes of peripheral blood is:
- Diminishes
  - does not change
  - \* increased
  - deviates
  - there is no right answer
96. In the norm the elevation of R- wave does not exceed :
- 0,5 mm
  - 1,0 mm
  - \* 2,0 mm
  - 3 mm
  - 5 mm
97. In the norm the oscillation of urine relative closeness for a sportsman makes :
- 1004-1010
  - \* 1006-1020
  - 1015-1027
  - 1030-1040
  - 1035-1045
98. In the right pectoral taking (V1, V2) the R-wave is formed as a result of excitation:
- \* right ventricle
  - left ventricle
  - inter ventricle partition
  - Answers B and C are correct
  - there is no right answer
99. In the survey 10 years old boy the kyphotic deformation of the spine was founded. Which department the kyphosis is often localized?
- Lumbar

- B. Cervical
  - C. Sacral
  - D. All answers are correct
  - E. \*There is no correct answers
100. In what types of sport the frequency of pulse in a space hold can be less than?:
- A. 70 per min.
  - B. 60 per min.
  - C. \* 50 per min.
  - D. 30 per min.
  - E. there is no right answer
101. In urine of healthy sportsman at peace in a rest period from muscular activity of squirrel is :
- A. Present
  - B. \* absent
  - C. present sometimes
  - D. Answers A and C are correct
  - E. there is not a right answer
102. P-wave on the normal ECG beats back:
- A. excitation of sinus-auricular knot
  - B. \* depolarization of pericardiums
  - C. excitation of atrio-ventricles knot
  - D. depolarization of ventricles
  - E. there is not a right answer
103. Index of Kettle it is
- A. Point the attitude of hand dynamometry toward mass of body:
  - B. frequency of heart-throbs is in the first minute of renewal
  - C. \* attitude of mass of body is toward growth
  - D. All answers are correct
  - E. All answers are not correct
104. Point the meaning of Pinye index, which specifies for a middle body structure:
- A. \* 21-25
  - B. 10-20
  - C. 15-30
  - D. 30-45
  - E. Over 45
105. Point the Index of Pinye, which specifies for strong body structure:
- A. \* To 10
  - B. 10-20
  - C. 21-25
  - D. 26-35
  - E. Over 36
106. Point the Index of Pinye, which specifies for good body structure:

- A. \* 10-20
  - B. To 10
  - C. 21-25
  - D. 26-35
  - E. Over 36
107. Point the Index of Pinye, which specifies for very weak body structure:
- A. \* Over 36
  - B. 25-30
  - C. 20-25
  - D. 15-20
  - E. 10-15
108. Point the Index, which determines a difference between growth, standing and has the name of index the sum of body mass and circle of thorax:
- A. Broke
  - B. Kettle
  - C. \* Pinye
  - D. Ruphye
  - E. Pirat
109. Main task of deep sportsman is:
- A. estimation of physical development
  - B. determination of biological age
  - C. \* determination of the health state
  - D. admitting is to trainings
  - E. establishment of influence of the physical loading on an organism
110. Main tasks of medical-athletic service are:
- A. \* Participating in training process control
  - B. Restoration treatment of sportsmen after a disease and traumas
  - C. Coordination of separation activity and studies of rehabilitation
  - D. There is no right answer
  - E. All answers are correct
111. Maximal amplitude of of S-wave is observed in the such pectoral takings:
- A. V4
  - B. V4-V6
  - C. \* V2
  - D. V1-V3
  - E. there is no right answer
112. The maximally accessible of pulse for sportsmen on height at the physical loading makes:
- A. \* 220-240 per 1 min.
  - B. to 200 per 1 min.
  - C. to 180 per 1 min.
  - D. to 150 per 1 min.
  - E. there is not a right answer

113. Point the methods of physical development estimation:
- \* Method of anthropometric standards
  - Method of correlation
  - Method of percentiles
  - There is not a right answer
  - All answers are correct
114. The most deformation of thorax is caused by:
- scoliosis
  - lumbar lordosis is increased
  - pectoral ciphosis is increased
  - \* kiphoscoliosis
  - there is not a right answer
115. Myopia of middle degree is characterized the size of optical correction in:
- to 2 diopters
  - to 3 diopters
  - \* to 6 diopters
  - to 8 diopters
  - there is no right answer
116. Name the basic medical groups:
- \* Basic, preparatory, special
  - Special, non-special
  - Additional, basic
  - Basic, specific, preparatory
  - Preparatory, medical
117. Normal maintenance of ureain in blood is:
- \* 3,8 mmol/l
  - 8,4 mmol/l
  - 10,3 mmol/l
  - 17,2 mmol/l
  - There is no right answer
118. Point the normal form of thorax:
- boat-like
  - \* cylinder
  - conical
  - rhomboid
  - Answers A and C are correct
119. Obligatory for diagnosis for a sportsman which have had the dysplastic scoliosis is :
- presence of scoliotic arc
  - defect of pelvis
  - \* rotary press of spine
  - Chondrodysplastic spine
  - wedge-shaped deformation spine

120. On a scale of the express - estimation after the G. L. Apanasenko makes a safe somatic health of man the level (balls):
- 6
  - 10
  - \* 14
  - 5
  - 7
121. According to principle of activity the functional tests are divided on:
- \* With the dosed and maximal physical work
  - Submaximal tests
  - Maximal tests
  - All answers right
  - All answers are wrong
122. Pansystolic noise :
- occupies all systole, but does not meet from 1 and 2 tones
  - \* occupies all systole and meets with tones
  - concernes at the beginning and in the middle of systole
  - concernes only in the middle of systole
  - All answers are correct
123. Pathological systolic noise for sportsmen is registered at all cases, excepting:
- relative narrowing of heart opening
  - \* acceleration of blood stream
  - valvular insufficiency
  - dystrophy of myocardium
  - there is no right answer
124. Patient A, a member of the team, put on check-examinations, the results of inspections should write to:
- Medical card
  - Outpatient map
  - Fixed map
  - Control card
  - \* Doctor's control card of athlete
125. Patient B, enters to the clinic with complaints of pain in the abdominal cavity, the physician should start the test with the :
- \* study of patient complaints
  - Palpation
  - Percussion
  - Auscultation
  - All answers are correct
126. Patient M. Was tried doing the test of Martine. Point the kind of physical loading:
- 20 times wrung out
  - \* 20 knee-bends

- C. Holding of breath for 20 seconds.
  - D. jump 20 times
  - E. running during 20 sec.
127. Physical culture promotes :
- A. the increase of insulin level in blood
  - B. \* the decline of insulin level in blood
  - C. the increase of glucose level in blood
  - D. the decline of glucose level in blood
  - E. there is no right answer
128. Physical development is estimated after the method of standards as middle at deviation from middle arithmetic on :
- A. \* plus-minus one sigma
  - B. from plus-minus one sigma to plus-minus two sigma
  - C. from plus-minus two sigma to plus-minus three sigma
  - D. Answers B and C are correct
  - E. there is no right answer
129. Point the physiology form of thorax:
- A. Round
  - B. Rachitic
  - C. \* Conical
  - D. Boat-like
  - E. there is no right answer
130. Pneumo-tachometry is a method of determination of air speed to the stream at maximally rapid at :
- A. inhalation
  - B. exhalation
  - C. \* inhalation and exhalation
  - D. deep inhalation
  - E. deep exhalation
131. Polycardiography is used for research of cardiac cycle phase structure ,which is based on to the synchronous record :
- A. Reo-CG, vectorcardiograms, ECG
  - B. \* ECG, FCG, sphygmograms of central pulse
  - C. Vector-cardiograms, kinetic crdiograms, FCG
  - D. All answers are correct
  - E. All answers are not correct
132. Point the power index:
- A. attitude of class force is toward growth
  - B. an amount of undercuttings is on a cross-beam for 1 minute
  - C. \* attitude of force of brush is toward mass of body
  - D. All answers are correct
  - E. All answers are not correct
133. Point the Robinson index:
- A. \* Pulse on arterial pressure, parted on 100

- B. attitude of vital lungs volume is toward mass of body
  - C. Pulse is on a systolic volume
  - D. All answers are correct
  - E. All answers are not correct
134. The significantly increased systolic and diastolic AP (180/100 ) say about such type reaction of cardio-vascular system:
- A. normotonic
  - B. hypertonic
  - C. asthenic
  - D. dystonic
  - E. stair-step
135. Significantly increased systolic and significantly decreased AP(180/50) point on such type reaction of cardio-vascular system:
- A. normotonic
  - B. hypertonic
  - C. asthenic
  - D. \* dystonic
  - E. stair-step
136. What is the basic method at research of physical liver and gall-bladder condition:
- A. anamnesis
  - B. review
  - C. \* palpation
  - D. percussion
  - E. auscultation
137. For sportsmen with normal heart borders the duration conductivity for a normal rhythm is:
- A. 0,10-0,20 s
  - B. 0,12-0,20 s
  - C. \* 0,12-0,22 s
  - D. 0,22-0,23 s
  - E. there is not a right answer
138. For sportsmen the duration of complex QRS is:
- A. \* 0,04-0,11 s
  - B. 0,05-0,6 s
  - C. 0,08-0,12 s
  - D. 0,05-0,06 s
  - E. there is not a right answer
139. For sportsmen the functional systolic noise at growth of training:
- A. get less
  - B. \* increases
  - C. does not change
  - D. not listened
  - E. there is not a right answer

140. Sportsmen R., of 20. In a survey found muscles: muscle expressed great relief and it can be seen even at rest, during palpation felt moderate resistance. Estimated the muscle development:.
- A. Weak.
  - B. \* Medium.
  - C. Significant.
  - D. high
  - E. There is correct answer
141. Sportsmen which develop mainly have most sizes of heart :
- A. \* general endurance
  - B. speed endurance
  - C. speed-power internalss
  - D. flexibility
  - E. there is not a right answer
142. Strengthening of lumbar lordosis is characterized for:
- A. round back
  - B. \* cocave back
  - C. flat back
  - D. round-concave back
  - E. there is no right answer
143. Systolic and diastolic pressure is virtually unchanged (125/85) at such type reaction of cardiovascular system:
- A. normotonic
  - B. hypertonic
  - C. \* asthenic
  - D. dystonic
  - E. stair-step
144. Tachycardia concernes, when pulseis faster than:
- A. 75 per min.
  - B. \* 90 per min.
  - C. 105 per min.
  - D. 50 per min.
  - E. there is not a right answer
145. The additional medical inspection of sportsmen is not conducted in case :
- A. admitting is to participating in competitions
  - B. admitting is to trainings after illness
  - C. setting of the motive mode
  - D. \* making control on sexual belonging
  - E. there is not a right answer
146. The anthropometry requires the proper terms :
- A. researches conduct after the same thingsentinel rest
  - B. sleep before research must be not less than 7 hours
  - C. researches conduct on an empty stomach at any time days
  - D. \* researches conduct in the morning on an empty stomach



- E. before research it is impossible to burn cigarettes
147. The boy of 4 months revealed cervical lordosis. Is this the norm at this age:
- A. \* Yes
  - B. No
  - C. In this age of emerging lumbar lordosis
  - D. In this age of emerging kyphosis
  - E. There is no right answer
148. The bunch of Gisa divides by legs:
- A. \* to the right and counter-clockwise
  - B. front and back
  - C. right, counter-clockwise, middle
  - D. back and to the right
  - E. there is no right answer
149. The carriage of sportsman, as a rule, is explored in position :
- A. lying
  - B. sitting
  - C. \* standing
  - D. bent
  - E. there is not a right answer
150. The complex inspections of sportsmen consist in :
- A. medical-pedagogical supervisions
  - B. \* collection of sporting anamnesis, somatoscopy and anthropometry, functional diagnostics
  - C. study of sanitary terms of employments and analysis of traumatism on competitions
  - D. All answers are correct
  - E. All answers are not correct
151. The corner of motions in joints is measured by:
- A. caliper
  - B. \* pronometer
  - C. forewarm
  - D. pneumotachymeter
  - E. dynamometer
152. The doctor determines the form back to the child. What's below will serve as the main criterion:
- A. state of muscle
  - B. form chest
  - C. status of subcutaneous fatty tissue
  - D. \* Spine shape
  - E. state apparatus of human bone
153. The doctor measures the height of athletes, which at this point of contact, do not use:
- A. mizhlopatkova area

- B. buttocks;
  - C. heel
  - D. \* occiput area (back of head)
  - E. calf muscles
154. The features of research for sportsmen consist in:
- A. estimation of physical development
  - B. research of bones and muscles and somatoscopy
  - C. \* use of functional tests in functional diagnostics
  - D. exposure of biochemical signs of fatigue
  - E. All answers are correct
155. The girl of 15 years during the test at the hospital revealed the scoliosis. Give the definition of scoliosis:
- A. Arched spine deformity in sagittal plane
  - B. \* Side curvature of the spine caused by pathological changes in heart tissues of the spine and paravertebral
  - C. Arched spine deformity in the frontal plane
  - D. All answers are correct
  - E. No correct answer
156. The T- wave beats back on ECG at:
- A. excitation of sinus-auricular knot
  - B. depolarization of pericardiums
  - C. \* phase of repolarization of myocardium of ventricles
  - D. A and B answers
  - E. there is no right answer
157. Point the mean value of Robinson index a healthy man
- A. \* 85-94
  - B. 95-104
  - C. 105-114
  - D. All answers are correct
  - E. All answers are not correct
158. The reseach method for study of sporsmen's physical development after the method of the graphs is based on :
- A. laws of casual division of sizes
  - B. \* correlative interdependence of separate physiology sizes
  - C. construction of percentiles scales
  - D. somatical types
  - E. A and C answers
159. The mother asked a doctor because the notice of the spine deformation of seven year son. The doctor found a second degree scoliosis. What angle distortions is typical for this degree of distortion?
- A. 150
  - B. \* 250
  - C. 450
  - D. 600

- E. 700
160. The patient suffers from scoliosis. Point the device for determination of scoliosis degree?
- \* Skoliozometr
  - Height measure
  - Centimetric ribbon
  - All answers are correct
  - There is no correct answers
161. The arterial pressure in most sportsmen is registered on level :
- high bound of norm
  - \* low bound of norm
  - does not differ from a norm
  - higher statistical norm
  - below statistical norm
162. The student have performed 20knee-bends for 30 seconds. The pulse has increased from 13 beats. to 27 beats. for 10 sec., blood pressure changed from 110/70 to 115/85 mm Hg. What type of cardio-vascular system reaction is in the student:
- \* hypotonic.
  - normotonic.
  - hypertonic.
  - dystonic
  - step-shaped.
163. The student have performed 20 knee-bends for 30 seconds. And that his heart rate increased from 15 beats. for 10 sec. to 29 beats. for 10 sec., AP changed from 130/80 to 170/90 mm Hg. What type of cardio-vascular system is in the student:
- dystonic
  - hypotonic.
  - Step-shape.
  - normotonic.
  - \* hypertonic
164. The student must make a sample of 20 squatting for 30 minutes. How long after the rest he can do again this test ?:
- Within 1 min.
  - \* Within 5 min.
  - Within 30 min.
  - Within 1 hour.
  - During a day.
165. To the vegetative nervous system reactions of sportsman on the loading does not belong:
- quality of sleep
  - external secretion
  - \* vestibular disorders

- D. dermatography
  - E. thermal resistance
166. Test of Martine. To load: Pulse 14,16,15,14,16,16,16,16. A / T 120/80. After loading: Pulse 14,14,14; AP -130/80. What states the results of this test point on?
- A. diseases of the cardiovascular system;
  - B. respiratory disease;
  - C. thyroid gland pathology;
  - D. \* neurocirculatory dystonia;
  - E. reducing functionality.
167. To the methods of research of the external breathing function does not belong:
- A. spirometry
  - B. pneumotachometry
  - C. \* oxyhaemography
  - D. pneumotometry
  - E. there is no right answer
168. To the respiratory tests belongs:
- A. Test of Elizarov, Shtange
  - B. \* Shtange, Genchy
  - C. Marshov, Genchy
  - D. Shtange, Letunov
  - E. Ruffy, Letunov
169. To the superficial type of sensitiveness for sportsmen belongs:
- A. oscillation
  - B. \* tactile
  - C. muscle-arthral feeling
  - D. stereognosis
  - E. feeling of localization
170. Vertical position of heart is characteristic for sportsmen which are engaged in such types of sport :
- A. \* basket-ball, volley-ball
  - B. heavy athletics, sporting gymnastics
  - C. football, cycle racing
  - D. figure-skating
  - E. there is no right answer
171. Point vital index :
- A. attitude of body- mass toward length of body
  - B. \* attitude of vital lungs volume toward mass of body
  - C. Depends on frequency of pulse
  - D. All answers are correct
  - E. All answers are not correct
172. Vital lungs volume is maximal for sportsmen in such types of sport :
- A. \* skiing

- B. sports walking
  - C. handball
  - D. water-polo
  - E. pentathlon
173. Volume of air, which directly takes part in the pulmonary interchange of gases, is in a pulmonary capacity :
- A. vital capacity of lights
  - B. \* functional capacity of lights
  - C. general capacity of lights
  - D. capacity of exhalation
  - E. capacity of inhalation
174. Volume of air, which fizzles out from lungs during 1 minute is named:
- A. respiratory volume
  - B. \* pulmonary ventilation
  - C. Forced vitally lungs volume
  - D. maximal ventilation of lights
  - E. there is no right answer
175. What are the types of functional tests?
- A. \* One-, two-, three,- momentional
  - B. Basic and additional
  - C. Primary and repeated
  - D. All answers are right
  - E. All answers are wrong
176. What forms of legs are distinguished?
- A. S-similar, O-similar, lines
  - B. Lines, curves
  - C. Direct, Z-similar, O-similar
  - D. \* Direct, X-similar, O-snaped
  - E. O-similar, S-similar
177. What kinds of inspection for sportsmen according on the tasks and organization are distinguished?
- A. Primary
  - B. Repeated
  - C. Additional
  - D. \* All answers are faithful
  - E. All answers are not faithful
178. What types of men's body structure are distinguished?
- A. \* Normostenic, astenic, hyperstenic
  - B. Hyperstenic, hypostenic
  - C. Normostenic, proportional, disproportional
  - D. Astenic, proportional
  - E. Hiperstenic, proportional, disproportional
179. What functional tests doctor needs to appoint to determine the functional state of the patient's respiratory system in ?

- A. canting
  - B. veloerhometryc test;
  - C. clynostatyc test
  - D. test of Martne
  - E. \* test of Shtange
180. What index is characterized the flattened feet?
- A. \* 1-2
  - B. 3-4
  - C. 5-6
  - D. 6-7
  - E. 8-9
181. What method gives the possibility of gall-bladder work functional diagnosticin a sportsmen ?
- A. Bridles
  - B. \* cholecystography
  - C. duodenal sounding
  - D. Laparoscopy
  - E. A and C answers are correct
182. What methods are used in medical gymnastic?
- A. Method of correction
  - B. Terrenkur
  - C. Method of the autogenic training
  - D. \* All answers are faithful
  - E. All answers are not faithful
183. What methods are used for the estimation of physical development?
- A. Antropometric standards
  - B. Method of correlation
  - C. Method of anthropometric indexes
  - D. Method of percentiles
  - E. \* All answers are faithful
184. What type of cardio-vascular system shows most significant decrease in functional ability of the cardiovascular system during the test of Martine?
- A. normotonic
  - B. hypertonic
  - C. \* asthenic
  - D. dystonic
  - E. stair-step
185. What types of sport additional researches of nervous-muscles apparatus and time of motive reaction are conducted for :
- A. boxing, fight
  - B. equestrian and wind-driven sport
  - C. \* difficultly technical types of sport
  - D. All answers are correct
  - E. All answers are not correct

186. What types of sport additional researches of nerve-muscles apparatus and time of motive reaction are conducted for:
- boxing, fight
  - equestrian and wind-driven sport
  - \* difficultly technical types of sport
  - All answers are correct
  - All answers are not correct
187. What types of sport the voice-frequency audiometry is recommended for in:
- \* boxing, firing
  - dives, modern pentathlon
  - wrestling, cycle racing
  - B and C are correct
  - All answers are faithful
188. After the examination of patient 20 years old the doctor noted that acute epigastric angle, a flat chest, long extremities and neck, narrow shoulders, alar blades. What body type is that?
- \* Asthenic
  - Normostenic
  - Hyperstenic
  - Neither answer is correct
  - All answers are correct
189. After examination the physician found asymmetry: reduced in line shoulders left side bottom corner blades close to the spine. What was founded in a patient?
- \* Scoliosis
  - Rotund spin
  - Flat spin
  - A and B answers are correct
  - There is no correct answer
190. When the mass primary physician survey the test of Martine is conducted. What is main idea of this method ?
- \* 20 knee-bends in 30 seconds with an assessment of the cardiovascular system
  - 15-second spot to run at maximum speed
  - Jogging in place for 3 minutes in the pace of 180 steps a minute
  - Blood pressure after 5 knee-bends
  - There is no correct answer
191. Doctor in a patient revealed flatfeet. On the basis of objective data which recommendations he gives?
- Increasing the length of feet
  - \* Contact with traumatologist for recommendatios
  - Form of feet are changed
  - There is no correct answer

- E. All answers are correct
192. Which of these tests should be referred to the test with maximum load?
- A. Harvard step test
  - B. \* Test Navakki
  - C. PWC-170 test
  - D. Cooper- test
  - E. Test of Ruf'ye
193. A student of 22 years old. Healthy, body weight -75 kg. What power should be first loading in watts / student during submaximal PWC- 170 test?
- A. \* 75
  - B. 80
  - C. 85
  - D. 90
  - E. 95
194. A student of 22 years old. Healthy, body weight 75 kg. What should be the second power loading in watts / student during submaximal PWC- 170 test?
- A. 75 W
  - B. 80 W
  - C. 115 W
  - D. 130 W
  - E. \* 150 W
195. A student in the course, 25 years old, healthy. During the Harvard step-test for 3 minutes of work a crowd with the rate rising. Your actions?
- A. \* stop loading
  - B. continue the load
  - C. reduce the rate of climb step
  - D. increase the rate of climb step
  - E. all answers are not correct
196. A student in the course, 25 years old, healthy. To determine the physical performance, performed at Harvard step- test. After the tests the counting pulse for the first 30 seconds performed:
- A. 1, 2, 3 min
  - B. \* 2, 3, 4 min
  - C. 3, 4, 5 min
  - D. 4, 5, 6 min
  - E. 5, 6, 7 min
197. A student in the course, 25 years old, healthy. To determine the physical performance performed Harvard step test. After evaluating the results index Harvard step- test - 60. Physical condition of student can be estimated as:
- A. bad
  - B. \* below average
  - C. average
  - D. good



- E. excellent
198. A student of 25 years old, healthy. To determine the physical performance performed of Harvard step- test. After evaluating the results index of Harvard step test - 75. Physical condition student can be estimated as :
- A. bad
  - B. below average
  - C. \* average
  - D. good
  - E. excellent
199. A student of 25 years old, healthy. To determine the physical performance performed of Harvard step- test. After evaluating the results index of Harvard step test - 85. Physical condition student can be estimated as :
- A. bad
  - B. below average
  - C. average
  - D. \* good
  - E. excellent
200. A student of, 25 years old, healthy. To determine the physical performance performed Harvard step test. After evaluating the results index Harvard step test - 95. Physical condition student can be estimated as:
- A. bad
  - B. below average
  - C. average
  - D. good
  - E. \* excellent
201. A student of 22 years. Healthy, body weight 75 kg. What should be the second power loading in watts during of Navakki-test ?
- A. 75
  - B. 80
  - C. 125
  - D. 130
  - E. \* 150W
202. A student of 22 years. Healthy, body weight 75 kg. What facilities should be third loading in watts during a test Navakki?
- A. 75
  - B. 140
  - C. 155
  - D. 180
  - E. \* 225
203. A student of 22 years. Healthy, body weight 75 kg. What power should be first loading in watts during a test Navakki?
- A. \* 75
  - B. 80
  - C. 85

- D. 90  
E. 95
204. A student of V course, 25 years old, healthy. To determine the physical performance performed Harvard step test. After evaluating the results index Harvard step test - 50. Physical condition student can be estimated as :
- A. \* bad  
B. Below average  
C. average  
D. good  
E. excellent
205. After the first loading pulse at 115 beats a minute. What should be the second load test/Wt/ during submaximal RWS-170?
- A. 140  
B. 130  
C. 120  
D. 110  
E. \* 105
206. Among a group of students conducted a medical examination. Who should be credited to a special medical group A?
- A. \* persons with chronic diseases, which are on account of dispensary  
B. persons with irreversible diseases of the musculoskeletal system (disabled)  
C. persons middle aged and without deviations in the state of health  
D. practically healthy or with minor deviations in health  
E. persons with diseases of the cardiovascular system
207. Among a group of students conducted a medical examination. Who should be credited to primary health care team?
- A. persons with chronic diseases, which are on account of dispensary  
B. persons with irreversible diseases of the musculoskeletal system (disabled)  
C. persons middle aged and without deviations in the state of health  
D. \* practically healthy or with minor deviations in health, physical development and functionality meet the age, sex  
E. practically healthy or with minor deviations in health, physical development and reduced functionality
208. Among a group of students conducted a medical examination. Who should be credited to the preparatory medical group?
- A. persons with chronic diseases, which are on account of dispensary  
B. persons with irreversible diseases of the musculoskeletal system (disabled)  
C. persons middle aged and without deviations in the state of health  
D. practically healthy or with minor deviations in health, physical development and functionality meet the age, sex

- E. \* practically healthy or with minor deviations in health, physical development and reduced functionality
209. Assess physical capacity of student T., 1924. Healthy, weight 70 kg. After the first loading a pulse was 100 beats a minute. What should be the second load test day submaximal RWS I70?
- 70 Wt
  - 105 Wt
  - 120 Wt
  - 130 Wt
  - \* 140 Wt
210. At the medical examination of schoolchildren 12 years old found flat feet. Name the sports which is contraindicated at flat foot?
- chess
  - long-distance swimming
  - shooting
  - \* sprint in track and field
  - Gymnastics.
  - the functional status of autonomic nervous system.
211. Athlete passes a medical examination. Specify in which case, medical examination of physician 18 years old, needs expert advice?
- \* Botkin's disease in childhood
  - measles in early childhood
  - appendectomy 4 years ago
  - pneumonia a year ago.
  - scarlet fever in childhood.
212. Boy of 11 years old wants to do hourse sport. Scoliosis of first degree take place. Your recommendations:
- \* can not berecommended;
  - Occupations may be without restrictions;
  - May benon significant limitations;
  - Occupations may be possible after treatment of scoliosis;
  - Occupation may be possible after the supervision of a physician.
213. . Female C., 40 years for ten years sick of hypotonic disease, is willing to engage therapy. What is described contraindications to this?
- Hypotonic crises
  - Cardiac arrhythmia
  - Heart pain
  - Dizziness
  - \* All answers are correct.
214. During the examination the doctor discovered the teenager scoliosis. Indicate what does not apply to external manifestations of scoliosis:
- \* kyphosis;
  - triangles waist asymmetry;
  - asymmetry neck-shoulder angles;

- D. asymmetry position of blades;
  - E. asymmetry position iliac crest bone.
215. During the examination the doctor found flat feet. What method was used by the doctor?
- A. \* Plantographic
  - B. Dinamometric
  - C. Anthropometric
  - D. All answers are correct
  - E. There is no right answer
216. Female of 11 years old. Note the asymmetry of neck-shoulder angle at standing. In rack "gracefully" asymmetry persists in hang position . Your conclusion:
- A. violation of posture;
  - B. scoliosis 1 degree;
  - C. scoliosis 2 nd degree
  - D. \* scoliosis 3 degrees;
  - E. rounded back.
217. Girl of 13 years old complains of headache after physical training, especially after running for long distances. From the cardiovascular and nervous system pathology were detected. What physical impairment may be causing the headache?
- A. excessive body weight;
  - B. reduction in body weight;
  - C. violation form legs;
  - D. violations form the thorax;
  - E. \* scolliosis
218. Girl, 17 years, of average physical development, no complaints, physical education at school last year is not engaged, because of the precipice supposed rheumatism. Diagnosis did not confirmed. What medical group for physical education should deal with it?
- A. main
  - B. \* preparatory
  - C. special group "A"
  - D. special group "B"
  - E. classes are not shown.
219. Identify the clinical features that do not require termination of testing physical capacity:
- A. attack of angina at the absence of ECG changes
  - B. angina attack with the presence of ECG changes
  - C. \* increase of the systolic pressure on 25%
  - D. Decreaseof the in systolic blood pressureon 25%
  - E. unexplained refusal of continued test
220. Identify ECG feature that does not require termination of testing physical capacity :

- A. \* reduce the amplitude of R-wave on 40%
  - B. reduce the amplitude of R-wave on 50% compared with calm
  - C. expressed violation of atrio-ventricular conduction
  - D. ST- segment recovery on 0.3 mV at its omission in opposite takings
  - E. ST- segment recovery on 0.4 mV at its omission in the opposite takinigs.
221. At the Cooper's test a student for 12 minutes run 2.8 km. Student physical condition can be estimated as:
- A. Very bad
  - B. Bad
  - C. Satisfactory
  - D. Good
  - E. \*Exellent
222. For healthy untrained men PWC-170 size ranges (Wt) is:
- A. 80-100
  - B. 100-120
  - C. \* 120-180
  - D. 150-200
  - E. 200-220
223. During the doctor's examination of 10 years old boy the kifotyc deformation of spine was founded. Which department the kyphosis Is the most often localized in ?
- A. Lumbar
  - B. Cervical
  - C. Sacral
  - D. All answers are correct
  - E. \* There is no correct answers
224. During the examination of 10 years old boy the spinal deformitie was founded. What form will be back due to increase in the range of the cervical and thoracic kyphosis and lordosis to 5 sm?
- A. Flat;
  - B. less flat;
  - C. \* rounded;
  - D. normal;
  - E. round-concave
225. Men of 50 years old testing of physical capacity. Which border heart rate (b./min.) it can provide load to determine of physical disability?
- A. \* 130
  - B. 140
  - C. 150
  - D. 160
  - E. 170
226. Student, 22 years, weight 56 kg. Healthy. In a test submaximal PWC-170 after a second load increased heart rate to 115 beats in one minute. What will be the second power load?

- A. 70 W
  - B. 80 W
  - C. \* 84 W
  - D. 88 W
  - E. 100 W
227. Student, 22 years, weight 56 kg. Healthy. In a test submaximal PWC-170 after a second load increased heart rate to 108 beats in one minute. What will be the second power load?
- A. 70 W
  - B. 80 W
  - C. 84 W
  - D. 88 W
  - E. \* 112 W
228. Students passed a physical examination course. Mark Contraindications to physical education classes in high school in the main medical group.
- A. scoliosis I of the thoracic spine .
  - B. caries
  - C. minor deviations in health
  - D. \* reduction of physical development
  - E. violation of posture
229. The doctor conducts a medical examination of the patient. Choose which criterion is not used in assessing the constitutional type of body?
- A. muscle development;
  - B. epigastric angle;
  - C. shape of the thorax;
  - D. ratio of longitudinal and transverse body size;
  - E. \* triangles waist;
230. The main contraindications for submaximal loads:
- A. \* cardiac dysrhythmia
  - B. aggravation of peptic ulcer
  - C. sinus bradycardia
  - D. reduction during the period 6-9 months after myocardial infarction
  - E. hipsochromna anemia and degree
231. The patient 50 years old suffers III heart failure, active rheumatic heart disease, notes frequent attacks of angina. Is it displayed a submaximal loads?
- A. Shown
  - B. \* Contraindications
  - C. Partially shown
  - D. All answers are correct
  - E. No correct answer
232. The patient asked the doctor for a medical opinion on physical education. In a survey revealed that the patient is healthy, age-appropriate physical development, functionality responsible sex. in which medical group the patient should do?

- A. \* Main
  - B. Special
  - C. Physical Culture contraindicated
  - D. All answers are correct
  - E. No correct answer
233. What are the advantages of heavy loads?
- A. \* reveals the true capabilities of the organism and its functional reserves
  - B. available to Examinees
  - C. does not cause undue fatigue
  - D. possibility of complications
  - E. given load is performed independently of the subjective attitude examinee
234. What determines the rate functional state in the measurement of respiratory chest outline:
- A. sight during maximal inspiration;
  - B. maximum size during exhalation;
  - C. size at rest;
  - D. \* chest excursion;
  - E. mobility of the lower rib edge
235. What medical group in class in physical education should engage the student who has a history of a congenital dislocation left thigh. The left limb of 10 mm shorter than the right.No other deviations .
- A. main
  - B. \* preparatory
  - C. special group "A"
  - D. special group "B"
  - E. classes are not shown.
236. What should be pedaling frequency during the test using PWC170 (велоергометр)?
- A. 50-60 revolutions per minute
  - B. \* 60-75 revolutions per minute
  - C. 75-90 revolutions per minute
  - D. 90-110 revolutions per minute
  - E. 110-120 revolutions per minute
237. What size are the energy costs in heart rate of 100-120 per min.?
- A. 2,5-5
  - B. \* 5-7,5
  - C. 7,5-10
  - D. 10-12,5
  - E. 12,5-15
238. When determining heart rate during the test using PWC170 (велоергометр)?
- A. \* the end of each load (the last 30 s) define HR
  - B. the end of each load (for the last 60 s) define HR

- C. the end of each load (for the last 20 s) define HR
  - D. the beginning of each load
  - E. HR was determined continuously during the test
239. Who should be credited to a special medical group B?
- A. persons with chronic diseases, which are on account of dispensary
  - B. \* persons with irreversible diseases of the musculoskeletal system (disabled)
  - C. persons middle aged and without deviations in the state of health
  - D. practically healthy or with minor deviations in health
  - E. persons with diseases of the cardiovascular system
240. A student N. adjourned after sore throat with the permission of the doctor proceeded to exercise routine after 1 week. of illness. Enter mistake of a doctor?
- A. \* Exempt from physical education for 2-4 weeks.
  - B. Exempt from physical education for 4-8 weeks.
  - C. Exempt from physical education to 1.5 weeks.
  - D. Exempt from physical education for 2 weeks.
  - E. Exempt from physical education for 20 weeks.
241. A student wants to rate gymnastics. As a child, suffered a severe rickets. Can she deal with gymnastics?
- A. \* gymnastics can not be;
  - B. You can only deal with significant limitations;
  - C. You can deal with minor limitations;
  - D. You can deal without restrictions;
  - E. should clarify the clinical manifestations.
242. A student, played basketball, What are the amount of energy spent by the patient?
- A. 20 kJ / min.
  - B. \* 47 kJ / min.
  - C. 25 kJ / min.
  - D. 31 kJ / min.
  - E. 45 kJ / min.
243. After examining of student health , he was send in the preparatory group for physical education. What exercise can do the student?
- A. Exempt from physical education.
  - B. For special deals. program.
  - C. \* Engaged in programs for schools delivers standards in later terms.
  - D. Does not rent regulations.
  - E. Engaged program approved by Ministry of health
244. Athlete holds intensive training in athletics in preparation for competition. In normal proteinuria after strenuous exercise should disappear no later than:
- A. 72 hours
  - B. \* 48 hours



- C. 24 hours
  - D. 12:00
  - E. 6:00
245. Boy 11 years old wants to accelerate their growth. What sports do you advise him to deal with?
- A. athletics (running);
  - B. \* volleyball
  - C. weightlifting;
  - D. swimming;
  - E. struggle.
246. Boy 12 years old asthenic constitution wants to jump height. In a survey revealed flat foot. Your conclusion and recommendations:
- A. can be engaged;
  - B. classes are not shown;
  - C. You can deal with constraints;
  - D. \* deal possible, but high sports results wont reaches
  - E. deal can be possible to achieve high sport results.
247. Boy 20 years, during lessons on basketball damaged knee, suddenly felt a pain in the local arthral gap pain was getting stronger when turning the shin, "blockade" (restriction of movements in the knee joint). Diagnosed with a partial medial meniscus rupture. Your recommendations?
- A. Delete operation meniscus
  - B. Delaying tactic
  - C. \* Therapeutic gymnastics in the form of light-weight exercises for the damaged limb
  - D. Correct A and B
  - E. No correct answer
248. Choose which first need to conduct a survey freshman, whose body weight 86 kg, height 166 cm weight increased from 11 years. The family have a tendency to be complete and younger sister. Blood pressure was 140/90 when examining mmHg Study status:
- A. cardiovascular system;
  - B. respiratory system;
  - C. \* Endocrine System
  - D. WebBuilder Please digestive;
  - E. secho-gender system.
249. during examining physician found asymmetry: reduced in line shoulders left side bottom corner blades close to the spine. What was found in a patient?
- A. \* Scolliosis
  - B. round spin
  - C. Flat spin
  - D. Correct A and B
  - E. No correct answer

250. During the training was injured footballer A. full Ahillis tendon rupture. What type of treatment requires player:
- conservative
  - \* operative
  - depending on the sport
  - manipulation
  - physiotherapy
251. During training athletes during a week marked lack of growth of sports rezultativ.tse characteristic of chronic overwork:
- \* 1st stage
  - 2nd stage
  - 3rd stage
  - all answers are correct
  - not all answers are correct
252. Female, 40 years for ten years sick hypotonic disease, wants to engage sport therapy. What are the Contraindications to this?
- Hypotonic crises
  - Cardiac arrhythmia
  - Heart pain
  - Dizziness
  - \* All answers are correct.
253. Identify medical group for physical education student mean, 22 years if bronchial asthma, severe form of acute
- Preparatory
  - Main
  - Special A
  - Special B
  - \* This training exercise
254. Identify medical group for physical education student mean, 22 years if healthy. Physical development of age-appropriate, good functionality
- Preparatory
  - Main
  - Special A
  - Special B
  - This training exercise
255. Identify medical group for physical education student mean, 22 years if minor deviations in health (myopia unchanged II days). Physical development and good functionality.
- Preparatory
  - Main
  - Special A
  - Special B
  - This training exercise

256. Identify medical group for physical education student mean, 22 years, if 3 months after appendectomy.
- A. Preparatory
  - B. Main
  - C. \* Special A
  - D. Special B
  - E. This training exercise
257. Identify medical group for physical education student mean, 22 years, if passed 3 weeks after acute pneumonia.
- A. Preparatory
  - B. Main
  - C. \* Special A
  - D. Special B
  - E. This training exercise
258. Identify medical group for physical education student mean, 22 years, if passed 8 weeks of acute pneumonia.
- A. Preparatory
  - B. Main
  - C. Special A
  - D. Special B
  - E. This training exercise
259. Identify medical group for physical education student mean, 22 years, if passed 10 weeks after fracture diafiza shoulder.
- A. Preparatory
  - B. Main
  - C. \* Special A
  - D. Special B
  - E. This training exercise
260. Identify medical group for physical education student mean, 22 years, if observed after myocardial shortening foot osteomyelitis.
- A. Preparatory
  - B. Main
  - C. Special A
  - D. \* Special B
  - E. This training exercise
261. In a survey of patient S. was found that the knees touch, and between-Tibio-foot joints is the distance. What form of legs of the patient?
- A. O-
  - B. \* X-shaped
  - C. Legs straight
  - D. All answers are correct
  - E. No right answer
262. In a visual observation of the influence of physical activity in patient O during the training exercise, revealed: slight redness, frequent breathing,

- sweating is low, study accurately follow the instructor does not present any complaints. What level of fatigue in the study?
- High
  - Medium.
  - \* Insignificant.
  - Fatigue is not.
  - Cheerful.
263. In patients 10 years old doctor found violations posture. What you need to be patient education and skill of fixing the correct posture?
- Basketball
  - \* Carrying on the head of various items (balance)
  - Football
  - Gymnastics
  - Correct answer is no.
264. LA Woman, 54 years. The health, physical development, functional  $\rightarrow$  no age-appropriate opportunities. To which indicators can give pulse load?
- \* Pulse to 126 beats per minute.
  - Pulse to 130 beats per minute.
  - Pulse to 136 beats per minute.
  - Pulse to 140 beats per minute.
  - Pulse to 166 beats per minute.
265. LA Woman, 54 years. The health, physical development, functional age-appropriate opportunities. Can you breathe through your mouth during the run, when nose breathing is not enough and wants to breathe through your mouth?
- \* No
  - So
  - Yes, but with short rest periods
  - Yes, but with long rest periods
  - 2 times a week
266. Man K., 56 years old. After the emotional burden sometimes notes increasing pressure from 130/80 to 160/90, which expires on its own. Parents suffering from hypertonic disease. What kind of health exercises would you recommend?
- \* fitness race
  - playing badminton
  - game in tennis
  - playing table tennis
  - playing basketball
267. Man K., 56 years old. After the emotional burden sometimes notes increasing pressure from 130/80 to 160/90, which expires on its own. Parents suffering from hyperper tonic disease. He likes to play badminton with friends. Most wins. Experiencing losses. Is it desirable to play badminton?
- \* No
  - So

- C. Yes, but with short rest periods
  - D. Yes, but with long rest periods
  - E. 2 times a week
268. opportunities.
- A. \* Preparatory
  - B. Main
  - C. Special A
  - D. Special B
  - E. This training exercise
269. Patient A, a 5 year complaining of pain in knee joints, to which special medical group we may carry this patient:
- A. \* A
  - B. B
  - C. C
  - D. D
  - E. E
270. Patient A, a member of the team, put on check-examinations, the results of inspections should write to:
- A. Medical card
  - B. Outpatient map
  - C. Fixed map
  - D. Control card
  - E. \* Drug-control card medical check-up athlete
271. Patient A., dealt with the cycling speed of 8 km / h, What are the amount of energy expended patient?
- A. 17.5 kJ / min.
  - B. 16 kJ / min.
  - C. No answer is wrong
  - D. 20 kJ / min.
  - E. \* 18.9 kJ / min.
272. Patient B, applied in clinic with complaints of pain in the abdominal cavity, the physician should start the test with:
- A. \* The study of patient complaints
  - B. Palpation
  - C. Percussion
  - D. Auscultation
  - E. All answers are correct
273. Patient V., perform physical exercises that develop endurance. What should be time for rest between exercises?
- A. 3-4 min.
  - B. 5-10 min.
  - C. \* 5-6 min.
  - D. 6-8 min.
  - E. 1-2 min.

274. Schoolboy 10 years old are undergoing physical therapy after injuries to the shoulder joint. Basic principles determine the levels of exercise?
- \* Number of exercises selected individually
  - Number of standard exercise for this age
  - Number and duration of exercise should be as
  - No correct answer
  - Therapeutic exercise is shown
275. Sportsmen M., 20 years old. 1-level athletics (sprint). Complains of steady decline results, despite the physical performance training for the past 6 months. In a survey found that physical working capacity (to test RWS170) during this time reduced from 340 to 300 watts. Identify possible causes of such performance training.
- \* Athlete of two degree of overtraining
  - athlete in peak physical trenovanosti
  - Athlete in nedotrenovanosti
  - athlete in 3 degree of overtraining
  - in a power athlete overtraining
276. Sportsmen M., 20 years old. 1-level athletics (sprint). Complains of steady decline results, despite the physical performance training for the past 6 months. In a survey found that physical working capacity (to test RWS170) during this time reduced from 340 to 300 watts. Give recommendations.
- \* reduce the burden on training.
  - increase the training load.
  - double burden of training.
  - stop training
  - train two times a day
277. starting Athlete 40 years old performed an exercise, heart rate was 160, which is the maximum heart rate in normal?
- 180
  - 130
  - \* 140
  - 150
  - 160
278. Student after pneumonia began to study. At what time he should be temporarily exempted from physical education?
- A week.
  - \* 4-8 weeks.
  - 2 weeks.
  - 1.5 weeks.
  - 2-4 weeks.
279. Student S., years old 20. The health, age-appropriate physical development. In a functional test Martin found that after 20 knee-bends AT rose from 130/85 to 180/100 mm. RT. Art. Renewed for 5-minute. 95% pulse

- excitability. Pulse recovery time 4 minutes. Identify the medical group for physical education.
- A. \* Preparatory
  - B. Main
  - C. Special A
  - D. Special B
  - E. All answers are correct
280. Student S., 20 years old. The health, age-appropriate physical development. In a functional test Martin found that after 20 knee-bends AT rose from 130/85 to 180/100 mm. RT. Art. Renewed for 5-minute. 95% pulse excitability. Pulse recovery time 4 minutes. In which students need extra specialist examined?
- A. \* more tests cardiologist
  - B. more tests Endocrinology
  - C. more tests neurologist
  - D. more tests traumatologist
  - E. more tests gastroenterologist
281. Student S., 20 years old. The health, age-appropriate physical development. In a functional test Martin found that after 20 knee-bends AT rose from 130/85 to 180/100 mm. RT. Art. Renewed for 5-minute. 95% pulse excitability. Recovery time pulse four min .Dayte assess response to Martin tried to determine medical group for physical education.
- A. \* hypertonic type reaction
  - B. dystonichnyy type reaction
  - C. asthenic type reaction
  - D. normotonic type reaction
  - E. staircase type of reaction
282. Teenager 14 years old is weightlifting. complaining about growth. Give recommendations:
- A. \* stop training;
  - B. classes continue;
  - C. limit load;
  - D. significantly reduce the load;
  - E. conduct more tests.
283. The density of occupation group athletics, where sports were involved shifts  $\rightarrow$  P th category / period of training process - basic / was 50%. What is the density of training should be in this group of athletes to achieve sporting
- A. \* not less than 80%.
  - B. at least 60%.
  - C. not less than 70%.
  - D. not less than 90%.
  - E. least 75%.

284. The mother asked a doctor because she noticed the spine deformation son seven years. The doctor found a second degree scoliosis. What angle distortions typical of this degree of distortion?
- 150
  - \* 250
  - 450
  - 600
  - 700
285. The patient 50 years old suffers III heart failure, active rheumatic heart disease, notes frequent attacks of angina. Is it displayed a submaximal loads?
- Shown
  - \* Contraindications
  - Partially shown
  - All answers are correct
  - No correct answer
286. The patient asked the doctor for a medical opinion on physical education. In a survey revealed that the patient is healthy, age-appropriate physical development, functionality responsible sex. Medical group in which the patient should do?
- \* Main
  - Special
  - Physical Culture contraindicated
  - All answers are correct
  - No correct answer
287. The patient often suffers from a cold disease. The doctor advised him to hold water hardening. How appropriate initiate hardening?
- Immediately water treatment in cold water
  - Just warm water and water treatment
  - First, wet towel rubdown, then water treatment.
  - Dry abrasion, wet abrasion, water treatment in cold water
  - \* Dry abrasion, wet abrasion, water treatment water temperature 360 C with a gradual decrease
288. To use a medical examination of girl of 12 years old complaining of pain in knee joints after physical education classes. What physical impairment may contribute to pain:
- violation form legs;
  - \* form stop violations;
  - violation forms the back;
  - scoliosis;
  - amytonia shin.
289. When examining a patient 35 years the doctor noted that acute epigastric angle, the shape of flat chest, long limbs and neck, narrow shoulders, alar blades. What type tilobudovy?
- \* Asthenic



- B. Normostenichnyy
  - C. Hiperstenichnyy
  - D. Neither answer is correct
  - E. All answers are correct
290. 1950 patient suffering from chronic glomerulonephritis. Does it show a plot of back massage?
- A. Shown in parallel with drug treatment in the phase of escalation
  - B. \* Shown only in the remission phase
  - C. True A and B
  - D. No correct answer
  - E. Massage is contraindicated
291. Gastroenterologist appointed patient suffering from Type B gastritis increased secretory activity of the stomach abdominal massage. What is the proper method of abdominal massage?
- A. Active massage
  - B. Moderate massage
  - C. Surface massage
  - D. The correct answer is A and
  - E. \* The correct answer is B and C
292. Gastroenterologist appointed patient suffering from Type B gastritis increased secretory activity of the stomach abdominal massage. What is the proper method of abdominal massage?
- A. Active massage
  - B. Moderate massage
  - C. Surface massage
  - D. The correct answer is A and
  - E. \* The correct answer is B and C
293. Gastroenterologist appointed patient suffering from gastritis type A reduced secretory activity of the anterior wall of abdominal massage. What is the proper method of abdominal massage?
- A. \* Active massage
  - B. Moderate massage
  - C. Surface massage
  - D. The correct answer is A and
  - E. The correct answer is B and C
294. In a city clinic doctors working in 1923. Is it allowed in this treatment facility, a doctor rate for physical therapy?
- A. \* No, because a doctor rate permitted by exercise, when the clinic is 40 or more medical rates.
  - B. No, because a doctor rate permitted by exercise, when the clinic is 25 or more medical rates.
  - C. No, because a doctor rate permitted by exercise, when the clinic is 28 and more medical rates.

- D. No, because a doctor rate permitted by exercise, when the clinic is 30 or more medical rates.
- E. No, because a doctor rate permitted by exercise, when the clinic is 35 and more medical rates.
295. In a woman 40 years diagnosed with diabetes. In the complex therapeutic measures specific location given therapy. The main contraindications are
- All severe forms of diabetes
  - Quick vtomlyuvalnist
  - Denominated in violation of various organs and systems
  - \* All answers are correct
  - No correct answers
296. In hypertensives 1st., A doctor appointed zahalnotonizuyuchi exercises for middle and large muscle groups, the duration of sessions 25 minutes. Enter bug doctor?
- duration 20 min sessions.
  - zanyat25hv playing.
  - \* duration of employment 40 60hv.
  - Occupation 15hv playing.
  - none of the options.
297. In MM patients revealed a stomach ulcer. Does this patient shows physiotherapy exercises. If so, how should it last?
- Do not show
  - Shown in 3 days
  - Following 2 months
  - \* Shown at least 2 weeks
  - The day before surgery
298. In OA patients diagnosed retinal detachment. How are the correct exercise execution of this pathology?
- \* Is not at all
  - A lesson in one day.
  - In 2 sessions per day.
  - In three classes a day.
  - 2 times a day every 2 days.
299. In patients 30 years of gastric ulcer. How long does the disappearance of acute pain can conduct physical activity?
- On the first day
  - \* 2-5 days
  - 3-4 days
  - After 7-10 days
  - After 5-6 days.
300. In patients 30 years revealed rheumatic affection of the cardiovascular system. Therapeutic exercise in rheumatoid affection of the cardiovascular system is aimed at

- A. Restoration of CNS functions
  - B. Increased excitability of cortical
  - C. Mobility of nervous processes
  - D. \* All answers are correct
  - E. No correct answer
301. In patients with hypertension in 1945 I art. AT 170 / 95. Game sessions LH should be?
- A. 20 min
  - B. \* 25 min
  - C. 30 min
  - D. 40 min
  - E. 80 min
302. In women 30 years diagnosed with membranous pneumonia. Antibiotics allowed effectively fight this disease. Intensively Treatment of acute pneumonia with broad and early use of medical gymnastics prevents recurrence of the disease. Medical gymnastics for acute pneumonia in the stage show:
- A. \* Resolution immediately after the reduction to body.
  - B. Stage of red spechinkuvannya
  - C. Stage gray spechinkuvannya
  - D. All answers are correct.
  - E. No correct answers
303. In women 38 years diagnosed with diabetes. The range of therapeutic measures doctor has ordered therapy. Methods on the classes
- A. Therapeutic exercises is recommended pillya directly input patient insulin
  - B. Medical gymnastics classes should not bore
  - C. Necessary before and after school to measure patient pulse, AT and record them in case history
  - D. \* All answers are correct
  - E. No correct answers
304. Mother of 1.5 year boy asked the hospital with complaints that the child does not go. After review found warp feet assigned therapy. What form of therapeutic exercise session is held for this child?
- A. \* Exercises are conducted in the form of the game and are associated with active exercises to help that pereduyutsya with massage
  - B. As for adults
  - C. True A and B
  - D. No correct answer
  - E. Therapeutic exercise is shown
305. Patient 60 years, 10 years suffers from type I diabetes. Reason for the doctor has ordered massage?
- A. \* Increase metabolism
  - B. Decrease Metabolism

- C. Increasing concentrations of glucose in the blood
  - D. All answers are correct
  - E. No correct answer
306. Patient 60 years, 10 years suffers from type I diabetes. Reason for the doctor has ordered massage?
- A. \* Increase metabolism
  - B. Decrease Metabolism
  - C. Increasing concentrations of glucose in the blood
  - D. All answers are correct
  - E. No correct answer
307. Patient C in 1950, with excessive body weight complains: breathlessness, fatigue rapid acceleration walking, climbing stairs, lower efficiency, which are signs of myocardial dystrophy. What method will depend on physical therapy for this patient?
- A. From state of the cardiovascular system
  - B. From the age of the patient
  - C. The degree of adaptability to the patient's physical activity
  - D. The correct answer A and B
  - E. \* All answers are correct
308. Patient in 1954 after myocardial infarction is aimed at passing the medical complex exercise. That first doctor to do gymnastics?
- A. \* A survey of the patient, collect anamnesis
  - B. Immediately move to the exercises
  - C. Determine the type of patient tilobudovy
  - D. No correct answer
  - E. All answers are correct
309. Patient K. decade sick hypotonic disease, is willing to engage in therapy. What is described Contraindications to this?
- A. Hypotonic crises
  - B. Cardiac arrhythmia
  - C. Heart pain
  - D. Dizziness
  - E. \* All answers are correct.
310. Patient K., 1946. Entered the intensive care unit with the diagnosis: CHD. Acute myocardial velykovohnyshevyy myocar front, side walls and top. The state of clinical death. Defibrillation was carried out twice. The sixth day of a heart attack. Kupuvavsyia pain syndrome after defibrillation. No complaints. Dynamics of electrocardiogram positive. Identify patient rehabilitation program.
- A. First rehabilitation program
  - B. Second rehabilitation program
  - C. 3-a rehabilitation program
  - D. \* 4th rehabilitation program
  - E. 5-a rehabilitation program

311. Patient K., 1946. Entered the intensive care unit with the diagnosis: CHD. Acute myocardial velykovohnyshevyy myocar front, side walls and top. The state of clinical death. Defibrillation was carried out twice. The sixth day of a heart attack. Kupuvavsya pain syndrome after defibrillation. No complaints. Dynamics of electrocardiogram positive. When you assign remedial gymnastics
- \* After buying pain
  - At 3 day treatment
  - 4 days of treatment
  - At 5 day treatment
  - At 6 day treatment
312. Patient K., 1946. Entered the intensive care unit with the diagnosis: CHD. Acute myocardial velykovohnyshevyy myocar front, side walls and top. The state of clinical death. Defibrillation was carried out twice. The sixth day of a heart attack. Kupuvavsya pain syndrome after defibrillation. No complaints. Dynamics of electrocardiogram positive. What kind of exercise should be conducted with patients – extent on Day 6.
- Perform breathing exercises, turn to the side. LFC-I.
  - Perform breathing exercises, turn to the side, passive exercise prysadzhuvannya-I.
  - Perform breathing exercises, turn to the side, passive exercise prysadzhuvannya-2.
  - Perform breathing exercises, turn to the side, active-and prysadzhuvannya exercise.
  - Perform breathing exercises, turn to the side, active prysadzhuvannya LFC-2.
313. Patient K., 1962 is in the cardiology ward with a diagnosis of CHD, acute myocardial infarction dribnovohnyshevyy left ventricle. When the examination is set and severity of MI and class is 3 - week rehabilitation program. At that time rising appointed by the bed?
- In a day
  - In Day 2
  - In Day 3
  - In 4 days
  - \* In 6-7 days
314. Patient M. was 50, suffered a myocardial infarction that was recommended dosed physical load. What kind of exercise can be used?
- Classes at the Gym
  - Tennis.
  - \* Therapeutic gymnastics, morning gymnastics hygienic.
  - Football.
  - Horseback Riding.
315. Patient M., 1952 is in the cardiology ward with a diagnosis of CHD, acute myocardial infarction dribnovohnyshevyy left ventricle. When the

- examination is set and grade severity of IM. Forms of exercise therapy, the patient displayed on bed rest:
- A. \* Therapeutic exercises, individual tasks for their independence – Occupation
  - B. Morning AMI – nastyka hygienic, therapeutic exercises
  - C. Individual tasks for their independence – classes, morning hygiene AMI – nastyka
  - D. Individual tasks for their independence – classes, walking
  - E. Morning AMI – nastyka hygienic, therapeutic exercises, walking
316. Patient M., 1952 is in the cardiology ward with a diagnosis of CHD, acute myocardial infarction dribnovohnyshevyy left ventricle. When the examination is set and grade severity of IM. Forms of exercise therapy, the patient displayed on palatnomu mode:
- A. \* Morning AMI – nastyka hygienic, therapeutic exercises, individual tasks for their independence – Occupation
  - B. Morning AMI – nastyka hygienic, therapeutic exercises
  - C. Individual tasks for their independence – classes, morning hygiene AMI – nastyka
  - D. Individual tasks for their independence – classes, walking
  - E. Morning AMI – nastyka hygienic, therapeutic exercises, walking
317. Patient M., 1952 is in the cardiology ward with a diagnosis of CHD, acute myocardial infarction dribnovohnyshevyy left ventricle. When the examination is set and grade severity of IM. Forms of exercise therapy, the patient displayed on free mode:
- A. \* Morning AMI – nastyka hygienic, therapeutic exercises, individual tasks for their independence – classes, walking
  - B. Morning AMI – nastyka hygienic, therapeutic exercises
  - C. Individual tasks for their independence – classes, morning hygiene AMI – nastyka
  - D. Individual tasks for their independence – classes, walking
  - E. Morning AMI – nastyka hygienic, therapeutic exercises, walking
318. Patient N., 1955. Diagnosis at postuplenni: IXS. Acute transmural front side and left ventricular myocardial infarction. Kupuvavsya pain syndrome on the second day. Complications are not available. Identify rehabilitation program patients – swarms on the third day.
- A. \* Third rehabilitation program
  - B. First rehabilitation program
  - C. Second rehabilitation program
  - D. 4th rehabilitation program
  - E. 5-a rehabilitation program
319. Patient N., 1955. Diagnosis at postuplenni: IXS. Acute transmural front side and left ventricular myocardial infarction. Kupuvavsya pain syndrome on the second day. Complications are not available. What kind of exercise should be conducted with patients – extent on the third day.

- A. \* Perform breathing exercises, turn to the side. LFC-I.
  - B. Perform breathing exercises, turn to the side, passive exercise prysadzhuvannya-I.
  - C. Perform breathing exercises, turn to the side, passive exercise prysadzhuvannya-2.
  - D. Perform breathing exercises, turn to the side, active-and prysadzhuvannya exercise.
  - E. Perform breathing exercises, turn to the side, active prysadzhuvannya LFC-2.
320. Patient N., 1955. Diagnosis at postuplenni: IXS. Acute transmural front side and left ventricular myocardial infarction. Kupuvavsya pain syndrome on the second day. Complications are not available. When you assign remedial gymnastics
- A. \* After buying pain
  - B. In a day treatment
  - C. At the 2 day treatment
  - D. At 3 day treatment
  - E. 4 days of treatment
321. Patient N., 1955. Diagnosis at postuplenni: IXS. Acute transmural front side and left ventricular myocardial infarction. Kupuvavsya pain syndrome on the second day. Complications are not available. What kind of exercise should be conducted with patients  $\rightarrow$  extent of bed rest.
- A. \* It is not safe, get up near the bed, turn on your side in bed, exercise-I.
  - B. Walk down the corridor, and LFC-.
  - C. Walk 200 m, LFK-2.
  - D. Sit on the House-and exercise.
  - E. Perform breathing exercises, turn to the side, active prysadzhuvannya LFC-2.
322. Patient N., 1955. Diagnosis at postuplenni: IXS. Acute transmural front side and left ventricular myocardial infarction. Kupuvavsya pain syndrome on the second day. Complications are not available. What is the objective performance for transferring a patient to palatnyy mode?
- A. \* appropriate reaction to earlier views on  $\rightarrow$  load and bringing ST to izolinii
  - B. buying pain
  - C. respond to previous types of stress and when there are changes on the ECG scar
  - D. ST approximation to izolinii
  - E. adequate response to previous types of loading
323. Patient N., 1955. Diagnosis at postuplenni: IXS. Acute transmural front side and left ventricular myocardial infarction. Kupuvavsya pain syndrome on the second day. Complications are not available. What is the objective performance for the patient transferred to free mode?

- A. \* respond to previous types of stress and when there are changes on the ECG scar
  - B. buying pain
  - C. appropriate reaction to earlier views on  $\neg$  load and bringing ST to izolinii
  - D. ST approximation to izolinii
  - E. adequate response to previous types of loading
324. Patient T., 56 years is in the cardiology ward with a diagnosis of CHD, acute myocardial infarction dribnovohnyshevyy left ventricle. When the examination is set and severity of MI and class is 3 - week rehabilitation program. On what terms should be walking down the hall?
- A. \* inyvidualno
  - B. 8-10 days
  - C. for 10-18 days
  - D. for 18-20 days
  - E. for 20-28 days
325. Patients after myocardial infarction was designed therapeutic exercises: slow pace of the exercises, repeat each exercise 3-4 times, playing zanyat3-5 min. Forgot about that indicate the doctor?
- A. \* Starting position lying on his back.
  - B. Starting position standing
  - C. Original sitting position.
  - D. Starting position is irrelevant.
  - E. Correct answer is no.
326. Patients with acute pneumonia appointed drenuyuchyy massage. Choose the correct sequence of techniques during medical massage?
- A. \* Stroking, rubbing, kneading, vibration
  - B. Stroking, kneading, friction, vibration
  - C. Stroking, vibration, kneading, rubbing
  - D. Rubbing, stroking, rubbing, vibration
  - E. Vibration, kneading, stroking, rubbing
327. The doctor performing therapeutic massage does postukuvannya reception. Indicate which effects on the body makes this appointment?
- A. Increases excitability of peripheral nerves
  - B. Increases muscle trophism
  - C. Decreases excitability of peripheral nerves
  - D. Reduces muscle trophism
  - E. \* The correct answer is A and
328. The doctor performing therapeutic massage performs admission stroking. Indicate which effects on the body makes this appointment?
- A. Speed up the floor lymph, arterial and venous blood
  - B. Lowers body temperature of 0.2 degrees Celsius
  - C. Increases body temperature of 0.2 degrees Celsius
  - D. \* The correct answer is A and C



- E. The correct answer in
329. The doctor set the patient that suffers podagra for 5 years therapeutic massage. Which parts of the body massage doctor has ordered?
- A. \* In the relevant section of the joints and muscles
  - B. In the area of chest
  - C. In the area of heart muscle
  - D. All answers are correct
  - E. No correct answer
330. The doctor set the patient that suffers podagra for 5 years therapeutic massage. Which parts of the body massage doctor has ordered?
- A. \* In the relevant section of the joints and muscles
  - B. In the area of chest
  - C. In the area of heart muscle
  - D. All answers are correct
  - E. No correct answer
331. The patient received an appointment to exercise to burn to pass certain exercises. The first document where the doctor should record data about the patient is:
- A. \* Journal of the patients;
  - B. Notebook for accounting procedures;
  - C. Magazine vidividuvan accounting;
  - D. Notebook or journal assignments;
  - E. Vipovidnyy record in the patient's medical history.
332. The patient suffers pnevmoskleroz 1955. From anamnesis life - 7 years working miners. A doctor appointed massage chest and back muscles. Reason for the doctor has ordered massage?
- A. \* Purpose of treatment
  - B. On the preventive purpose
  - C. As diagnostic
  - D. No right answer
  - E. All answers are correct
333. The patient suffers pnevmoskleroz 1955. From anamnesis life - 7 years working miners. A doctor appointed massage chest and back muscles. Reason for the doctor has ordered massage?
- A. \* Purpose of treatment
  - B. On the preventive purpose
  - C. As diagnostic
  - D. No right answer
  - E. All answers are correct
334. The patient was a course on physical therapy patolohiyiyi cardiovascular system, that positive effects should be carried out after therapy:
- A. \* Activity improves the cardiovascular system: increased systolic volume and decreasing heart rate;
  - B. Increased systolic volume and increased heart rate;

- C. Decreasing systolic volume and increased heart rate;
  - D. Decreasing systolic volume and decreasing heart rate;
  - E. No positive results.
335. The patient who suffered 5 years 1 hypertension cent. In addition to primary therapy designed set of exercises. Objectives pursued doctor recommending exercise?
- A. pereferychnyy and improve coronary blood flow,
  - B. enhance contractile ability of cardiac muscle
  - C. prevent progression of atherosclerosis,
  - D. ekonomizuvaty activity to reduce myocardial oxygen requirements,
  - E. \* All of the above is true
336. The patient who suffered 5 years 1 hypertension cent. In addition to primary therapy designed set of exercises. Is Contraindications for appointment exercise respiratory arrhythmia
- A. \* No
  - B. So
  - C. Temporary Contraindications
  - D. Permanent Contraindications
  - E. All answers are correct
337. The patient who suffered for 10 years hypotonic disease physician cardiologist in addition to primary care appointed breathing exercises, which activate sympathizers-adrenal system (increasing pressure, heart rate and increase the rate of oxygen uptake by tissues). In what the act of breathing is recommended patient hold their breath?
- A. at an altitude of expiration,
  - B. early expiration,
  - C. \* at a height of inspiration,
  - D. in early inspiration,
  - E. does not matter.
338. The physician performing therapeutic massage, performs tricks prohladzhuvan'nyya and friction. Specify what action do the data techniques on the nervous system?
- A. Soothing
  - B. Excite the nervous system reactivity
  - C. Reduce the reactivity of the nervous system
  - D. \* The correct answer is A and C
  - E. The correct answer in
339. The physician performing therapeutic massage, performs tricks postukuvann'nyya and vibration. Specify what action do the data techniques on the nervous system?
- A. Soothing
  - B. \* Excite the nervous system reactivity
  - C. Reduce the reactivity of the nervous system
  - D. The correct answer is A and C

- E. The correct answer is B and C
340. 1920 Student undergoing physical therapy after injuries to the shoulder joint. Basic principles determine batching exercise?
- A. \* Number of exercises selected individually
  - B. Number of standard exercise for this age
  - C. Number and duration of exercise should be as
  - D. No correct answer
  - E. Therapeutic exercise is shown
341. 1950 patient suffering from chronic glomerulonephritis. Does it show a plot of back massage?
- A. Shown in parallel with drug treatment in the phase of escalation
  - B. \* Shown only in the remission phase
  - C. True A and B
  - D. No correct answer
  - E. Massage is contraindicated
342. After review of the patient about pain in the lumbar area was diagnosed with osteochondritis of the lumbar spine. What will be directed therapeutic exercises:
- A. relaxation of muscles of trunk and extremities;
  - B. improve blood supply to nerve roots;
  - C. \* relaxation of muscles of trunk and extremities, improving blood supply to nerve roots;
  - D. trunk muscle relaxation;
  - E. relaxation of muscles of extremities.
343. As long temporary akinesia related to immobilization, bed rest, there were secondary changes in the tissues: muscle atrophy, and thickening wrinkled articular bags, loss of elasticity, reducing the number of synovial fluid in joint cavity, destroying of fibrils, fibrous changes of cartilage, osteoporosis. In which period of treatment had to be LFK:
- A. \* Immobilization;
  - B. after immobilization
  - C. Reduction;
  - D. The correct answer is B;
  - E. Correct answer B and C.
344. Boy 20 years, during lessons on basketball damaged knee, suddenly felt a pain in the local arthral gap intensifying pain when turning the shin, "blockade" (restriction of movements in the knee joint). Diagnosed with a partial medial meniscus rupture. Your recommendations?
- A. Delete operation meniscus
  - B. Delaying tactic
  - C. \* Therapeutic gymnastics in the form of light-weight exercises for the damaged limb
  - D. Correct A and B
  - E. No correct answer

345. During the examination the doctor found flattening foot. What method used to study the doctor?
- \* Plantografic on Chyzhyn
  - Dinamometric
  - Anthropometric
  - All answers are correct
  - No right answer
346. During the initial review of patients with chronic bronchitis in the remission phase of the doctor asked the patient to perform test with breath holding at a height of normal breath. What is this test?
- Romberg
  - \* Rod
  - Troyanov-Trendelenburh
  - Schotkin-Blyumberh
  - No correct answer
347. During the initial review of patients with chronic bronchitis in the remission phase of the doctor asked the patient to perform test with breath holding at a height of normal breath. What is this test?
- Romberg
  - \* Rod
  - Troyanov-Trendelenburh
  - Schotkin-Blyumberh
  - No correct answer
348. In a district therapist asked the patient that complaint about: shortness of breath that occurs with walking, exercise, coughing during which he feels tension, his red faces, upper chest, swollen neck veins. From anamnesis: 3 years ago the patient was diagnosed with chronic bronchitis. What are the basic principles of prevention of this disease:
- Use of muscle relaxation exercises, static and dynamic breathing exercises, exercises to increase mobility diaphragm, chest and spine, restorative exercises;
  - Mandatory compliance with the principle of scattering physical activity - a simple duty to exercise different muscle groups. Exercise performed smoothly, slowly, naturally, with extended expiration;
  - In the process of medical gymnastics many pauses for rest.;
  - B complex medical gymnastics include static breathing exercises with participation in the act of breathing the anterior abdominal wall;
  - \* All answers are correct;
349. In a woman 40 years diagnosed with diabetes. In the complex therapeutic measures specific location given therapy. The main contraindications are
- All severe forms of diabetes
  - Quick tiredness
  - Denominated in violation of various organs and systems

- D. \* All answers are correct
  - E. No correct answers
350. In NA patients diagnosed bronchial asthma. Please contraindications to exercise therapy appointment compound exercises?
- A. High body temperature.
  - B. Increase in ESR.
  - C. Pulmonary hemorrhage.
  - D. Contraindications No
  - E. \* Asthmatic status, increase pulmonary decompensation of heart failure with these systems.
351. In patient K. 1930 wound on the lower end of the anaerobic infection worse. Does this patient demonstrated therapeutic exercises?
- A. Shown immediately after detection of infection
  - B. Shown in a few days after detection of infection
  - C. \* Not shown
  - D. Shown
  - E. Shown for individual shows
352. In patient K. was spinal trauma. After how many days after the injury he shows medical fitness?
- A. 1-2 days after injury
  - B. Immediately after injury
  - C. \* 4-5 days after injury
  - D. 2 weeks after injury
  - E. Not shown
353. In patient S. fracture index finger left hand. Cut lonhetu. No movements poltsya damaged. What this case should appoint a doctor?
- A. Prohibited any passive movements
  - B. Intend passive movements of high amplitude
  - C. \* Intend passive movements with great care
  - D. Expectant tactics to restore active movements
  - E. There is no right answer
354. In patient S. fracture index finger left hand. Cut the splint. No movements after damaged. What this case should appoint a doctor?
- A. Prohibited any passive movements
  - B. Intend passive movements of high amplitude
  - C. \* Intend passive movements with great care
  - D. Expectant tactics to restore active movements
  - E. There is no right answer
355. In patients 30 years diagnosed with membranous pneumonia. Antibiotics allowed effectively fight this disease. Intensively Treatment of acute pneumonia with broad and early use of medical gymnastics prevents recurrence of the disease. Medical gymnastics for acute pneumonia in the stage show:
- A. \* Resolution immediately after the reduction t0 body.

- B. Stage of red hepatization
  - C. Stage gray hepatization
  - D. All answers are correct.
  - E. No correct answers
356. In patients 30 years revealed rheumatic affection of the cardiovascular system. Therapeutic exercise in rheumatoid affection of the cardiovascular system is aimed at
- A. Restoration of CNS functions
  - B. Increased excitability of cortical
  - C. Mobility of nervous processes
  - D. \* All answers are correct
  - E. No correct answer
357. In patients 39 years old, with which childhood bronchial asthma, with the advent of spring more frequent asthma attacks, after examination the doctor advised to conduct training while walking, begin to develop skills with his breathing. The patient must first:
- A. \* perform steps 1-2 on the breath, and steps 3-4 - exhale gradually increasing the number of steps on exhalation
  - B. take deep breaths while walking;
  - C. go slowly and do steps 1-2 breaths, and exhale for 3-4 steps;
  - D. jump rope and strive to breathe deeply;
  - E. No washing response.
358. In patients because of injuries found Patella fracture. After how many days after injury appointed movements in Tibio-foot and hip?
- A. For 2 weeks after injury
  - B. A month after injury
  - C. Not shown
  - D. \* By 2-3 days after injury
  - E. By 1 year after injury
359. In patients because of injuries found Patella fracture. After how many days after injury appointed movements in Tibio-foot and hip?
- A. For 2 weeks after injury
  - B. A month after injury
  - C. Not shown
  - D. \* By 2-3 days after injury
  - E. By 1 year after injury
360. In patients with chronic osteomyelitis. Displaying surgery. In that period assigned medical fitness?
- A. Only in the preoperative period
  - B. Only in the postoperative period
  - C. Do not show
  - D. \* In pre-and postoperative period
  - E. Shown in the first days before surgery

361. In patients with wrist fracture. Plaster bandage was impounded. Is shown physiotherapy exercises. If so, how long?
- Not shown
  - Shown after removal of plaster cast
  - Shown for 1 month after removing the bandages
  - \* Shown in the first days after applying bandages
  - Shown in 4 days after the imposition bandages.
362. In patients with wrist fracture. Plaster bandage was impounded. Is shown physiotherapy exercises. If so, how long?
- Not shown
  - Shown after removal of plaster cast
  - Shown for 1 month after removing the bandages
  - \* Shown in the first days after applying bandages
  - Shown in 4 days after the imposition bandages.
363. In pneumonia patients, who exercises it would be appropriate to include in the complex exercise?
- Flexion-extension additions foot.
  - Squatting.
  - Big.
  - \* Exercises with broad strokes that extend the chest.
  - Walking.
364. In the middle third fracture patient bone, he recommended a course exercise. Which course is divided into periods of exercise, depending on the stage of hospital treatment of the patient?
- Pre-hospital, hospital, rehabilitation.
  - permanent establishment; pos-permanent establishment;
  - \* Immobilization pos-immobilization, reduction.
  - Immobilization, not immobilization.
  - Preoperative, reduction
365. In women 38 years diagnosed with diabetes. The range of therapeutic measures doctor has ordered therapy. Methods on the classes
- Therapeutic exercises is recommended after directly input patient insulin
  - Medical gymnastics classes should not bore
  - Necessary before and after school to measure patient pulse, AT and record them in case history
  - \* All answers are correct
  - No correct answers
366. Patient C 30 years after amputation of the right lower extremity under treatment. What should be directed to the main condition for prescribing therapeutic exercises?
- Preventing the formation of contractures of joints in the area preserved, for wearing the prosthesis
  - To provide the tone of the healthy extremity
  - No correct answer

- D. \* True A and B
  - E. LFC contraindicated
367. Patient C in 1950, with excessive body weight complains: breathlessness, fatigue rapid acceleration walking, climbing stairs, lower efficiency, which are signs of myocardial dystrophy. What method will depend on physical therapy for this patient?
- A. From state of the cardiovascular system
  - B. From the age of the patient
  - C. The degree of adaptability to the patient's physical activity
  - D. The correct answer A and B
  - E. \* All answers are correct
368. Patient D. 40 years suffering from asthma since childhood. He designed exercise procedure. What does the doctor puts the exercise?
- A. Remove bronch(i)ospasm, to normalize the mechanics of breathing.
  - B. Normalize respiratory function, strengthen the vegetative nervous system.
  - C. Increase resistance to harmful external environment.
  - D. \* Correct answers
  - E. Correct A and C.
369. Patient in 1954 after myocardial infarction is aimed at passing the medical complex exercise. That first doctor to do gymnastics?
- A. \* A survey of the patient, collect anamnesis
  - B. Immediately move to the exercises
  - C. Determine the type of patient body type
  - D. No correct answer
  - E. All answers are correct
370. Patient K., 35 years suffers from bronchial asthma, infectious-allergic genesis. What special exercises should do after the elimination of bronchospasm?
- A. \* static breathing exercises on pronunciation wheezing sounds on prolonged exhalation, relaxation exercises for mild chest muscles.
  - B. relaxation exercises for mild chest muscles.
  - C. there is no need of exercise
  - D. static and dynamic breathing exercises
  - E. empirical exercises
371. Patient K., 44 years, diagnosed right-sided middle-lobar pneumonia. Breathing exercises were prescribed. What position during the procedure is most optimal?
- A. \* in a sitting position with a slight tilt forward or back
  - B. in a sitting position with a slight bend forward
  - C. in a sitting position with a slight tilt back
  - D. in a sitting position with a large bend forward or backward,
  - E. standing, with easily bent forward body



372. Patient K., 44 years, diagnosed right-sided middle-lobar pneumonia. Breathing exercises were appointed. What position during the procedure is most optimal?
- A. \* in a sitting position with a slight tilt forward or back
  - B. in a sitting position with a slight bend forward
  - C. in a sitting position with a slight tilt back
  - D. in a sitting position with a large bend forward or backward,
  - E. standing, with easily bent forward body
373. Patient M., 1928, operated for acute appendicitis. On the day after surgery the patient can take a sitting position?
- A. \* 1 - Day
  - B. 2 - Day
  - C. 3 - day
  - D. 4 - day
  - E. 5 - day
374. Patient M., 34, left lateral middle-lobar diagnosed pneumonia. Breathing exercises were prescribed. What position during the procedure is most optimal?
- A. \* in a sitting position with a slight tilt forward or back
  - B. in a sitting position with a slight bend forward
  - C. in a sitting position with a slight tilt back
  - D. in a sitting position with a large bend forward or backward,
  - E. standing, with easily bent forward body
375. Patient V. 1925 Diagnosis: tibia fracture right leg. Fracture was 10 days ago. Plaster cast immobilization. Please specify which period is ill treated?
- A. before immobilization
  - B. \* immobilization
  - C. after immobilization
  - D. retrievable
  - E. initial
376. Schoolboy in 1910 are undergoing physical therapy after injuries to the shoulder joint. Basic principles determine batching exercise?
- A. \* Number of exercises selected individually
  - B. Number of standard exercise for this age
  - C. Number and duration of exercise should be as
  - D. No correct answer
  - E. Therapeutic exercise is shown
377. Sick of, appealed to the doctor after the disease pneumonia, the doctor advised him to do breathing exercises. What requirements must first adhere to the patient?
- A. \* Straight, deep and full breath
  - B. Frequent breathing
  - C. Breathing frequency of 19 respiratory movements for 1 minute
  - D. All the answers are incorrect

- E. All answers are correct
378. Student disease after pneumonia began to study. At any time he should be temporarily exempted from physical education?
- A. A week.
  - B. \* 4-8 weeks.
  - C. 2 weeks.
  - D. 1.5 weeks.
  - E. 2-4 weeks.
379. The mother asked a doctor because the notice of the spine deformation son seven years. The doctor found a second degree scoliosis. What angle distortions typical of this degree of distortion?
- A. 150
  - B. \* 250
  - C. 450
  - D. 600
  - E. 700
380. The patient broke his collarbone in the fall. On the day after reposition fragments overlap and fixing bandages prescribed therapeutic exercises
- A. \* 2-3 days
  - B. On the first day
  - C. After 7 days
  - D. After incarnation fracture
  - E. At 5-6 day
381. The patient often suffers from a cold disease. The doctor advised him to hold water hardening. How appropriate initiate hardening?
- A. Immediately water treatment in cold water
  - B. Just warm water and water treatment
  - C. First, wet towel rubdown, then water treatment.
  - D. Dry abrasion, wet abrasion, water treatment in cold water
  - E. \* Dry abrasion, wet abrasion, water treatment water temperature 360 C with a gradual decrease
382. The patient suffers complicated with chronic bronchitis. Do calisthenics treatment shown him?
- A. No, not shown.
  - B. Shown in the phase of escalation
  - C. \* Only in remission phase
  - D. All answers are correct
  - E. No correct answer
383. The patient suffers from pronounced intocscation syndrome. It has found a high fever, respiratory failure. Are there any contraindications to exercise therapy in this patient?
- A. \* Contraindicated
  - B. Not contraindicated
  - C. Contraindicated when the pulse 100 per minute.

- D. not prescribed when the pulse 100 per minute
  - E. In the right answers and D
384. The patient suffers J. frequent attacks of bronchial asthma. Appointed doctor in treatment of this disease therapy. So what are the contraindications?
- A. Contraindications No
  - B. \* Respiratory and heart failure
  - C. Renal failure
  - D. Additional hepatitis
  - E. Additional chronic gastro
385. The patient suffers J. frequent attacks of bronchial asthma. Appointed doctor in treatment of this disease therapy. So what are the contraindications?
- A. Contraindications No
  - B. \* Respiratory and heart failure
  - C. Renal failure
  - D. Additional hepatitis
  - E. Additional chronic gastro
386. The patient suffers pneumosklerosis 1955. From anamnesis life - 7 years working miners. A doctor appointed massage chest and back muscles. Reason for the doctor has ordered massage?
- A. \* Purpose of treatment
  - B. On the preventive purpose
  - C. As diagnostic
  - D. there is o right answer
  - E. All answers are correct
387. The patient underwent pulmonectomy. What should be the frequency and duration of medical gymnastics?
- A. 1 every day 20 min.
  - B. 2 times a day for 15 minutes.
  - C. \* 3-5 times a day for 3-5 minutes.
  - D. 10 times a day for 1-2 min.
  - E. Correct answer is no.
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- A. 1 every day 20 min.
  - B. 2 times a day for 15 minutes.
  - C. \* 3-5 times a day for 3-5 minutes.
  - D. 10 times a day for 1-2 min.
  - E. Correct answer is no.
389. When examining physician found asymmetry: reduced in line shoulders left side bottom corner blades close to the spine. What was found in a patient?
- A. \* Scoliosis
  - B. Rounded spine
  - C. Flat spin
  - D. Correct A and B

- E. No correct answer
390. A child diagnosed with rickets 5misyatsiv. A child receives vitamin D and UVR in the appropriate dose. What is the content of medical gymnastics and massage during rehabilitation rickets?
- A. Massage hands and feet
  - B. Exercises to stimulate crawling
  - C. Roller moves hands
  - D. Turn back to the stomach and back
  - E. \* It is named correctly.
391. A child of 5 years suffers chronic recurrent bronchitis. What are the indications to exercise classes for the child?
- A. \* Phase remission
  - B. Severe cough
  - C. High body temperature
  - D. Significant tachycardia
  - E. Respiratory failure
392. After review of the patient about pain in the lumbar area was diagnosed with osteochondrosis. What will be directed therapeutic exercises:
- A. relaxation of muscles of trunk and extremities;
  - B. improve blood supply to nerve roots;
  - C. \* relaxation of muscles of trunk and extremities, improving blood supply to nerve roots;
  - D. trunk muscle relaxation;
  - E. relaxation of muscles of extremities.
393. Boy 8 years, were operated for acute appendicitis. On the day after surgery the boy can take a sitting position?
- A. \* 1 - Day
  - B. 2 - Day
  - C. 3 - day
  - D. 4 - day
  - E. 5 - day
394. Boy in 1910 complaining of headache that occurs after physical education, especially after running for long distances. From the nervous and cardiovascular pathological changes were found. What physical impairment can cause headaches in the boy?
- A. \* Scoliosis.
  - B. Excessive body weight.
  - C. High growth.
  - D. Violation form feet.
  - E. Underweight body.
395. Boy, 7 years old. CP. How to conduct in-hand massage spastic hemiparesis?
- A. \* flexors muscles and muscles of driving - for laxative method, extensor - by stimulant.

- B. flexors muscles and muscles of driving - for exciting method, extensor - by laxative
  - C. flexors muscles and muscles of driving - for laxative method, extensor - by laxative
  - D. flexors muscles and muscles of driving - for exciting method, extensor - by exciting
  - E. flexors muscles and muscles of driving - for laxative method
396. Boy, 7 years old. CP. What you need to knead in-hand spastic hemiparesis?
- A. \* right upper limb and neck area, right lower extremity and lumbar spine
  - B. left upper limb and neck area, right lower extremity and lumbar spine
  - C. left upper limb and neck area, left lower extremity and lumbar spine
  - D. right upper limb and neck area, left lower extremity and lumbar spine
  - E. right upper limb, right lower limb
397. Exercises are shown in 3 trimester of pregnancy:
- A. \* Walking, exercise, relaxation, exercises for coordination
  - B. Big.
  - C. Jump.
  - D. Practice relaxation.
  - E. Migrating from a prone position in a seated position.
398. Female 1925 gave birth to a child in a doctor neonatologist in the maternity hospital showed torticollis. At what age should be smoothing massage?
- A. 2 weeks
  - B. \* 1 month
  - C. 5 months
  - D. 6 months
  - E. 12 months
399. ?Female 32 years old woman. After cesarean section is in the maternity home. Postoperative period runs smoothly. On which day after the operation should be LH with exercises for mild pelvic muscles and abdominal wall?
- A. \* the 4-th day
  - B. 1 day
  - C. on Day 2
  - D. 3-day
  - E. 10 days
400. Female D., 1925. The first pregnancy. Exercises are shown to strengthen the anterior abdominal wall in the first trimester of pregnancy:
- A. \* Incline torso, torso twists, alternate lifting bent at the knee joint in leg VP standing with support
  - B. Turns body.
  - C. Bicycle"(starting position lying).
  - D. Raising legs (starting position lying).
  - E. Alternating in lift bent leg at the knee joint pp standing with support.

401. Have applied two month baby to the doctor because of significant strain in your neck of the child. Diagnosis of congenital torticollis. When conservative treatment is shown?
- Not shown
  - A after 3 years
  - Carried out in adolescence
  - \* In the first year of life
  - There is no right answer
402. In patient G., 54 years old, who three months ago suffered ischemic stroke during examination revealed pose Bernice Mans. Identify the problem physical therapy while.
- \* Exercise should be aimed at relaxing muscles-flexors and drive limbs and muscles to improve muscle tone, extensor
  - Exercise should be directed at improving muscle tone and drive-flexors muscles and limbs, extensor muscle relaxation
  - Exercise should be aimed at relaxing muscles-flexors and limb driving muscles relax and tone muscles-extensor
  - Exercise should be directed at improving muscle tone-flexors and limb muscles and drive to improve muscle tone, extensor
  - Exercise should be aimed at relaxing muscles-flexors and drive to improve muscle tone of limbs and muscles-extensor
403. In patient G., 54 years old, who three months ago suffered ischemic stroke during examination revealed pose Bernice Mans. Identify the problem massage while.
- \* massage should be conducted to relax the muscle-flexors and drive limbs and muscles to improve muscle tone, extensor
  - massage should be conducted to improve muscle tone and drive-flexors muscles and limbs, extensor muscle relaxation
  - massage should be conducted to relax the muscle-flexors and limb driving muscles and relaxing muscles-extensor
  - massage should be conducted to improve muscle tone and drive-flexors and limb muscles to improve muscle tone, extensor
  - massage should be conducted to relax the muscle-flexors and drive to improve muscle tone of limbs and muscles-extensor
404. In the girls 10 years diagnosed with membranous pneumonia. Antibiotics allowed effectively fight this disease. Intensively Treatment of acute pneumonia with broad and early use of medical gymnastics prevents recurrence of the disease. Medical gymnastics for acute pneumonia in the stage show:
- \* Resolution immediately after the reduction t0 body.
  - Stage of red hepatization
  - Stage gray hepatization
  - All answers are correct.
  - No correct answers

405. In the survey 10 years old boy found kyphotic deformation of the spine. Which department is often localized kyphosis
- Lumbar
  - Cervical
  - Sacral
  - All answers are correct
  - \* No correct answers
406. Mother of 1.5 year boy asked the hospital with complaints that the child does not go. After review found warp feet assigned therapy. What form of therapeutic exercise session is held for this child?
- \* Exercises are conducted in the form of the game and are associated with active exercises to help that are before the massage
  - As for adults
  - True A and B
  - No correct answer
  - Therapeutic exercise is shown
407. Mother of 1.5 year boy asked the hospital with complaints that the child does not go. After review found warp feet assigned therapy. What form of therapeutic exercise session is held for this child?
- \* Exercises are conducted in the form of the game and are associated with active exercises to help that are before the massage
  - As for adults
  - True A and B
  - No correct answer
  - Therapeutic exercise is shown
408. Motorcyclist turned to the doctor for help. Objective of the patient: paralysis mimic muscles con half face, his existing asymmetry. What action has to involve a doctor in your opinion:
- Improve regional blood flow;
  - Restoring function mimic muscles;
  - Prevention of contractures;
  - \* The correct answer A and B;
  - No right answer
409. Newborns diagnosed with congenital hip dislocation. Appointed conservative treatment. What tires used for this?
- Riedel
  - Romberg
  - Bortfeld
  - \* Volkov, Gorbunov
  - Dyachenko
410. On what terms should be after childbirth child birth LH 1922, which is in the maternity hospital, births were normal, postpartum period runs smoothly.
- 1 day
  - \* on Day 2

- C. 3-day
  - D. 4 day
  - E. 5-day
411. Patient L., 54 years operated on the loss of the uterus (resection). On the day you may put patients, if surgery and after surgery without complications occur?
- A. \* When surgical intervention, accompanied by autopsy in patient sit on the perineum during the month are not prescribed
  - B. At 2-3 days after surgery
  - C. At 4-5 day after operation
  - D. At 6-7 days after surgery
  - E. At 8-9 days after surgery
412. Patient L., 54 years operated on the loss of the uterus (resection). On the day you may ask the patient if the surgery and after surgery without complications occur?
- A. \* At 2-3 days after surgery patient starts to get up, not moving in a sitting position.
  - B. At 4-5 day after operation
  - C. At 5-6 days after surgery
  - D. At 7-8 days after surgery
  - E. At 9-10 days after surgery
413. Patient M., 1945. This morning, noticed that his face was deformed to the left. Reasons not know. A complaint does not present. Are patient medical fitness show?
- A. \* Acute period and there was found no cause of the disease does not entitle fees gymnastics.
  - B. So, do exercises in a slow pace
  - C. Yes, exercise, perform an average pace
  - D. So, do exercises at a fast pace
  - E. So, do exercises with long rest periods
414. Patient P., 58 years old, was brought in neurological emergency department. Once billed CT diagnosis: ischemic stroke. Right-sided hemiplegia. On which day the doctor - neuropatologist should recommend therapeutic situation?
- A. \* 2.4
  - B. 6-8,
  - C. after 7
  - D. 1 day
  - E. strictly individually.
415. Patient P., 58 years old, was brought in neurological emergency department. Once billed CT diagnosis: ischemic stroke. Right-sided hemiplegia. The forms of exercise, show neurological patients bed rest.
- A. \* Therapeutic exercises, individual tasks
  - B. Morning hygienic gymnastics, therapeutic exercises



- C. Individual tasks ,morning hygiene gymnastics
  - D. Individual tasks, walking
  - E. Morning hygienic gymnastics, therapeutic exercises, walking
416. Patient P., 58 years old, was brought in neurological emergency department. Once billed CT diagnosis: ischemic stroke. Right-sided hemiplegia. Forms of exercise therapy, patients show neurological mode.
- A. \* Morning hygienic gymnastics , therapeutic exercises, individual tasks for their independence  $\rightarrow$  Occupation
  - B. Morning hygienic gymnastics, therapeutic exercises
  - C. Individual tasks, morning hygiene gymnastics
  - D. Individual tasks, walking
  - E. Morning hygienic gymnastics, therapeutic exercises, walking
417. Patient P., 58 years old, was brought in neurological emergency department. Once billed CT diagnosis: ischemic stroke. Right-sided hemiplegia. The forms of exercise, show neurological patients free mode
- A. \* Morning gymnastics hygienic, therapeutic exercises, individual tasks for their independence  $\rightarrow$  classes, walking
  - B. Morning hygienic gymnastics, therapeutic exercises
  - C. Individual tasks, morning hygiene gymnastics
  - D. Individual tasks, walking
  - E. Morning hygienic gymnastics, therapeutic exercises, walking
418. Patient R., 34, diagnosed with facial nerve neuritis. Left side face sluggish wry mouth, feeble, flickering ever broken, no internal crack is closed, it is not picky. On which day neuropathologist should recommend therapeutic exercises mimic?
- A. from 2-4 days.,
  - B. \* from 6-10 days.,
  - C. after 7 days.,
  - D. for each individual
  - E. 30 days.
419. Patient R., 53 years. 1 month after myocardial ischemic stroke. Can not move the fingers independently addition. What can you recommend it to exercise?
- A. \* therapeutic situation, Motivational, isometric muscle tension, passive-active and passive movements, impulses parcel of verbal orders
  - B. isometric muscle tension
  - C. passive-active and passive movements
  - D. walking
  - E. jogging
420. Patient S., 1952. Awoke in the morning and felt that he could not raise his right hand. Externally joints are not changed, the general condition of the patient without features. Can patients "develop" hand?
- A. \* Acute period and there was found no cause of the disease does not entitle fees gymnastics.

- B. One can perform exercises in a slow pace
  - C. One can perform exercises on the average rate
  - D. One can perform exercises at a fast pace
  - E. One can perform exercises with long rest periods
421. Patient S., 1952. Awoke in the morning and felt that he could not raise his right hand. Externally joints are not changed, the general condition of the patient without features. What would it be?
- A. \* Most often in cervical osteochondrosis.
  - B. Most often in stroke
  - C. Most often, when CHD
  - D. Often happens with pleurisy
  - E. Often happens with facial nerve neuritis
422. patient, 56 years, treated operatively on benign tumors of the spine at the December 2 vertebra. After surgery the patient had evolved static limb paresis and spastic colitis. In which area can affect massage to simultaneously remove or reduce the phenomenon and spastic lower limbs and intestine.
- A. \* lumbar
  - B. thoracic spine
  - C. Cervical Spine
  - D. neck-thoracic spine
  - E. neck area
423. patient, 56 years, treated operatively on benign tumors of the spine at the December 2 vertebra. After surgery the patient had evolved static limb paresis and spastic colitis. How to conduct massage to simultaneously remove or reduce the phenomenon and spastic lower limbs and intestine.
- A. \* massage for calming techniques
  - B. massage techniques for stimulating
  - C. use techniques friction and vibration
  - D. use techniques kneading and vibration
  - E. use techniques friction and vibration
424. pregnant in 1930, the second pregnancy, first term, pregnancy without complications. Can I give exercises for fortifications anterior abdominal wall muscles?
- A. So
  - B. \* No
  - C. Yes, 1 time per week
  - D. Yes, two times a week
  - E. Yes, 1 time per month
425. Pregnant R., 1924, the first pregnancy, a trimester, pregnancy without complications. Can you give an exercise to strengthen muscles anterior abdominal wall?
- A. \* Exercises that increase sharply intraperitoneal pressure in the first trimester of pregnancy are not shown.
  - B. Do morning exercises in a slow pace

- C. Exercises do after dinner in a slow pace
  - D. Do morning exercises at a fast pace
  - E. Exercises do after dinner at a fast pace
426. Schoolboy in 1910 are undergoing physical therapy after injuries to the shoulder joint. Basic principles determine batching exercise?
- A. \* Number of exercises selected individually
  - B. Number of standard exercise for this age
  - C. Number and duration of exercise should be as
  - D. No correct answer
  - E. Therapeutic exercise is shown
427. Sick I. 1955, two months after myocardial ischemic stroke. Can not move the fingers independently tassels. At what stage of rehabilitation is sick?
- A. 1 - and early reduction
  - B. One-and late restoration
  - C. Two-and late restoration
  - D. 2 - and early reduction
  - E. \* 3 - residual motor function disorders
428. The boy of 12 years found kyphotic deformation of the spine. Called kyphosis
- A. \* Arched spine deformity in sagittal plane
  - B. Side curvature of the spine caused by pathological changes in heart tissues of the spine and paravertebral
  - C. Arched spine deformity in the frontal plane
  - D. All answers are correct
  - E. No correct answer
429. The boy of 4 months revealed cervical lordosis. Is this the norm at this age.
- A. \* So
  - B. No
  - C. In this age of emerging lumbar lordosis
  - D. In this age of emerging kyphosis
  - E. No right answer
430. The child is 4 years old diagnosed with rickets. During exacerbation of disease when the most pronounced clinical picture is therapeutic physical culture. The main task of physical therapy are:
- A. Normalization of nerve processes
  - B. improvement of metabolism
  - C. Prevention of deformities
  - D. Increasing development psychomotor
  - E. \* All answers are correct
431. The doctor determines the form back to the child. What's below will serve as the main criterion:
- A. state of muscle
  - B. form chest

- C. status of subcutaneous fatty tissue
  - D. \* Spine shape
  - E. state apparatus of human bone
432. The girl of 10 years during the test at the hospital revealed scoliosis. Scoliosis is
- A. Arched spine deformity in sagittal plane
  - B. \* Side curvature of the spine caused by pathological changes in heart tissues of the spine and paravertebral
  - C. Arched spine deformity in the frontal plane
  - D. All answers are correct
  - E. No correct answer
433. The mother asked a doctor because the notice of the spine deformation son seven years. The doctor found a second degree scoliosis. What angle distortions typical of this degree of distortion?
- A. 150
  - B. \* 250
  - C. 450
  - D. 600
  - E. 700
434. The patient has a spastic muscle hypercone character, hyperreflexia, pathological and protective reflexes, abnormal movements are synergetic, missing skin reflexes, the problem of LFC:
- A. \* Prevention of contractures
  - B. Learning to walk;
  - C. Improving posture;
  - D. Countering synergetics;
  - E. All the answers are not correct.
435. The physician performing therapeutic massage, performs tricks smoothing and friction. Specify what action do the data techniques on the nervous system?
- A. Soothing
  - B. Excite the nervous system reactivity
  - C. Reduce the reactivity of the nervous system
  - D. \* The correct answer is A and C
  - E. The correct answer in
436. The physician performing therapeutic massage, performs tricks knocking and vibration. Specify what action do the data techniques on the nervous system?
- A. Soothing
  - B. \* Excite the nervous system reactivity
  - C. Reduce the reactivity of the nervous system
  - D. The correct answer is A and C
  - E. The correct answer is B and C

437. The task means and methods of restorative exercise therapy on late stage and during the remaining movement disorders in a degree of motor functions:
- restorative effects on the body;
  - strengthening the shoulder girdle muscles and back;
  - improve posture;
  - movement and walking;
  - \* all answers are correct.
438. When the test boy 5 years revealed muscle weakness of the varying levels of standing blades and shoulder, fickle scoliotic arch. What you as a doctor, assign this boy
- Therapeutic exercises
  - Swimming
  - Katana Ski
  - \* All answers are correct
  - No correct answer
439. Woman in 1949 wrote to the neurologist, which revealed: dystrophic-degenerative changes in intervertebral discs in the thoracic spine, increased thoracic kyphosis. Complains of pain, shortness of breath. Your thoughts:
- \* Need to strengthen the abdominal wall muscles and back muscles stretch long;
  - Strengthen abdominal muscles department;
  - Surgical treatment;
  - Treatment can not be;
  - no correct answer.

### Case studies

- C. student had a sample with 20 squats in 30 seconds. Then her heart rate increased to 13 bpm. for 10 seconds. to 27 bpm. for 10 seconds., AP changed from 110/70 to 115/85 mm Hg What type of cardio-vascular system reaction take place in students:
  - \* Hypotonic.
  - Normotonic.
  - Hypertensive.
  - Diatonic
  - Step-shaped.
- Specify whether the system should first conduct a survey of first-year student, whose body weight is 86 kg, height- 166 cm.. The family have a tendency to be overweight: a mother and a younger sister. Blood pressure in the survey was 140/90 mm Hg.:
  - the cardiovascular system;
  - respiratory system

- C. \* Endocrine System
  - D. the digestive system;
  - E. genito-urinary system.
3. The patient should perform sample of. Martine. How much overhead to do the test:
    - A. 20 times wrung
    - B. \* 20 times to sit down
    - C. hold your breath for 20 seconds.
    - D. jump 20 times
    - E. run for 20 seconds.
  4. After the test with 20 squats in 30 seconds. surveyed have increased heart rate fr om 12 b./m. for 30 seconds. to 20 b/m. for 10 seconds.,AP changed from 120/80 to 140/60 mm Hg. Determine the type of the cardiovascular system reaction:
    - A. \* Normotonic.
    - B. hypotonic.
    - C. hypertensive.
    - D. distonic.
    - E. stage.
  5. 20 sit-ups after the test in 30 seconds. surveyed have increased heart rate fr om 12 b./m. for 10 seconds. to 25 b/m. for 10 seconds., AP increases from 120/80 to 180/95 mm Hg Determine the type of the cardiovascular system reaction:
    - A. Normotonic.
    - B. \* Hypertensive.
    - C. Hypotonic.
    - D. Diatonic.
    - E. Stepped.
  6. 20 sit-ups after the test in 30 seconds. surveyed have increased heart rate from 14 b/m. for 10 seconds. to 28 b/m. for 10 seconds., AP changed from 130/80 to 180/90 mm Hg. Determine the type of the cardiovascular system reaction:
    - A. Normotonic.
    - B. Hypotonic.
    - C. \* Hypertensive.
    - D. Diatonic.
    - E. stepped.
  7. 20 sit-ups after the test in 30 seconds. surveyed have increased heart rate fr om 12 b/m. for 10 seconds. to 26 b/m. for 10 seconds., AP changed from 110/70 to 115/85 mm Hg. Determine the type of the cardiovascular system reaction:
    - A. Normotonic.
    - B. Hypertensive.
    - C. \* Hypotonic.
    - D. diatonic.
    - E. stage.

8. 20 sit-ups after the test in 30 seconds. surveyed have increased heart rate from 12 to 26 b/m. 10 seconds, blood pressure changed from 110/70 to 165/0 mm Hg. Determine the type of the cardiovascular system reaction:
- Normotonic
  - Hypotonic
  - Hypertonic
  - \* Diatonic
  - stage
9. In a study of patients 20 years, doctors noticed that acute epigastric angle, the shape of the chest is flat, long legs and neck, narrow shoulders, a winged scapula. Point the constitutional type:
- \* Asthenic
  - Normostenic
  - Hypersthenic
  - Neither answer is not correct
  - All answers are correct
10. At the examination of patient S. was founded that the knees are touching, but between the ankle joint is determined by distance. What is the shape of legs in a patient?
- O-shaped
  - \* X-shaped
  - straight legs
  - All answers are correct
  - There is no right answer
11. At the study of the back's form with skoliozimetra the doctor founded that the radius of the spine curvature (5 cm) to the boy was of 14 years old. Estimate the form of back:
- \* Rounded.
  - Normal.
  - Flat
  - High
  - There is no right answer
12. At the study of the back's form with skoliozimeter the doctor founded that the radius of the spine curvature for the boy of 14 years was 3 cm. Estimate the form of back:
- Rounded.
  - \* Normal.
  - Flat
  - High
  - There is no right answer
13. At the study of the back's form with skoliozimeter the doctor founded that the radius of the spine curvature for a boy of 14 years was 0 cm. Estimate the form of back:
- Rounded.

- B. Normal.
  - C. \* Flat
  - D. High
  - E. There is no right answer
14. At the study of patient A the doctor discovered asymmetry: one's shoulders lowered into the left side bottom corner of the blade close to the spine. What type strain was detected in a patient?
- A. \* Scoliosis
  - B. Rounded back
  - C. Flat back
  - D. Answers A and B are correct
  - E. There is no right answer
15. At the examination the boy of 10 years showed kyphotic deformity of the spine. In which department is most often kyphosis is localized?
- A. Lumbar
  - B. Shane
  - C. Sacral
  - D. All answers are correct
  - E. \* There is no right answer
16. At the examination the boy of 5 years revealed the weakness of the muscles, different levels of standing shoulder blades and upper arm, casual scoliotic curve. What you, as a doctor, assign to this boy:
- A. Therapeutic exercises
  - B. Swimming
  - C. Skiing
  - D. \* All answers are correct
  - E. There is no right answer
17. At the primary medical examination girl of 12 years old complains on pain in the knee joints after physical exercise s. What physical impairment may contribute to pain:
- A. violation of leg's shape;
  - B. \* Violation of feet forms;
  - C. violation back's form;
  - D. scoliosis
  - E. decreasing of leg's muscles tone.
18. During the clinostatic test the student L., 19 years old, it was found that immediately after the transition to the prone position the heart rate decreased by 10 strokes, and 3 minutes later she was on 9 hits below the original. This indicates:
- A. violation of myocardial contractility;
  - B. abuse of sympathetic level of autonomic nervous system excitability;
  - C. Abuse of parasympathetic autonomic nervous system excitability;
  - D. lowering of the sympathetic autonomous nervous system leve tone;
  - E. \* Lowering of the parasympathetic autonomic nervous system tone



19. During orthostatic test for sportsman S. Of 17 years found that the heart rate immediately after getting up by 18 shocks, and 3 minutes later she was standing on the 4 stroke higher than the original. What kind of violations do these results?
- violation of myocardial contractility;
  - \* Violation of sympathetic excitability level of autonomic nervous system;
  - violation of sympathetic tone level of autonomic nervous system;
  - violation excitability of parasympathetic autonomic nervous system;
  - diseases of the central nervous system
20. Carrying out the test for a student of 20 years the Rufe index was 4.8. Evaluate the functional reserves of the heart:
- Athletic heart;
  - \* Heart of the average man: very good;
  - the average human heart is good;
  - moderate heart failure;
  - high heart failure
21. Carrying out the test for the student L. Of 20 years the Rufe index was 7.8. Evaluate the functional reserves of the heart:
- Athletic heart;
  - the heart of the average person: very good;
  - \* Heart of the average man is good;
  - moderate heart failure;
  - high heart failure
22. Carrying out the test for the student L. of 20 years the Rufe index was 13. Evaluate the functional reserves of the heart:
- Athletic heart;
  - the heart of the average person: very good;
  - the average human heart is good;
  - \* Moderate heart failure;
  - high heart failure
23. Carrying out the test for the student L. of 20 years the Rufe index was 2. Evaluate the functional reserves of the heart:
- \* Athletic heart;
  - the heart of the average person: very good;
  - the average human heart is good;
  - moderate heart failure;
  - high heart failure
24. Athlete R., 20 years old. At the study of muscle revealed the relief of large muscles pronounced and visible even at rest, there is moderate resistance to palpation. What is the development of muscles? Rate them from the athlete.
- Weak.
  - \* Average.
  - Significant.

- D. high
  - E. There is no right answer
25. Student K. must do a test with 20 squats in 30 minutes. How long after the rest the test may be conducted ?
- A. For 1 min.
  - B. \* Within 5 minutes.
  - C. Within 30 min.
  - D. For 1 hour.
  - E. For 1 day.
26. Student L., 25 years old. Carrying out the test of Martine found that heart rate up to a load of 10 were: Ps-14,15,16,16,16, AP - 120/80 mmHg After loading all the indicators met the normotonic type of reaction, but the pulse was down to 14 beats for 10 seconds and stabilized at this figure. According to the results of the sample can be assumed that the tachycardia at rest due to:
- A. reduced functional capacity of the cardiovascular system;
  - B. thyroid disease;
  - C. \* Violation of the autonomic nervous system functional state ;
  - D. heart disease;
  - E. violation of the central nervous system functional state
27. Student N., 25. Carrying out of the Martine test the heart rate for 10 seconds was stable: 16,16,16, AT-120/80 mmHg. After 20 squats all indices ranged normotonic reaction type. Pulse after load stabilized at 16 beats in 10 seconds. According to the results of the sample can be assumed that the tachycardia at rest due to:
- A. Heart diseases
  - B. diseases of the respiratory system
  - C. \* Diseases of the endocrine system
  - D. diseases of the central nervous system
  - E. diseases of autonomic nervous system
28. A student F. had a sample with 20 squats in 30 seconds. Then her heart rate increased to 15 beats. for 10 seconds. to 29 bpm. for 10 seconds., BP changed from 130/80 to 170/90 mm Hg What type of cardio-vascular system reaction is in a student:
- A. distonic
  - B. hypotonic.
  - C. stage.
  - D. normotonic.
  - E. \* Hypertonic
29. A girl of 15 years after the examination at the hospital revealed scoliosis. Scoliosis is:
- A. Arcuate deformity of the spine in the sagittal plane
  - B. \* The lateral curvature of the spine caused by pathological changes in the tissues of the spine and paravertebral zones
  - C. Arcuate spinal deformity in the coronal plane

- D. All answers are correct
  - E. There is no right answer
30. In adolescents of 14 years of age was founded the kyphotic deformity of the spine. Give the definition of kyphosis:
- A. \* Curved deformity of the spine in the sagittal plane
  - B. Lateral curvature of the spine caused by pathological changes in the tissues of the spine and paravertebral Zones
  - C. Arcuate spinal deformity in the coronal plane
  - D. All answers are correct
  - A. There is no right answer
31. In Sportsman R., 24 years old the doctor determines physical development. Which of the following features is not used, the assessment of physical development?
- A. posture
  - B. musculature
  - C. leg shape
  - D. form back
  - E. \* Strabismus
32. A boy of 4 months. The cervical lordosis was founded. Is this normal for this age.
- A. \* Yes
  - B. No
  - C. At this age the lumbar lordosis is formed
  - D. At this age, formed kyphosis
  - E. No one right answer
33. Athlete B. What the doctor can assess at base line?
- A. \* The health status and identify all human
  - B. State of consciousness
  - C. Position in bed
  - D. The severity of the state
  - E. Coloration of the mucous membranes
34. A patient, team member, placed at the dispensary examination, the results of surveys to be written to:
- A. Medical card
  - B. Patient card
  - C. Fixed map
  - D. Check-list
  - E. \* Medical card of athlete
35. Patient B. complaints on abdominal pain, the physician should initiate a survey:
- A. \* Study of patient complaints
  - B. Palpation
  - C. Percussion
  - D. Auscultation

- E. All answers are correct
36. Due to the long time of akinesia associated with immobilization, bed rest, the patient M. 42 years have secondary changes in the tissues: muscle atrophy, wrinkling and thickening of the joint capsule, loss of elasticity, reducing the amount of synovial fluid in the joint, fibrotic changes of the articular cartilage osteoporosis. In what period of treatment needed to assign of the TE:
- A. \* Immobilization
  - B. Postimmobilization
  - C. Reparative
  - D. There is no right answer
  - E. The correct answers are C and B
37. A patient, 38 years old, suffers from gastritis type B with increased secretory activity of the stomach. What is the proper technique of abdominal massage?
- A. Active massage
  - B. Moderate massage
  - C. Superficial massage
  - D. The correct answers are A and B
  - E. \* The correct answer is B, and C
38. A patient of 30 years old, suffers from gastritis type A with a reduced secretory activity massage the front wall of the abdomen. What is the proper technique of abdominal massage?
- A. \* Active massage
  - B. Moderate massage
  - C. Superficial massage
  - D. The correct answer is A and B
  - E. The correct answer is B, and C
39. The doctor performing medical massage is sending tapping. Specify the effects on the body has this technique?
- A. Increases the excitability of peripheral nerves
  - B. Strengthens the muscles trophic
  - C. Reduces the excitability of the peripheral nerves
  - D. Reduces the muscle trophic
  - E. \* The correct answers- A and B
40. The doctor performing the medical massage is sending stroking. Indicate what impact this has on the body over?
- A. Accelerates the flow of lymph, arterial and venous blood
  - B. Lowers the body temperature by 0.2 degrees Celsius
  - C. Increases body temperature by 0.2 degrees Celsius
  - D. \* The correct answer are A and C.
  - E. The correct answer to
41. A doctor performing medical massage is sending stroking and rubbing. Specify what action to have data on the methods of the nervous system?
- A. Soothing
  - B. Excite the nervous system reactivity

- C. Reduce the reactivity of the nervous system
  - D. \* The correct answer are A and C.
  - E. There is no correct answer
42. A doctor performing medical massage is sending tapping and vibration. Specify the action techniques have data on the nervous system?
- A. Soothing
  - B. \* Excite reactivity of the nervous system
  - C. Reduce the reactivity of the nervous system
  - D. The correct answer are A and C.
  - E. The correct answer are B, and C
43. B. The patient went to a doctor for a medical report regarding physical activity. The examination revealed that the patient is healthy physical development of age appropriate, features correspond to the floor. Which medical group must engage the patient?
- A. \* Basic
  - B. Special
  - C. Physical education is contraindicated
  - D. All answers are correct
  - E. There is no right answer
44. The patient needs to determine the lung capacity. What method should be used for it?
- A. Dynamometry
  - B. \* Spirometry
  - C. Anthropometry
  - D. All answers are correct
  - E. There is no right answer
45. At the initial examination of patients with chronic bronchitis in remission, the doctor asked the patient to perform a breath test at the height of an ordinary breath. Point this test:
- A. Romberg
  - B. \* Shтанге
  - C. Troyanov-Trendelenburg
  - D. Shchetkin-Blumberg
  - E. There is no right answer
46. At the a study of patients 35 years the doctor noticed that epigastric acute angle, the shape of the chest is flat, long legs and neck, narrow shoulders, a winged scapula. What is body- type?
- A. \* Asthenic
  - B. Normostenic
  - C. Hypersthenic
  - D. Neither answer is not correct
  - E. All answers are correct
47. At the examination of patient the doctor measured his height, chest circumference. What a survey conducted doctor?

- A. \* Anthropometry
  - B. Plantography
  - C. pH-metry
  - D. All answers are correct
  - E. There is no right answer
48. At the study of patient A. a doctor discovered the asymmetry: one's shoulders lowered into the left side bottom corner of the blade close to the spine. What was founded?
- A. \* Scoliosis
  - B. Rounded back
  - C. Flat back
  - D. Answers A and B are correct
  - E. There is no right answer
49. A child of 4 years diagnosed with rickets. In the period of acute illness, when the most prominent clinical assigned therapeutic physical culture. The main objectives of physical therapy are:
- A. Normalization of nervous processes
  - B. Improvement of metabolic processes
  - C. Preventing the development of strains
  - D. Increasing of physical development
  - E. \* All answers are correct
50. The girl's 10-year-old diagnosed with lobar pneumonia. The use of antibiotics has made it possible to effectively fight the disease. Intensely to the treatment of acute pneumonia with a broad and early use of therapeutic exercise prevents relapse. Therapeutic exercises for acute pneumonia are performed :
- A. \* immediately after reduce of body's temperature
  - B. in the stage of red hepatization
  - C. in the stage of gray hepatization
  - D. All answers are correct
  - E. There is no right answer
51. A woman, 38 years old diagnosed with diabetes. In the combined treatment doctor prescribed physical therapy. Point this methods:
- A. Exercise therapy is recommended immediately after the introduction of insulin to the patient
  - B. Physiotherapy sessions should not bother
  - C. Required before and after school ill measure the pulse, blood pressure and record the data in the medical history
  - D. \* All answers are correct
  - E. There is no right answer.
52. A woman of 40 years old diagnosed with diabetes. In the combined treatment is given to a specific physical therapy. The main contraindications are:
- A. All severe forms of diabetes
  - B. Fatigue
  - C. Disorders of various organs and systems

- D. \* All answers are correct
  - E. There is no right answer
53. Hypertonic patients of I st. The doctor gave him the general tonic exercise for medium and large muscle groups, the duration of classes 25 minutes. Specify the mistake of doctor?
- A. Lesson duration 20 minutes.
  - B. duration of lesson-25min.
  - C. \* Lesson duration 40-60min.
  - D. Lesson duration 15 minutes.
  - E. there is no right answer.
54. Patient K. of 30 years old, the wound on the lower extremity complicated anaerobic infection. Is the physical therapy indicated in this case?
- A. Indicated immediately after the detection of infection
  - B. Indicated in a few days after the detection of infection
  - C. \* Not indicated
  - D. There is no right answer
  - E. Indicated individually
55. C. The patient had a spinal injury. How many days after the injury the therapeutic exercise are indicated to him?
- A. 1-2 days after injury
  - B. Immediately after injury
  - C. \* 4-5 days after injury
  - D. 2 weeks after injury
  - E. Not indicated
56. Patient L. With chronic osteomyelitis. Displaying surgery. In what period is assigned physical therapy?
- A. Only in the preoperative period
  - B. Only in the postoperative period
  - C. No indicated
  - D. \* In the pre-and postoperative period
  - E. Indicated in the early days before surgery
57. Patient M. found a stomach ulcer. Shows such a patient physiotherapy? If yes, how much it should last?
- A. In any case not indicated
  - B. Indicated within 3 days
  - C. The following 2 months
  - D. \* Indicated at least 2 weeks
  - E. Indicated the day before surgery
58. A patient diagnosed with retinal detachment. How is the proper execution of exercise therapy in this condition?
- A. \* Not done at all
  - B. Held only one session per day.
  - C. Held two sessions a day.
  - D. Conducted three sessions per day.

- E. 2 times a day every 2 days.
- 59.C. The patient due to injury found patella fracture. How many days after the injury appointed movement in ankle and hip joints?
- 2 weeks after the injury
  - One month after the injury
  - Not shown
  - \* 2-3 days after injury
  - 1 year after injury
- 60.A. The patient's wrist fracture. Superimposed cast. Did the physical therapy? If so, how long?
- Not indicated
  - Indicated after the removal of the cast
  - Indicated on 1 month after removal of the dressing
  - \* Indicated on the first days after bandaging
  - Shown in 4 days after bandaging
61. Patient R., 34 years old, diagnosed with neuritis of the facial nerve. The left side of his face slack, his mouth distorted, flabby, broken blinking eyelids, eye gap is not closed, it is not legible. On what date should recommend nervopatolog mimic gymnastics?
- from 2-4 days
  - \* after 6-10 days
  - after 7 days
  - for each individually
  - from 30 days
- 62.A patient of 50 years old with heart failure III St., active rheumatic heart disease, frequent angina. Did the conduct of the patient submaximal loads?
- Indicated
  - \* Contraindicated
  - Partially indicated
  - All answers are correct
  - There is no right answer
- 63.A patient of 54 years after myocardial infarction been sent for medical complex exercise. What is your first doctor do gymnastics?
- \* To carry out the inspection of the patient's medical history
  - Go directly to the exercises
  - Determine the patient's body type
  - There is no right answer
  - All answers are correct
- 64.The patient suffers pneumosclerosis of 55 years. From the history of life - 7 years as a miner. Doctor prescribed the massage the chest and back muscles. For what purpose doctor prescribed massage?
- \* The purpose of treatment
  - For preventive purpose
  - With the diagnostic purpose



- D. There is no right answer
  - E. All answers are correct
- 65.B. The patient is often sick colds. The doctor advised him to conduct water hardening. How appropriate to start hardening?
- A. Start with cold water hydrotherapy
  - B. To begin with warm water hydrotherapy
  - C. First rubdown with a damp towel, then water treatment.
  - D. Dry rubbing, wet wiping, water treatment with cold water
  - E. \* Dry rubbing, wet wiping, water treatment water temperature of 36,0 ° C, with a gradual decrease in temperature
- 66.Patient D.of 40 years suffers from bronchial asthma since childhood. He was assigned to physical therapy procedures. What are the objectives in front of the doctor physical therapy?
- A. Remove bronchospasm, respiratory mechanics normalize
  - B. Normalize lung function, improve the autonomic nervous system
  - C. Increase the body's resistance to adverse environmental conditions
  - D. \*All answers are correct
  - E. A and C answers are correct
- 67.A patient D. expressed intoxication syndrome. There is increased body temperature, respiratory failure. Appoin the TE to this patient?
- A. \* TE is contraindicated
  - B.TE is not contraindicated
  - C. Contraindicated with a pulse of 100 beats. per minute
  - D. Not contraindicated at pulse less than 100 beats per minute
  - E. The correct answers are B and D
- 68.Patient K., 62 years is in the cardiology department of the hospital with a diagnosis of coronary artery disease, acute myocardial infarction, small focal left ventricle. On examination I found the class assigned to the severity of myocardial infarction and three-week rehabilitation program. What is the term assigned to waking up next to the bed?
- A. In one day
  - B. On 2 day
  - C. On 3 day
  - D. On 4 day
  - E. \* on 6-7 day
- 69.Patient P., 58 years old, was brought to the emergency department of neurology. The diagnosis after CT: Ischemic stroke. Right-sided hemiplegia. On which day the doctor – neurologist should recommend medical gymnastic?
- A. \* 2-4
  - B. 6-8
  - C. after 7
  - D. from first day
  - E. strictly individually

70. A patient of 50 years with overweight complains of shortness of breath, fatigue after rapid walking, climbing stairs, decreased performance, a sign of myocardial dystrophy. Will depend on what method of physical therapy for this patient?
- The state of the cardiovascular system
  - The patient's age
  - The degree of adaptability of the patient to physical activity
  - The correct answers are A and B
  - \* All answers are correct
71. Patient D., age 50 suffering from essential hypertension I. Art., In addition to primary therapy appointed set of exercises. What is the goal pursued the doctor, recommending physical therapy?
- improve coronary and peripheral circulation,
  - increase the contractility of the heart muscle,
  - prevent the progression of atherosclerosis,
  - economize activities to reduce the myocardial oxygen demand,
  - \* All of the above is true
72. Patient M of . 50 years, suffered a heart attack, it was recommended the dosage exercise. What forms of physical therapy can be used?
- Classes at the gym
  - Tennis.
  - \* Physiotherapy, morning hygienic gymnastics.
  - Football.
  - Horse Riding.
73. H. The patient, who for 10 years is suffered of hypotension, a cardiologist in addition to the primary therapy appointed breathing exercises that activate the sympathetic-adrenal system (increase in blood pressure, heart rate and increase the rate of absorption of oxygen by tissues). In what part of the respiratory act, the patient should hold their breath?
- at the height of expiration,
  - at the beginning of exhalation
  - \* At the height of inspiration
  - at the beginning of inspiration
  - does not matter.
74. A guy of 20 years old, while playing basketball injured his knee suddenly felt pain in the local area of the joint space, the pain intensified when turning leg, "blockade" (restriction of movement in the knee joint). Diagnosed with a partial tear of the medial meniscus. Your recommendation?
- Operation of removal of the meniscus
  - Waiting game
  - \* Physical therapy in the form of light-weight exercises on the injured extremity
  - A and B answers are correct
  - There is no right answer

75. Schoolboy of 10 years undergoing physical therapy after an injury to the shoulder joint. On the basis of what principle determine dosage of exercise?
- \* The number of exercises are selected individually
  - Amount of exercise is standard for this age
  - The number and duration of exercise should be maximized
  - There is no right answer
  - Therapeutic exercise is not indicated
76. Patient M., 23, complained of pain in the right cheek, swelling, and limitation of mouth opening and chewing dysfunction. General condition is satisfactory, the body temperature normal. In blood: white blood cell count -  $8 \times 10^9 / l$ , ESR - 12 mm / hour. Palpation: swelling of the parotid-chewing of the softening in the center, reddening of the skin. Diagnosed an abscess right cheek area. In outpatient incision is made in the highest fluctuations of the skin, drain the abscess cavity. On the 4th day of the patient's condition is satisfactory. Wound clean. What day of the appointed means of physical rehabilitation as part of a patient's treatment on.
- \* on first day
  - On the 2 day
  - On day 3
  - On the 4 day
  - On the 6-7 day
77. B. The patient, aged 42, on the side of the body fracture of the lower jaw dentition in 3 days ago held Claw immobilization splinting. In the history of a patient's right hand osteoarthritis of the temporomandibular joint. Complete blood count: white blood cell count -  $9 \times 10^9 / l$ , ESR - 15 mm / h, blood pressure - 130/80 mm Hg. Art. For what purpose will be assigned to a massage?
- \* The purpose of treatment
  - From preventive purpose
  - In order of diagnostic
  - There is no right answer
  - All answers are correct
78. The patient is receiving treatment for cellulitis left parotid-chewing area. Made an incision in the left submandibular region. The patient's condition is satisfactory. Complete blood count: white blood cell count -  $9.0 \times 10^9 / l$ , ESR - 10 mm / h, body temperature -  $36,8^\circ C$ . The wound is covered with a layer of granulation, is exempt from drainage. What is the proper technique of the massage should be given to patients?
- Active massage
  - Moderate massage
  - \* Surface massage
  - The correct answers are A and B
  - The correct answer are B and C

79. Patient T., aged 25, complained of pain in the right cheek, the appearance of swelling, limitation of mouth opening and chewing dysfunction. General condition is satisfactory, the body temperature normal. Complete blood count: white blood cell count -  $8 \times 10^9 / l$ , ESR - 12 mm / hour. Palpation: swelling of the parotid-chewing of the softening in the center, reddening of the skin. Abscess diagnosed right cheek area. In outpatient incision is made in the highest fluctuations of the skin and drain the abscess cavity. On the 4th day of the patient's condition is satisfactory. Wound clean. Did the assignment of risk factors in the complex treatment of the patient?
- A. \* Results
  - B. Contraindicated
  - C. Partially indicated
  - D. All answers are correct
  - E. There is no right answer
80. In the hospital for treatment of the patient is about cellulitis submandibular triangle. Phlegmon disclosed wound drained. The patient's condition is satisfactory. Complete blood count: white blood cell count -  $8.0 \times 10^9 / l$ , ESR - 10 mm / hour. The body temperature is normal. Below shows the massage?
- A. indicated
  - B. \* Contraindicated
  - C. Partially indicated
  - D. All answers are correct
  - E. There is no right answer