

Physical Education and Health
(elective course)

Methodical instructions for self-study of
VI year students majoring in 222 " General Medicine "

MINISTRY OF HEALTH OF UKRAINE

Kharkiv National Medical University

Department of Physical Education and Health

METHODOLOGICAL INSTRUCTIONS

INDEPENDENT TRAINING IN THE DISCIPLINE

**„Physical Education and Health”
for 6th year students
majoring in 222 «*General Medicine*»**

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Methodical instructions for independent training in the discipline "Physical Education and Health" for sixth-year students in the specialty 222 "General Medicine" Ukrainian language Cf.: Ph.D. from phys. out Shuteev VV etc. - 33 pages.

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Topic 1

History of the origin and development of football in the world and Ukraine. Ukrainian football at the present stage. Ukrainian and foreign football clubs.

(10 hours)

Topicality. Football as a means of forming the need for a healthy lifestyle. Football is not just a means of physical culture, but a means of influencing the personality, the formation of the most significant personality traits - collectivism, discipline, the ability to subordinate their own interests to the interests of the team and the need for a healthy lifestyle.

Purpose. To acquaint students with the history of development, the current state of football in the world and in Ukraine.

Tasks for independent work in preparation for the lesson

Theoretical questions

1. Football as a means of forming the need for a healthy lifestyle.
2. The history of football in the world.
3. Development of football in Ukraine.
4. Ukrainian football at the present stage.
5. Well-known Ukrainian and foreign clubs.

Test tasks

1. In football, the starting lineup is?
A. 7 players;
B. 11 players;
C. 9 players;
D. 25 players.
2. In what year was the World Cup held for the first time?
A. In 1895;
B. In 1863;
C. In 1930,
D. In 1939.
3. Which country is considered the homeland of football?
A. Spain;
B. Holland;
C. England;

D. Germany.

4. When did Dynamo Kyiv become European champions?

A. 1960;

B. 1986;

C. 1975;

D. 1990.

5. In what country was the game of football in its modern form?

A. In England;

B. In America;

C In Brazil;

D In Ukraine.

6. When was football included in the program of the Olympic Games "?"

A. In 1908;

B. In 1926;

C. In 1896;

D In 1912.

7. Which club's players were not included in the national team of Ukraine during Euro 2012?

A. "Karpaty";

B. "Dynamo";

C. "Shakhtar";

D. "Vorskla".

8. Who was the author of the first goal of the national team of Ukraine in final of the European Football Championship?

A. Andriy Shevchenko;

B. Oleksandr Shovkovsky;

C. Andriy Yarmolenko;

D. Roman Yaremchuk.

9. Which national team became the first world football champion?

A. Uruguay;

B. Brazil;

C. Italy;

D. England.

10. In what year was the popular personal prize for the best football player in Europe, the Golden Ball, founded?

- A In 1956;*
- B. In 1960;*
- C. In 1964,*
- D. In 1968.*

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Topic 2

The concept of game technique. Basic rules of the game. Rules of football competitions.

(10 hours)

Topicality. Playing football is most conducive to the versatile physical development of the athlete, but at the same time makes extremely high demands on his cardiovascular system, neuromuscular system, to all aspects of his psyche: perception, attention, memory, thinking to volitional and moral qualities. The game situation is constantly changing, the constant struggle for the ball is combined with a variety of movements and technical and tactical actions.

Purpose To form the concept of the technique of playing football, to get acquainted with the rules of playing football.

Tasks for independent work in preparation for the lesson

Theoretical questions

1. Physical training of a football player.
2. Features of football technique.
3. Footballer training techniques.
4. Basic rules of football.
5. Rules of football competitions.

Test tasks

1. Is it football?
A. Team game;
B. Individual game;
C. One against all;
D. All against all.
2. What is the name of any deceptive maneuver in football?
A. Double;
B. Shake;
C. Slam;
D. Feint.
3. What is the name of the ball coming out of the sideline?
A. Out;
B. Corner;
C. Penalty;
D. Goal.
4. How long is a football match?
A. 22 min;
B. 12 min;
C. 45 min;
D. 90 min.
5. When does the game end?
A. When 90 minutes end;
B. When the final whistle of the referee is heard;
C. When the team is tired;
D. When the audience was tired.

6. Which of the team's players has the right to play with their hands?

- A. Captain;
- B. Goalkeeper;
- C. Coach;
- D. Attacker.

7. From what distance is the penalty taken?

- A. 11 m;
- B. 10 m;
- C. 8 m;
- D. 5 m.

8. What is a free kick in football for?

- A. For conversations;
- B. For hand play;
- C. For the game with the head;
- D. For rude behavior.

9. Offside - is it?

- A. Offside;
- B. Corner;
- C. The ball went out of bounds;
- D. The ball hit the referee.

10. Is the break time between the first and second half?

- A. 10 min;
- B. 15 min;
- C 20 min;
- D. 45 min

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Topic 3

Rules for injury prevention in football lessons and competitions. Body hygiene, clothing, fitness, daily routine. Rational nutrition of athletes - football players. (10 years)

Topicality. Football is one of the most traumatic games, all because it is a contact sport. For most players, injuries are as common as goals scored or red cards. Every player who goes on the field, one way or another, risks injury. As in most other professional sports, nutrition is an important and crucial part of training a football player. For the normal functioning of the body of football players you need to follow the hygiene of body and clothing, follow the daily routine. The organization of nutrition should take into account the recommendations of the Institute of Nutrition, which are based on the principles of balanced nutrition.

Purpose. To acquaint students with the rules of injury prevention in classes and competitions in football, body hygiene, clothing, sportswear, daily routine, nutrition of athletes.

Tasks for independent work in preparation for the lesson

Theoretical questions

1. Rules of injury prevention in football classes and competitions.
2. Hygiene of body, clothes, sports form.
3. Adherence to the daily routine.
4. Rational nutrition of athletes - football players.
5. What should you look for to prevent injuries?

Test tasks

1. Which athletes are allowed to compete?

- A. Who underwent a medical examination by a doctor;*
- B. Permitted by the parents;*
- C. Permitted by the arbitrator;*
- D. As allowed by the audience.*

2. What situations lead to injuries while playing football?

- A. Running with a stop to open or get the ball;*
- B. When passing the ball to a player on the team;*
- C. Jump through a lying player;*
- D. Collision with a player while running.*

3. In what form are footballers allowed to compete?

- A. In any clothes and sports shoes;*
- B. In sportswear without sports shoes;*
- C. In sportswear and sports shoes;*
- D. In any clothes and any shoes.*

4. What are the actions for dislocation?

- A. Make a fixing bandage;*
- B. Apply the tire;*
- C. Give complete rest;*
- D. Send to the hospital.*

5. What are the external causes that most often lead to sports injuries?

- A. Disadvantages in the organization and conduct of sports training and competitions;*
- B. Insufficient training of the athlete;*
- C. Unsatisfactory control over the athlete's health;*
- D. Poor accounting of training.*

6. What types of injuries and post-traumatic changes of internal organs in football players are most common?

- A. Breaks;*
- B. Bruises and concussions;*
- C. Separations;*
- D. Hemorrhages in the ligamentous apparatus of organs.*

7. Indicate what science studies "hygiene?"

- A. The effect of physical activity on the human body;*
- B. The impact of the environment on the human body;*
- C. The effect of drugs on the human body;*

D. The effect of vitamins on human health.

8. Do footballers need to follow a daily routine?

A. Need;

B. Not necessarily adhere to;

C. Partially adhere to;

D. The daily routine is optional.

9. What is a balanced diet?

A. Food without salt and sugar;

B. Eating only your favorite foods;

C. Properly organized food;

D Dietary food.

10. What does nutrition mean?

A. Eating less food;

B. Eating more food;

C. Balanced nutrition;

D. Energy balance.

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Topic 4

General and special physical training in football. The importance of general and special physical training in football. (10 hours)

Topicality. General physical training provides full physical development and comprehensive physical fitness of novice players. It is a process aimed at developing basic physical qualities and improving vital motor skills. Special physical training is a process of purposeful development of physical qualities and functional capabilities of those involved, which is carried out in accordance with the specifics of football and ensures the achievement of high sports results.

Purpose. To acquaint students with general and special physical training in football, to explain the importance of general and special physical training in football.

Tasks for independent work in preparation for the lesson

Theoretical questions

1. General physical training in football.
2. Special physical training in football.
3. The value of general physical training.
4. The value of special physical training.
5. The impact of physical training on players.

Test tasks

1. What tasks does general physical training solve?
A. Is the foundation for special physical training;
B. It is not a necessary training for athletes;
C. Increases the general working capacity;
D. No general training is required.
2. What tasks do independent classes solve?
A. General development and strengthening of the human body;
B. Maintaining health;
C. Improvement of equipment;
D. Improve general and special physical training.

3. What exercises are used to develop general physical training?
A. Exercises with weights of the weight of the body (pull-ups, push-ups);
B. Exercises with weighting objects (exercise machines, dumbbells);
C. Exercises with a gradual increase in the amplitude of movements in all joints;
D. Exercises with a gradual decrease in the amplitude of movements in all joints.

4. What exercises are used to develop general physical training?
A. Running with acceleration on segments of 10-30 meters;
B. Slow running for 10-30 meters;
C. Stretching exercises;
D. Exercises with weighting objects (exercise machines, dumbbells).

5. What methods of exercise exist in the practice of physical training?
A. Active and passive;
B. Continuous and intermittent;
C. Education of physical qualities;
D. Visual.

6. What are the means of physical training?
A. General development and athletics exercises;
B. Active and passive exercises, single-phase and elastic exercises;
C. Strength static and dynamic, exercises on simulators;
D. Swinging and fixed movements, exercises with weights and with your own body weight.

7. What are the causes of postural disorders?
A. Improper nutrition;
B. Congenital anomalies, pathologies due to injuries, general physical weakness;
C. Irregular exercise classes;
D. Violations are professional and acquired as a result of deficiencies in education.

8. What are the types of physical training?
A. General, special;
B. General, basic;
C. Auxiliary, special;
D. Reaction, acquired.

9. What are the means of general physical training?

A. SLE, mobile and sports games, running;

B. Exercises on special shells;

C. Exercises for coordination;

D. Lifting heavy objects.

10. What are physical qualities?

A. Some manifestations of physical abilities;

B. Special counteractions;

C. Complex of general activity;

D. Means of providing movements.

Literature:

1. Keller VS Theoretical and methodical bases of preparation of sportsmen / Keller VS, Platonov VM - L.: Ukrainian sports Association, 1992. - 269 p.

2. Petrov OP Methods of teaching football: a textbook. - Kamyanyets-Podilsky: Kamyanyets-Podilsky State University, Editorial and Publishing Department, 2006. - 128 pp.

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Topic 5
Features of ZFP and SFP, characteristics of means for the
development of physical qualities (strength, speed and speed-
power, agility, endurance, flexibility) in football.

(10 hours)

Topicality. ZFP football player is provided with general developmental exercises and exercises in other sports: athletics, gymnastics, skiing, swimming, etc. With the help of these exercises the comprehensive development of motor and speed-power qualities is achieved, endurance and general training of football players is strengthened. SFP is built taking into account the peculiarities of the player's playing activities and includes exercises that will promote the development of special qualities of the player. In the practice of training players, agility, strength, speed, speed and strength qualities, endurance and flexibility are especially emphasized.

Purpose. To acquaint students with the features of ZFP and SFP, the characteristics of the means for the development of physical qualities: strength, speed and speed-power, agility, endurance, flexibility in football.

Tasks for independent work
in preparation for the lesson

Theoretical questions

1. Features of general physical training.
2. Features of special physical training.
3. Means for the development of physical qualities.
4. Force characteristic.
5. Characteristics of speed qualities.
6. Characteristics of speed and power qualities.
7. Dexterity characteristics.
8. Characteristics of endurance.
9. Flexibility characteristics.

Test tasks

1. What tasks does general physical training solve?
A. Is the foundation for physical training;
B. It is not a necessary training for athletes;
C. Increases the general working capacity;
D. No general training is required.

2. What are the types of physical training?
A. General, special;

- B. General, basic;*
- C. Auxiliary, special;*
- D. Reaction, acquired.*

3. What does not apply to the physical qualities of man?

- A. Endurance*
- B. Force*
- C. Slowness*
- D. Flexibility*

4. Strength is

- A. The ability of a person to perform actions with certain muscle tensions*
- B. A person's ability to perform work for a long time without reducing power*
- C. The ability of a person to perform motor actions in the minimum for these conditions period of time*
- D. The ability of a person to perform motor actions with the required amplitude of movements.*

5. What force forces differ depending on the "force-velocity-mass" relationship?

- A. Isometric;*
- B. Static;*
- C. Actually power;*
- D. Speed-power.*

6. What is meant by TMFV under the term "speed"?

- A. Increased speed of high-speed muscle fibers;*
- B. Physical quality of the person uniting a complex of its functional properties providing performance of motor actions in the minimum time;*
- C. The ability of man to respond urgently to stimuli and to high speeds of movement performed in the absence of significant external resistance,*
- D. The specific ability of man to motor actions.*

7. What is meant by dexterity?

- A. The reaction of the human body;*
- B. Physical quality of the person uniting a complex of its functional properties providing performance of motor actions in the minimum time;*
- C. A person's ability to quickly learn new motor actions and quickly restructure motor actions in accordance with constantly changing circumstances;*

D. It is a component of human coordination abilities, which also includes the ability to balance, orient in space, sense of rhythm, and arbitrary muscle relaxation.

8. What is meant by endurance?

A. The reaction of the human body to physical work;

B. Physical quality of the person uniting a complex of its functional properties providing performance of motor actions in the minimum time;

C. Ability to resist fatigue in any activity;

D. A component of a person's physical abilities, which also includes the ability to balance, orient in space, feel the rhythm, and relax the muscles at will.

9. What are the main tasks in endurance development?

A. Strength training;

B. Increased aerobic capacity;

C. Education of purposefulness;

D. Increased anaerobic capacity.

10. What is meant by the concept of flexibility?

A. The reaction of the human body to physical work;

B. Physical quality of the person uniting a complex of its functional properties providing performance of motor actions in the minimum time;

C. Ability to resist fatigue in any activity;

D. Morphofunctional properties of the musculoskeletal system, which determine the degree of mobility of its parts.

Literature:

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2. Petrov OP Methods of teaching football: a textbook. - Kamyanets-Podilsky: Kamyanets-Podilsky State University, Editorial and Publishing Department, 2006. - 128 pp.

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Topic 6

Varieties of techniques in football.

(10 hours)

Topicality. Speed and reliability, simplicity and efficiency - these are the requirements of today for the use of techniques in football. Techniques are the means of conducting the game. The ability of a football player to fully master all the many of these tools, how skillfully and effectively uses them within the rules to solve specific tactical tasks in a variety of game conditions, in the face of opposing players, and often in progressive fatigue, largely depends on the possibility achieving high sports results. Skillful mastery of technology is an integral part of the comprehensive training and harmonious development of football players.

Purpose. Introduce students to the types of techniques in football.

Tasks for independent work in preparation for the lesson

Theoretical questions

1. The concept of techniques in football.
2. Classification of techniques.
3. Field player technique.
4. Goalkeeper technique

Test tasks

1. What are the techniques?
 - A. *Game controls.*
 - B. *Methods of playing.*
 - C. *Game planning.*
 - D. *Arsenal of special techniques.*

2. What are the two major groups of techniques?
 - A. For field players and goalkeeper;*
 - B. For referees and coaches;*
 - C. For coach and goalkeeper;*
 - D. For goalkeeper and referee.*

3. What is not included in the classification of techniques?
 - A. Sections;*
 - B. Subdivisions;*
 - C. Groups;*
 - D. Subgroups.*

4. What is included in the footballer's movement technique?
 - A. Run;*
 - B. Jumps;*
 - C. Stops;*
 - D. Push-ups.*

5. What is included in the goalkeeper's technique?
 - A. Catching;*
 - B. Reflection;*
 - C. Push-ups;*
 - D. Squatting.*

6. What is the main means of transportation in football?
 - A. Jumps;*
 - B. Run;*
 - C. Walking;*
 - D. Turns.*

7. What is an effective way to change the direction of movement?
 - A. Jumps;*
 - B. Turn;*
 - C. Stop;*
 - D. Fall.*

8. What part of the body cannot an outfielder hit the ball?
 - A. Head;*
 - B. Foot;*
 - C. By hand;*

D. Back.

9. In football, the starting lineup is:

A. 9;

B. 12;

C 6;

D 11.

10. How many halves in football?

A. 2 halves;

B. 4 halves;

C. 6 halves;

D. 1 half.

Literature:

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Topic 7

The importance of technique and tactics in football. (10 hours)

Topicality. In a football game, tactics and technique are closely intertwined. The technique serves as a means of implementing the tactical plans of the player. Only excellent technical training allows you to apply a variety of tactical actions. Tactics - the most important factor, which with equal performance in physical, technical and moral and volitional training of two teams ensures the victory of one of them. The main thing in tactics is to determine the optimal means, methods and forms of attackers and defensive actions that can ensure the achievement of the goal.

Purpose. Explain to students the importance of technique and tactics in football.

Tasks for independent work in preparation for the lesson

Theoretical questions

1. The concept of technology in football.
2. The concept of tactics in football.
3. The value of technology in football.
4. The value of tactics in football.

Test tasks

1. In football, the "Out of Play" position is:
A. The player is on the same level with the penultimate player of the opposing team;
B. The player is in his own half of the field;
C. The player is closer to the opponent's goal line between the ball and the penultimate player;
D. The player is out.
2. What are the ways to drive the ball?
A. In an arc;
B. Hand;
C. Snake;
D. In a spiral.
3. What part of the body can be used to juggle a soccer ball?
A. Foot;

- B. By hand;*
- C. Thigh;*
- D. Head.*

4. Will a goal be scored if it has been scored in the opponent's goal directly from the initial shot?

- A. So;*
- B. No;*
- C. For consideration by judges;*
- D. For consideration by the coach.*

5. What elements are included in the technique of playing football?

- A. Balls on the ball, passing the ball, driving the ball, stopping the ball;*
- B. Blows, rolls, handstand;*
- C. Blows, passes, passing the ball, stopping the ball;*
- D. Blows on the ball, standing on his hands, carrying the ball.*

6. What provisions in football are standard?

- A. Corner;*
- B. Penal;*
- C. Throwing;*
- D. Balling with a stroke, juggling.*

7. What are the tactics of the game?

- A. Execution of part of the tasks by several partner players;*
- B. Interaction of all players in achieving team goals;*
- C. Thoughtful application of technically performed game techniques;*
- D. Ability to withstand player fatigue.*

8. What is the technique related to the goalkeeper's technique in football?

- A. Introducing the ball into the game by hand;*
- B. Kicking the ball;*
- C. Stopping the ball with the head;*
- D. Ball juggling.*

9. Field players are entitled to:

- A. Control the ball, hold the ball in your hands for more than 6 seconds;*
- B. Control the ball, hold the ball in your hands for more than 12 seconds;*
- C. Perform kicks, blows to the head;*
- D. Block the opponent with three players at the same time, perform strikes on the ball.*

10. Technique of movement on the football field:

A. Running, jumping, stopping, hitting;

B. Running, jumping, squats, turns;

C. Jumps, turns, squats, somersaults;

D. Driving, joints on the head, blows.

Literature:

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Topic 8

The value of technical and tactical training at the stages of many years of training in football.

(10 hours)

Topicality. Technical and tactical training is a complex pedagogical process aimed at achieving effective application of techniques against the background of constant changes in the situation through tactical actions as a rational form of

organizing the activities of football players to win over the opponent. It contains four approximately equal in duration stages in the first stage: initial training, preliminary basic training, specialized basic training, preparation for higher achievements. In the second stage of long-term training there are three stages: maximum realization of individual capabilities, preservation of achievements and gradual reduction of results. This position is clearly adhered to by experts who have developed the construction of long-term training of the athlete.

Purpose. To acquaint students with the importance of technical and tactical training at the stages of long-term training in football.

Tasks for independent work in preparation for the lesson

Theoretical questions

1. The concept of technical and tactical training.
2. Stages of long-term preparation.
3. Stages of long-term preparation.
4. The value of technical training at the stages of long-term training.
5. The value of tactical training at the stages of long-term training.

Test tasks

1. What is technical training?
A. Mastering the techniques of the game;
B. Audible and visual alarms;
C Using the most complex movements;
D. Preparatory exercises.
2. What is tactical training?
A. Individual actions of players;
B. Rational use of techniques depending on game situations;
C. Maximum manifestation of initiative;
D. Ability to score goals.
3. What are the tactics of the game?
A. Execution of part of the tasks by several partner players;
B. Interaction of all players in achieving team goals;
C. Thoughtful application of technically performed game techniques;
D. Ability to withstand player fatigue.
4. What is the technique related to the goalkeeper's technique in football?

- A. Introducing the ball into the game by hand;*
- B. Kicking the ball;*
- C. Stopping the ball with the head;*
- D. Juggling the ball.*

5. How many stages of long-term training in football?

- A. 1;*
- B. 2;*
- C. 4;*
- D. 7.*

6. How many stages are divided into many years of training?

- A. 2;*
- B. 3;*
- C. 4;*
- D. 7.*

7. At what stage of long-term training is the basis for further mastery of sports skills laid?

- A. Initial training;*
- B. Preliminary basic training;*
- C. Specialized basic training;*
- D. Preparation for higher achievements.*

8. Is the beginning of the game considered?

- A. Throwing the ball from the side line;*
- B. Correctly executed blow from the center of the field;*
- C. Goal kick;*
- D. Corner kick.*

9. The outfielder's technique includes:

- A. Balls, driving, stopping;*
- B. Ball selection, distractions (feints);*
- C. Throwing the ball across the sideline;*
- D. Bouncing the ball with your hands.*

10. Goalkeeper's technique:

- A. Bouncing the ball;*
- B. Catching the ball;*
- C. Throwing the ball, transferring the ball;*
- D. Squats, headstand.*

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Topic 9

Organization and holding of football competitions. Behavior during competitions. (10 hours)

Topicality. Competitions are a distinctive feature of sports and are the most important component of the training system for athletes and a reference point for building sports training. The competition summarizes the training, educational and organizational work of the coach and the whole team. The organization of football competitions provides for their planning, preparation of assets (referees), preparation of competition venues, material, financial and medical support. The order of the competition is clear management of the competition process. The quality of the competition depends on the behavior of the organizers and judges, as well as participants, their parents, spectators and fans.

Purpose. To acquaint students with the organization and holding of competitions in football, behavior during competitions.

Tasks for independent work in preparation for the lesson

Theoretical questions

1. Organization of competitions.
2. Stages in the organization of competitions.
3. Conducting competitions.
4. Rules of conduct during competitions.

Test tasks

1. How many stages in the organization of competitions?
A. 2;
B. 3;
C. 4;
D. 5.
2. The competition is:
A. Summarizing the results of training, educational, organizational work;
B. Encouragement of physical culture and sports;
C. The effectiveness of psychological training;
D. A means of conducting the game.
3. How is a dangerous game punished?
A. 7 meter blow;
B. Free kick;
C. 11-meter kick;
D. Corner kick.
4. Specify the size of the football field?
A. 110-75 m Wheelbase;
B. 80-40 m;
C. 60-30 m;
D. 70-45 m.
5. What are the rules of the competition?
A. This is a document that clearly defines the conditions of competition;
B. Calendar of competitions;
C. Competition drawing systems;

D. Regulations of the competition.

6. What determines the regulations of the competition?

A. Age categories of athletes;

B. The structure of the competition calendar;

C. Purpose and objectives, place and date, management, requirements for participants, program, determination of winners, financial costs, forms of documents;

D. Agenda of the athlete.

7. What is the shape of the ball and its weight?

A. Round, weight 396-457 g;

B. Round, weight 600-650 g;

C. Spherical, weight 400-450 g;

D. Oval, weight 200-300 g.

8. Why is a player given a yellow card?

A. For a goal at the goal;

B. For violating the rules;

C. For not hitting the ball into the goal;

D. For hitting the ball to the referee.

9. How long is a half in football?

A. 20 min;

B. 45 min;

C. 60 min;

D. 70 min

10. How many times can players be replaced while playing football?

A. Unlimited;

B. 3;

C. 5;

D. 7

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Topic 10 **Football refereeing. Gestures of judges. Basic concepts of arbitration.** **(10 hours)**

Topicality. Effective refereeing of highly qualified referees creates important and necessary conditions for improving the level of skill of football players, as their improvement is possible only in conditions of adequate sports competition, and the quality of arbitration should not conflict with the Rules of the Game. Football arbitration presupposes the possession of stable special skills of the refereeing profession and acquires special significance, as it is based on the subjective personal assessment of the referees of various game situations that arise on the field.

Purpose. To acquaint students with refereeing in football, gestures of referees during the game, basic concepts of arbitration.

Tasks for independent work **in preparation for the lesson**

Theoretical questions

1. The concept of refereeing in football.
2. Judge's signals and gestures.

3. Gestures of the referee on the field.
4. Basic concepts of arbitration.
5. Powers of the arbitrator.

Test tasks

1. Is the judge's decision subject to appeal?
A. Not subject;
B. Subject;
C. Both answer options;
D. The judge does not make any decisions at all.
2. How many referees does a football match (FIFA) serve?
A. 3;
B. 2;
C. 5;
D. 1.
3. The person who controls the rules of the game:
A. Observer;
B. Judge;
C. Expert;
D. Coach.
4. The duration of the game during the competition is:
A. 90 minutes - 2 halves of 45 minutes each;
B. 120 minutes - 2 halves of 60 minutes each;
C. 40 minutes - 2 halves of 20 minutes each;
D. 50 minutes - 2 halves of 25 minutes.
5. What should a referee do when entering the field before the game starts?
A. Draw between the captains of both teams;
B. Show yellow cards to the captains of both teams;
C. Give a sound signal;
D. Make comments to the audience.
6. From what place should the referee award a free kick if he has stopped the game due to the player's incorrect exit to the court?
A. From where the ball was when the game stopped;
B. From the middle of the field;
C. From the goal of the opposing team;
D. From the place where the referee was at that time.

7. Can a player continue the game if he has received a red card from the referee?
A. So can continue the game;
B. No can't continue the game;
C. Maybe if the coach allows him to continue the game;
D. If there is no one to replace him in the team, he can continue the game.
8. In which violations of the rules of the game the player is assigned a yellow card?
A. Systematically violates the rules of the game;
B. Words or gestures express dissatisfaction with the judge's decision;
C. Guilty of rude behavior;
D. Serious violation of the rules.
9. Judge's decision/
A. Always discussed with the FIFA president;
B. Is final and is not viewed during the game;
C. They are not final and are reviewed during the game;
D. Always discussed with coaches.
10. The main referee is assisted in the match by:
A. Doctors;
B. Assistant arbitrators;
C. Additional assistant arbitrators;
D. Fans.

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