

Interview questions for international applicants applying on a paid basis to the Academy of Physical Culture and Mass Sports by educational program groups for the 2025–2026 academic year.

B055 – «Training of Physical Education Teachers»

(for graduates of general secondary schools, as well as for graduates of technical and vocational or post-secondary education institutions)

1. Give a definition of physical education.
2. Name the main means of physical education.
3. What is included in the structure of a physical education lesson?
4. What tasks does physical education solve at school?
5. What teaching methods are used in physical education lessons?
6. What is a physical quality? Name the main physical qualities.
7. Give examples of exercises for developing endurance.
8. What is physical activity and how is it measured?
9. How to organize a warm-up before the main part of the lesson?
10. Which games develop agility?
11. What is sports training?
12. Name the principles of sports training.
13. What does the term "load" mean in the training process?
14. Explain the concept of "recovery" in sports.
15. What stages does athlete preparation include?
16. What is the difference between general physical training (GPT) and special physical training (SPT)?
17. What is planning in the training process?
18. What tools are used to develop strength?
19. How is an athlete's physical condition monitored?
20. What are technique and tactics in sports?
21. What hygiene requirements apply to a sports hall?
22. Why is it important to follow a daily routine when doing sports?
23. What personal hygiene rules should an athlete follow?
24. What is overfatigue and how can it be avoided?
25. How does lack of sleep affect athletic performance?
26. Name harmful habits that hinder physical development.
27. How to choose the right sportswear for training?
28. What sanitary standards must be observed during outdoor lessons?
29. What is tempering and why is it needed?
30. Name ways to prevent injuries in PE classes.
31. How many players are on a volleyball team?
32. Name the rules for serving in table tennis.
33. What does the "offside" rule mean in football?
34. What basic techniques are used in basketball?
35. Name the main types of track and field events.

36. What skills does swimming develop?
37. What is safety technique in sports games?
38. How is the winner determined in track and field competitions?
39. What are the features of organizing relay games in primary school?
40. How to conduct a movement game with children in PE class?
41. How does the teaching methodology differ in primary and secondary school?
42. What are the features of organizing movement games in lessons?
43. What is included in teacher preparation for a lesson?
44. How to prepare a lesson plan for physical education?
45. How is control and assessment carried out in PE classes?
46. What criteria are used to assess students' physical fitness?
47. Name the types of physical education lessons.
48. What exercises are used to develop coordination?
49. How to develop a morning exercise routine for younger students?
50. What measures should be taken when organizing a lesson outdoors in winter?

B098 – «Sport»

(for graduates of general secondary schools, as well as for graduates of technical and vocational or post-secondary education institutions)

1. What is sport and what are its main functions in society?
2. Name the main types of sport.
3. What does the sports training system include?
4. Explain the concept of the "training process."
5. Name the stages of an athlete's long-term preparation.
6. What does the term "physical training" mean?
7. What is the difference between general physical training and special physical training?
8. What is sports specialization?
9. What principles underlie sports training?
10. What does the technique of sports exercises include?
11. What is tactics in sport?
12. Explain the concept of "load" and its types.
13. What is supercompensation?
14. What does recovery after a load involve?
15. What are the signs of overtraining in an athlete?
16. Name the main means of recovery.
17. What means are used to develop strength?
18. What exercises are used to develop endurance?
19. What is movement coordination and how is it developed?

20. What does the methodology of learning motor skills include?
21. What are the stages of learning sports exercises?
22. Name the main training methods.
23. What is pedagogical control in sport?
24. Name the main forms of sports competitions.
25. How is the training microcycle planned?
26. What does athlete preparation for competitions include?
27. What is the role of warm-up and cool-down in training?
28. How to create a training plan for track and field?
29. Name the biomechanical features of running.
30. What is the difference between aerobic and anaerobic exercise?
31. Which muscles are worked during pull-ups?
32. Name types of sports injuries and ways to prevent them.
33. What is sports medicine and what are its tasks?
34. What hygiene requirements apply to sports halls?
35. How to properly organize outdoor training in winter?
36. What nutrition norms are recommended for athletes?
37. Name the psychological qualities required for athletes.
38. What is willpower training in sports?
39. How does motivation influence sports performance?
40. Name the main principles of sports ethics.
41. What are anti-doping regulations?
42. What competencies should a sports coach have?
43. Name types of sports documentation.
44. What are the features of training with children?
45. What are the features of women's sports?
46. How do coaches and athletes interact during training?
47. Name the features of individual and team sports.
48. What types of control are used in the training process?
49. What is sports management?
50. What employment opportunities does the "Sport" field open up?