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P.I. Novitski, T.P. Begidova

**SPECIAL OLYMPICS
MOVEMENT FOR PERSONS
WITH INTELLECTUAL
DISABILITIES**

Collection of test tasks

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Authors: Associate Professor of the Department of Physical Culture and Sports Medicine, Ph.D., Chairperson of the public association “Vitebsk Youth Club for Adaptive Physical Education and Sport” **P.I. Novitski**; Head of the Department of Theory and Methodology of Gymnastics and Adaptive Physical Education of Voronezh State Institute of Physical Culture, Candidate of Pedagogical Sciences, Professor, Member of the Board of Leaders of Special Olympics Europe/Eurasia **T.P. Begidova**

Translation:

Senior lecturer of the Department of Germanic Philology
Vitebsk State University named after P.M. Masherov *E.V. Ershova*

R e v i e w e r s :

Associate Professor of the Department of Speech Therapy at the Institute of Inclusive Education of the Belarusian State Pedagogical University named after M. Tank, Executive Director of the NGO “Committee of the Special Olympiad of Belarus”, Candidate of Pedagogical Sciences *L.V. Tabolina*;
Associate Professor of the Department of Germanic Philology,
Vitebsk State University named after P.M. Masherov, Ph.D. *N.F. Khomuskova*

Novitski, P.I.

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INTRODUCTION

The challenges facing higher education today are, on the one hand, its mass character, and on the other, the emergence and expansion of activities that place increased demands on the skills of graduates and young professionals.

The emergence at the universities of the Republic of Belarus of a new specialty 1-08-80-04 Physical culture and sports for Master's degree with the specialization "Pedagogical activity in health-improving and adaptive physical culture" is associated with the urgent need for the specialists in this field, who are capable of carrying out research; design and analytical; innovative; organizational and managerial; sports; health and fitness; scientific-pedagogical and educational-methodical activities. The training of masters accelerates the introduction of innovative transformations in sports and physical culture and health-improving work with various groups of the population, including those with disabilities.

The Special Olympics Movement, as a social phenomenon, has acquired a worldwide character, embracing millions of people with intellectual disabilities through training and competitive activities, in almost all of the most cultivated and popular sports in society.

The relevance of studying the theory and practice of sports movements among people with special needs, including those with intellectual disabilities, is due to both the continuing growth in the number of people with disabilities and their increasingly widespread active inclusion in all spheres of society (including physical culture and sports), requiring an increase in the number of trained practitioners.

The main objectives of teaching the discipline "Special Olympics Movement for Persons with Intellectual Disabilities" are to form students' knowledge about the modern Special Olympic Movement, basic organizational and methodological competencies, as well as adequate attitude towards people with disabilities, their rights and needs in active physical, health and sports activities.

This compendium includes tests for the main sections of the discipline. The answers to the test questions at the end of the book enable the students to control their knowledge in the process of independent preparation for seminars and exams.

Presented tests can be used by teachers to control students' knowledge in the form of written assignments at seminars, organizing testing through the CDS system - in a computer lab or remotely.

The authors express gratitude to the Executive Director of the "Special Olympics Committee of Belarus" Tabolina L.V. for constructive consultations and information about the special Olympic movement in Belarus.

**Topic: SPECIAL OLYMPICS:
IN THE BEGINNING, TODAY, IN THE FUTURE**

1. Physical education for persons with functional disabilities originates from Sweden and Germany. Its “father” is considered ...

- A) Per Henrik Ling
- B) Charles Londe
- C) Pierre de Coubertin
- D) Ludwig Guttman

2. In July ... the opening of the first Stoke Mandeville Games for paralyzed people took place, which became the prototype of the Paralympic Games. On the same day, the Olympic Games opened in London. This coincidence pushed L. Guttman to the idea of holding, in parallel with the Olympic Games, international games for paralyzed people. Therefore ... is considered the birth year of the Paralympic competition.

- A) 1948
- B) 1960
- C) 1924
- D) 1980

3. IX Stoke-Mandeville Games, in which 400 wheelchair athletes from 23 countries competed, took place in ... in Rome and are considered the first official Paralympic Games.

- A) 1948
- B) 1980
- C) 1960
- D) 1957

4. In ..., for the first time at the Paralympic Games, 103 participants were represented by the sports delegation of the Union of Soviet Socialist Republics (USSR).

- A) 1988
- B) 1960
- C) 1934
- D) 1970

5. The Paralympic Committee of the Republic of Belarus, registered by the Ministry of Justice of the Republic of Belarus, and the beginning of its activity in the republic dates back to ...

- A) 1996
- B) 1960
- C) 1980
- D) 1999

6. What comes first in Paralympic competitions for their participants

- A) victory
- B) participation in the competition
- C) attracting public attention
- D) demonstration of sports equipment

7. What comes first in Special Olympics competitions for their participants

- A) attracting public attention
- B) participation in the competition
- C) demonstration of sports equipment
- D) victory

8. Social adaptation is -

A) the development of social and cultural experience, preparation for an independent life in society, active participation in various types of useful activities, as well as a system of values, attitudes, knowledge and skills, norms of interpersonal interaction and rules of behavior

B) adaptation of the psychoemotional state of the body to the changed conditions and requirements of life in society

C) the maximum possible restoration of a person's ability for an independent life (self-service, productive activity, rest), regardless disorders he has, restrictions on life activity or restrictions on participation in the life of society

D) active adaptation to the conditions of the social environment through the assimilation and acceptance of goals, values, norms and styles of behavior adopted in society

9. Socialization of persons with disabilities is

A) the development of social and cultural experience, preparation for an independent life in society, active participation in various types of useful activities, as well as a system of values, attitudes, knowledge and skills, norms of interpersonal interaction and rules of behavior

B) adaptation of the psychoemotional state of the body to the changed conditions and requirements of life in society

C) the maximum possible restoration of a person's ability for an independent life (self-service, productive activity, rest), regardless disorders he has, restrictions on life activity or restrictions on participation in the life of society

D) active adaptation to the conditions of the social environment through the assimilation and acceptance of goals, values, norms and styles of behavior adopted in society

10. Social integration (integration into society)

A) mastering social and cultural experience, values, attitudes, knowledge and skills, norms of interpersonal interaction and rules of behavior

B) adaptation of the psychoemotional state of the body to the changed conditions and requirements of life in society

C) active inclusion of disabled people and persons with disabilities in the cultural, social, working life of society together with healthy people

D) active adaptation to the conditions of the social environment through the assimilation and acceptance of goals, values, norms and styles of behavior adopted in society

11. The most famous Russian authors of educational literature on adaptive physical culture

- A) P.F. Lesgaft, V.V. Gorinevsky
- B) S.P. Evseev, L.V. Shapkova
- C) V.M. Mozgovoy, A.A. Dmitriev
- D) A.S. Samylichev, A.N. Pleshakov

12. Adaptive physical education (APC) is

A) a specific section (type) of general physical culture, accumulating and using its material and spiritual values for the maximum possible development of the viability of a person

with stable deviations in health, and maximum self-realization as a socially and individually significant subject

B) the pedagogical process of managing the physical development of disabled people and people with persistent deviations in health, the formation of knowledge, motor skills and abilities, physical and mental (personal) qualities necessary for the maximum possible realization of the motor potential in various spheres of life (in everyday life, work, outdoor activities, sports) and maintaining a healthy lifestyle

C) an independently chosen or accompanied (with assistance) form of physical activity aimed at satisfying the need for movement, active rest, meaningful entertainment, through the use of APC means

D) a set of material and spiritual values of physical culture, providing competitive activity and special training for it of people with special needs in order to achieve the most accessible results in the chosen sport and demonstrate personal achievements in the development of adaptive and compensatory capabilities due to the preserved functions of the body

13. Adaptive sport is

A) a specific section (type) of general physical culture, accumulating and using its material and spiritual values for the maximum possible development of the viability of a person with stable deviations in health, and maximum self-realization as a socially and individually significant subject

B) a set of material and spiritual values of physical culture, providing competitive activity and special training for it of people with special needs in order to achieve the most accessible results in the chosen sport and demonstrate personal achievements in the development of adaptive and compensatory capabilities due to the preserved functions of the body

C) an independently selected or accompanied (with assistance) form of physical activity aimed at satisfying the need for movement, active rest, meaningful entertainment, through the use of APC means

D) the pedagogical process of managing the physical development of disabled people and people with persistent deviations in health, the formation of knowledge, motor skills and abilities, physical and mental (personal) qualities

14. Physical rehabilitation is

A) the pedagogical process of managing the physical development of disabled people and people with persistent deviations in health, the formation of knowledge, motor skills, physical and mental (personal) qualities necessary for the maximum possible realization of the motor potential in various spheres of life (in everyday life, work, outdoor activities, sports) and maintaining a healthy lifestyle

B) a specially organized process of using physical exercises, as well as preformed physical and environmental factors in order to restore and / or compensate for the lost or temporarily impaired functions and working capacity of rehabilitants after diseases, injuries, physical or mental stress

C) an independently chosen or accompanied (with assistance) form of physical activity, aimed at satisfying the need for movement, active rest, meaningful entertainment, through the use of APC means

D) the combined and coordinated use of medical, social and professional measures for the purpose of training or retraining people with disabilities to achieve the highest level of functionality

15. Adaptive physical education (APC) is

A) a specific section (type) of general physical culture, accumulating and using its material and spiritual values for the maximum possible development of the viability of a person with stable deviations in health, and maximum self-realization as a socially and individually significant subject

B) the pedagogical process of managing the physical development of disabled people and people with persistent deviations in health, the formation of knowledge, motor skills and abilities, physical and mental (personal) qualities necessary for the maximum possible realization of the motor potential in various spheres of life (in everyday life, work, outdoor activities, sports) and maintaining a healthy lifestyle.

C) an independently chosen or accompanied (with assistance) form of physical activity aimed at satisfying the need for movement, active rest, meaningful entertainment, through the use of APC means

D) a set of material and spiritual values of physical culture, providing competitive activity and special training for it of people with special needs in order to achieve the most accessible results in the chosen sport and demonstrate personal achievements in the development of adaptive and compensatory capabilities due to the preserved functions of the body

16. Adaptive physical recreation is

A) the pedagogical process of managing the physical development of disabled people and people with stable deviations in health, the formation of knowledge, motor skills and abilities, physical and mental (personal) qualities necessary for the maximum possible realization of the motor potential in various spheres of life (in everyday life, work, outdoor activities, sports) and maintaining a healthy lifestyle

B) a specially organized process of using physical exercises, as well as preformed physical and environmental factors in order to restore and / or compensate for the lost or temporarily impaired functions and working capacity of rehabilitants after diseases, injuries, physical or mental stress

C) an independently selected or accompanied (with assistance) form of physical activity aimed at satisfying the need for movement, active rest, meaningful entertainment, through the use of APC means

D) the combined and coordinated use of medical, social and professional measures for the purpose of training or retraining people with disabilities to achieve the highest level of functional capabilities

17. The emergence and activities of the world famous public international organization “Special Olympics” are associated with the name

- A) Edouard Seguin
- B) Pierre de Coubertin
- C) John F. Kennedy
- D) Eunice Kennedy-Shriver

18. What year was the Joseph P. Kennedy Jr. Foundation established for the benefit of American citizens with intellectual disabilities?

- A) 1947
- B) 1980
- C) 1924
- D) 1970

19. When did Eunice Kennedy Shriver create at home in Maryland a summer day camp for children and adults with mental retardation to study their abilities in various sports and organize physical education, health and sports work

- A) July 1968
- B) August 1957
- C) June 1963
- D) June 1980

20. When was the First International Special Olympics Games held in Chicago (Soldier Field)?

- A) 1957
- B) 1963
- C) 1968
- D) 1980

21. What sports did the athletes compete in at the First International Special Olympics in Chicago?

- A) athletics, swimming and floor hockey
- B) gymnastics, football and basketball
- C) football
- D) basketball, athletics and swimming

22. The official date of creation and start of activities of the public organization “Special Olympics” is

- A) 1957
- B) 1963
- C) 1968
- D) 1980

23. The photo shows the founders of the Special Olympics Movement: Special Olympics President Emeritus (left) and Special Olympics Honorary Chairman of the Board (right)



- A) Natalia Sladkova and Dmitry Ryumkin
- B) Galina Dzyurich and Valentin Shukh
- C) Eunice Kennedy-Shriver and Sargent Shriver
- D) Valentina Shutko and Juan Antonio Samaranch

24. What year and where did the International Special Olympics Games first begin to be held outside the United States and Canada?

- A) in 2003 (Ireland)
- B) in 1969 (Sweden)

- B) in 1969 (Germany)
- D) in 1978 (England)

25. Since what year the International Special Olympic Games in Summer Sports (Summer World Games) began to be held

- A) 1977
- B) 1968
- C) 1963
- D) 1968

26. From what year the International (World) Special Olympic Games in winter sports began to be held

- A) 1957
- B) 1980
- C) 1968
- D) 1977

27. How many national accredited Special Olympics programs in the world (from all continents) were there by the mid-80s of the last century?

- A) 50
- B) 30
- C) 5
- D) more than 100

28. What year did the International Olympic Committee (IOC) officially recognize Special Olympics International (SOI) and agreed to cooperate as a representative of the interests of athletes with intellectual disabilities, and gave the movement the right to be called "Olympics"

- A) 1996
- B) 1980
- B) 1977
- D) 1988

29. Special Olympics Incorporation - SOINC. (formerly SO International - SOI) is

- A) an international sports corporation in the Paralympic movement on the territory of European states
- B) a state sports organization for persons with intellectual disabilities in the United States
- C) a special Olympic sports federation for persons with intellectual disabilities in Eurasia and America
- D) a charitable public organization exempted from paying taxes in the United States

30. Where is SOINC (Special Olympics Inc.) board of directors located, with approximately 100 employees from various departments: Executive, Sports, World Games, International Programs, Marketing & Development, Public Relations, Finance & Management, etc.

- A) in Maryland, USA
- B) in Brussels, Belgium
- C) in Washington, USA
- D) in Moscow, USSR

31. Special Olympics accredited programs represent

- A) Officially registered Special Olympics Incorporation organizations at the regional, national or local level, accredited to organize and conduct training and competition programs for persons with intellectual disabilities within a specific jurisdiction
- B) officially registered Special Olympics Incorporation organizations of the national level, accredited to independently organize and conduct training programs and competitions among persons with intellectual disabilities
- C) Officially registered Special Olympics Incorporation National Special Olympic Sports Programs for Individuals with Intellectual Disabilities
- D) charitable public sports organizations exempted from paying taxes in the territories of specific states

32. The philosophy behind the creation of Special Olympics was based on the belief that ...

- A) people with mental retardation can, with the appropriate attitude towards them and systematic training, master available sports skills and participate in adapted individual and team sports
- B) people with mental retardation should receive special physical education and experience, on an equal basis with other members of society
- C) people with mental retardation should participate in sports competitions and prepare for them on an equal basis with ordinary athletes
- D) people with mental retardation have the right and can participate in adapted individual and team sports with the assignment of sports categories and titles, as a result, enjoy and benefit from this



33. What is this symbol

- A) the official symbol of the Special Olympics
- B) the symbol of the international public sports organization in SO “Children of the World”
- C) a fragment from the Olympic medal
- D) the official symbol of the Movement Training Program

34. The Special Olympics mission is

- A) the organization of systematic physical activity, year-round training and competitions in various Olympic sports and special programs for children and adults with mental disabilities.
- B) the financial support of state institutions in the conduct of competitions in various Olympic sports and special programs for children and adults with mental disabilities.
- C) the promotion and support of sports public organizations and athletes with intellectual disabilities.
- D) health promotion and the overall development of physical qualities in people with intellectual disabilities through sports training and competitions.

35. The main purpose of Special Olympics is

- A) providing support and assistance to people with mental disabilities to become full and respected members of society through sports training and competitions, informing the public about their abilities and needs
- B) health improvement and health promotion of people with intellectual disabilities through sports training and competitions

C) the formation in people with intellectual disabilities of a positive and active attitude to sports

D) health promotion and the overall development of physical qualities in people with intellectual disabilities through sports training and competitions

36. Which of the following does not apply to the fundamental Special Olympics principles

A) People with intellectual disabilities can enjoy, learn and benefit for themselves and society from practicing adapted individual and team sports

B) Special Olympics must cross all religious, geographic and political boundaries, overcome the division of people by race, gender and nationality

C) Special Olympics Games and Competitions must include only those sports and activities that are suitable for athletes of all ability levels

D) Special Olympics Games and Competitions must include sports appropriate to the specific level of ability of their participants

37. At the opening ceremonies of the World Games and other Special Olympics competitions, athletes take the oath:

A) "Let me win, but if I can't win, let me be brave in this attempt!"

B) "We can win, and we will win!"

C) "I was given the opportunity to become the first, and I will do my best for this!"

D) "No one will let his team down and will give all his strength for this!"

38. There are three levels of major sports programs in Special Olympics. Which of the following belongs to the first level

A) Movement training program

B) The program of training and competitions in Olympic sports (traditional sports)

C) "Unified Sport" or Unified Sports program

D) "Healthy Athlete" program

39. There are three levels of major sports programs in Special Olympics. Which of the following belongs to the second level

A) The program for training physical activity

B) The program of training and competitions in Olympic sports (traditional sports)

C) Unified Sport or Unified Sports program.

D) Healthy Athlete Program.

40. There are three levels of major sports programs in Special Olympics. Which of the following belongs to the third level

A) Movement training program

B) The program of training and competitions in Olympic sports (traditional sports)

C) Unified Sport or Unified Sports program.

D) "Healthy Athlete" program

41. Which option lists only Special Olympics support programs?

A) Program "Leader athlete", Program for training motor activity, Program "Torch run", "Sports camps"

B) Program "Join", Program "Family", "Sports camps", Program of traditional sports

C) "Volunteers" Program, "Unified Sport" Program, "Join" Program, "Family" Program

D) "Healthy Athlete" Program, "Volunteers" Program, "Athlete - Leader" Program, "Sports Camps", "Sports Leader" Program, "Family" Program

42. The program “...” is designed for health checks of athletes during the competition by ophthalmologists, ENT, nutritionists, orthopedists, dentists. Please indicate which SO support program is listed below.

- A) “Volunteers”
- B) “Athlete-Leader”
- C) “Join”
- D) “Healthy athlete”

43. The “...” program aims to increase the participation of children and adolescents in the Special Olympics through the creation and implementation of high school-based programs and activities within the framework of the Special Olympics. Please indicate which SO support program is listed below.

- A) “Volunteers”
- B) “Athlete-Leader”
- C) “Join”
- D) “Healthy athlete”

44. The program “...” is aimed at training coaches and teachers of such qualified SO athletes so that they can not only effectively help the coach during training, but, if necessary, replace him on and off the site. Indicate which SO support program it is from the following.

- A) “Volunteers”
- B) “Athlete-Leader”
- C) “Join”
- D) “Healthy athlete”

45. Program “...”, coordinated by the American police. Its objectives are to generate interest in Special Olympics competitions among the public and demonstrate the willingness of law enforcement agencies to participate in Special Olympics events. Indicate which SO support program it is from the following.

- A) “Volunteers”,
- B) “Athlete-Leader”
- C) “Join”
- D) “Flare run”

46. To which SO program do these subprograms relate: Athlete-Speaker, Athletes-Judges, Athletes-Volunteers, Athletes-Assistant Coaches, Athletes-Journalists

- A) Training program for physical activity
- B) Sports Leadership Program
- C) Sports program of the Republican competition “Use razam”
- D) The program “We are together”

47. To which SO program these subroutines are related: Beautiful Smile Program, Healthy Eyes Program, Healthy Ears Program.

- A) “Healthy Athlete” program
- B) Sports Leadership Program
- C) Program “Doctors”
- D) The program “We are together”

48. In the history of adaptive sports, people with which nosology of developmental disorders (of the named ones) joined active sports and competitions later than others

- A) with hearing impairment (deaf)
- B) with visual impairment (blind)
- C) with impaired intellectual development (with mental retardation)
- D) with dysfunctions of the musculoskeletal system (“wheelchair users”)

49. How often are the World SO Games held?

- A) every two years with alternating Summer and Winter Games
- B) every four years
- C) in the year of the Summer and Winter Olympic Games
- D) at the discretion of SOI Inc

50. What is the regularity of the Summer SO Games

- A) every four years
- B) in two years
- C) in the year of the Summer Olympic Games
- D) at the discretion of SOI Inc.

51. What is the regularity of the CO Winter Games?

- A) every four years
- B) in two years
- C) in the year of the Winter Olympic Games
- D) at the discretion of SOI Inc

Topic: SPECIAL COMPETITIONS AMONG PERSONS WITH INTELLECTUAL INSUFFICIENCY IN OLYMPIC SPORTS

1. Depending on the goals and the scale of the competition program, the number of participants in SO competition are classified according to different levels. Please mark the correct listing

- A) worldwide, international, national, local levels
- B) Olympic, continental, regional levels
- C) international, republican, regional, district levels
- D) international and national levels

2. Which of the named competitions belong to the local level

- A) national summer and winter competitions (Games)
- B) regional, city, school, club
- C) republican and regional for certain sports
- D) republican, regional, district

3. Which sports program is the most massive official SO program

- A) Movement training program
- B) The program of training and competitions in Olympic sports (traditional sports)
- C) “Unified Sport” or Unified Sports program
- D) “Healthy Athlete” program

4. How many official sports does Special Olympics cover?

- A) more than 10
- B) about 30
- B) more than 50
- D) about 40

5. Which of the following relates to the program goals and objectives of Special Olympics and Competitions

A) To glorify the sports spirit of the SO participant. Cultivate love and need to participate in and prepare for competitions. Raise public awareness of the needs and opportunities of people with intellectual disabilities

B) Strengthen the physical and mental health of SO athletes. Cultivate love and need to participate in and prepare for competitions. Raise public awareness of the needs and opportunities of people with intellectual disabilities

C) Strengthen the physical and mental health of SO athletes. Raise public awareness of the needs and opportunities of people with intellectual disabilities. To realize in sports achievements the physical capabilities of people with intellectual disabilities

D) To realize in sports achievements the physical capabilities of people with intellectual disabilities. Strengthen the physical and mental health of SO athletes. Expand the practice of sports competitive activity in SO

6. Which of the following refers to the Requirements that are mandatory for the organizing committees of accredited programs when organizing and holding SO competitions

A) Conducting any sporting event at the highest organizational level. Lighting the Special Olympics torch and reading the oath

B) Conducting sports events in accordance with the material and technical conditions and the level of competition. Availability of qualified judges. Restricting broad representation of the media and viewers

C) Conducting any sporting event at the highest organizational level. Participation in the competition of athletes who are able to demonstrate a high level of preparedness for the competition

D) Conducting sports events in accordance with the material and technical capabilities and the level of competition. Availability of qualified judges. Colorful opening and closing ceremonies

7. What is out of the Fundamental Purposes of Special Olympics Athletic Training and Competition

A) social support for persons with intellectual disabilities

B) providing athletes with the opportunity to achieve the highest sports results in a particular sport

C) promoting the values and traditions embodied in the ancient and modern Olympic movement in all types of competitions of the Special Olympics

D) development of physical, social, psychological, intellectual and spiritual qualities and abilities of each athlete

8. SOInc. requires that all Games using the name “Special Olympics” ...

A) were officially approved and conducted in accordance with the General Rules of Special Olympics

B) have been approved by accredited Special Olympics programs.

- C) were carried out regardless of the obstacles and difficulties in the approval
- D) were carried out in accordance with the decision and the approved Regulation on the competition held by the sports organization

9. What does it mean: “The ability to compete in Special Olympics for athletes of all ability levels”

- A) all official sports are selected for a specific level of physical capabilities of athletes
- B) Regular training provides the opportunity to compete in Special Olympics in official sports for people of all physical ability levels
- B) Athletes of all ability levels can compete in a competition (e.g. 100m race)
- D) all competitive exercises of special competitions and sports programs are differentiated according to the levels of difficulty, providing the opportunity for the successful participation of athletes of the most different levels of fitness (even with very low capabilities)

10. The coach determines what level of ability his athlete belongs to. For those for whom competitive exercises of official sports are not available, simplified, less complex or stressful options for their implementation are offered, for example: modified individual competitions (select examples of the sports program of such competitions)

- A) dribbling the ball; throw into the basket (basketball); hitting the ball in the gate; passing the ball in pairs (football)
- B) guided walking (athletics); sliding 10 m (downhill skiing), guided walking on a gymnastic balance beam (gymnastics), etc.
- C) basketball 3 by 3 players; football in teams of 5 players.
- D) walking on a gymnastic bench; throwing the ball into the pins; jump from the springboard.

11. The coach determines to what level of ability his athlete belongs, respectively, in which competitions he participates. For those for whom competitive exercises of official sports are not available, simplified, less complex or stressful options for their implementation are offered, for example: Individual skill competitions for team sports (select examples of the sports program of such competitions)

- A) dribbling the ball; throw into the basket (basketball); hitting the ball in the gate; passing the ball to a partner (soccer)
- B) guided walking (athletics); sliding 10 m (alpine skiing), guided walking on a gymnastic balance beam (gymnastics), etc.
- C) basketball 3 by 3 players; football in teams of 5 players.
- D) walking on a gymnastic bench; throwing the ball into the pins; jump from the springboard.

12. The coach determines to what level of ability his athlete belongs, respectively, in which competitions he participates. For those for whom competitive exercises of official sports are not available, simplified, less complex or stressful options for their implementation are offered, for example: Modified team competitions (select examples of the sports program of such competitions)

- A) dribbling the ball; throw into the basket (basketball); hitting the ball in the gate; passing the ball to a partner (soccer)
- B) guided walking (athletics); sliding 10 m (alpine skiing), guided walking on a gymnastic balance beam (gymnastics), etc.
- C) basketball 3 by 3 players; football in teams of 5 players.
- D) walking on a gymnastic bench; throwing the ball into the pins; jump from the springboard

13. The coach determines to what level of ability his athlete belongs, respectively, in which competitions he participates. For those for whom competitive exercises in official sports are not available, simplified, less complex or stressful options for their implementation are offered, for example: Motion Activity Training Program (MATP) (select examples of a sports program for such competitions)

A) dribbling the ball; throw into the basket (basketball); hitting the ball in the gate; passing the ball to a partner (soccer)

B) guided walking (athletics); sliding 10 m (downhill skiing), guided walking on a gymnastic balance beam (gymnastics), etc.

C) basketball 3 by 3 players; football in teams of 5 players.

D) walking on a gymnastic bench; throwing the ball into the pins; jump from the springboard.

14. Perspective tasks of systematic training and participation in competitions presuppose the advancement of an athlete from a low level of abilities to high, advancement to participation in SO programs of a more complex level. For example, in individual sports, the promotion should be as follows:

A) modified team competition – ► modified individual competition - ► competition according to the official rules

B) modified individual competitions – ► competitions according to the official rules

C) competitions in the motor activity training program – ► competitions in individual skills – ► competitions in accordance with the official rules

D) modified individual competitions – ► modified team competitions) – ► competitions according to the official rules

15. Perspective tasks of systematic training and participation in competitions imply the advancement of an athlete from a low level of abilities to a high level, advancement to participation in SO programs of a more complex level. For example, in team sports, the promotion should be as follows:

A) individual skill competitions – ► modified team competitions – ► competitions according to the official rules

B) modified individual competitions – ► team competitions according to the official rules

C) modified team competition) – ► team competition according to official rules

D) competitions according to the motor activity training program – ► modified individual competitions) – ► team competitions according to the official rules

16. The kinds of sports, in training and competitions in which the athletes of the SO take part, are subdivided into

A) official (summer, winter), recognized, nationally popular

B) Olympic, non-Olympic, popular

C) personal, team, personal-team

D) Olympic (summer, winter), not included in the program of the Olympic Games, national, prohibited

17. At what age is it eligible to participate in Special Olympics?

A) any person with intellectual disabilities aged eight years and older

B) any person with psychophysical developmental disabilities at the age of 2 years and older

C) persons of any age who have mild to moderate intellectual disability, identified from the moment of birth

D) persons with intellectual disabilities at the age of eight years and older, not belonging to the special medical group and the group of exercise therapy

18. Can children 2-7 years old compete in Special Olympics

A) cannot, but can participate in the Special Olympics Young Athletes program.

B) cannot participate in any programs of the Special Olympics.

C) cannot, but can participate in the motor activity training program

D) may participate in Special Olympics competitions, as decided by the Accredited Program

19. The division of athletes into divisions in SO assumes that the difference between the best and the worst performance in any division should not exceed

A) 15%

B) 10%

AT 5%

D) the established indicator by the Competition Regulations

20. In each division, the minimum and maximum number of opponents or teams must be

A) not less than 3, not more than 8 athletes (teams)

B) not less than 2, not more than 6 athletes (teams)

C) not less than 5, not more than 10 athletes (teams)

D) not less than 2, not more than 10 athletes (teams)

21. Algorithm for the distribution of athletes (teams) SO for competitions in single and team sports is as follows:

A) division of athletes (teams) by gender> division of athletes (teams) by age> division of athletes (teams) according to their abilities

B) division of athletes (teams) by gender> division of athletes (teams) according to their abilities

C) division of athletes (teams) by gender> division of athletes according to the degree of intellectual disability> division of athletes (teams) according to their abilities

D) division of athletes (teams) by gender> division of athletes (teams) by age> determination of opponents (teams) by drawing procedure.

22. The “Rule of Maximum Effort” ensures that the competing athletes in SO events are of the same ability and that all competitors receive well-deserved awards. Which of the named options does not apply to the application of this rule:

A) “Percentage rule”: a predetermined percentage of improvement in the result, which athletes and teams must not exceed in competition compared with that which was shown when the competitors were divided into divisions according to preliminary results.

B) if an athlete or a team exceeds the percentage of improvement in the final indicator in comparison with that which was shown during the distribution, then to decide on the need for disqualification, a “Jury Check” will begin

B) Identifying if the athletes or teams made the most of their efforts in the preliminary and / or divisional stages with a clear intent to gain superiority in the distribution process.

D) comparison of the protocols of “home” testing presented in advance by the coaches and the results of the “preliminary” performance of competitive exercises at the competition itself for the distribution of participants into divisions

23. What position does not correspond to the official rules for awarding athletes at SO competitions

A) in all competitions, the athletes who took the first, second and third places in each event are awarded medals. Athletes who take places from fourth to eighth are awarded with ribbons

B) in case of a draw, each athlete or team who achieved the same results occupy the same places, freeing the place behind him from the award. For example, a tie for the first place means that the second place will not be taken by anyone

C) the rewarding begins with the participant who took the last place in the division

D) official medals and ribbons can be awarded not only to athletes, but also to sponsors, guests and coaches as gifts or tokens of gratitude

24. What are the names of the sports in SOI that have been approved by SOI for inclusion in Special Olympics athletic training and competition, but are not official?

A) Nationally popular sports

B) Recognized sports

C) Sports not included in the program of the Olympic Games

D) Prohibited sports

25. Accredited Programs may offer sports that are popular in a particular region but are not currently Official or Recognized. What are they called in SO

A) Nationally popular

B) Unofficial

C) Regional

D) Exhibition

26. What does not apply to the requirements for SOI approval of a Locally Popular (Nationally Popular) sport offered by an accredited program

A) confirmation of the lack of safety of training and competition for the health of athletes and other participants (athletes, coaches, spectators, judges, etc.)

B) confirmation of popularity in a certain region (country)

C) a request with the proposed rules and safety standards for the sport.

D) a statement of sports organizations interested in the popularization and development of this sport in the region (country)

27. Prohibited Sports are those that do not meet SOI’s approved minimum health and safety standards or that otherwise unnecessarily compromise the health and safety of Athletes and other Participants during Special Olympics training and competition. Which of the named do not apply to those

A) boxing, karate and other types of martial arts

B) fencing

C) swimming

D) shooting

28. Athletes wishing to participate in Regional Games, Games with multiple programs, or World Games, how long must be trained in accordance with the minimum standards

- A) for eight consecutive weeks in the relevant sport
- B) a total of at least eight weeks during the year in the relevant sport
- C) at least one month of the training process
- D) up to 6 months of training meeting the minimum standards

29. What is the mandatory requirement of the general rules of SO that a Special Olympics athlete (athlete) must meet?

- A) Only people with intellectual disabilities are allowed to participate in Special Olympics training and competition
- B) Only those people who have intellectual disabilities and a reduced level of motor abilities are allowed to participate in Special Olympics training and competitions
- C) people classified by a medical professional as persons with intellectual disabilities are allowed, regardless of the methods and sources of determining (confirming) this violation
- D) people with and without intellectual disability are allowed, having a low level of development of mental abilities and learning

30. About 15% of people with intellectual disabilities have so-called atlantoaxial instability. These are the ones who ...

- A) with Down syndrome
- B) with impaired functions of the supporting-motor apparatus
- B) with a severe degree of intellectual disability
- D) with multiple associated disorders

31. Atlantoaxial instability is ...

- A) atlantoaxial variability of the functioning of the joints
- B) painful sensations in the neck when pressing on the atlas
- C) temporary instability of the cervical vertebrae
- D) incorrect connection of the first and second cervical vertebrae C-1 and C-2

32. Athletes with Down Syndrome are not permitted to participate in exercises or sports that may result in excessive stretching, bending, or direct pressure on the neck and upper spine. What kinds of sports in SO are not completely banned for such persons

- A) butterfly-style swimming and jumping start into the water, pentathlon, artistic gymnastics
- B) high jumps, squats with a barbell, adapted judo
- C) football, alpine skiing, equestrian sports
- D) table tennis, volleyball, cross-country skiing, basketball

33. SO competition organizers may not use, display, broadcast, reproduce or publish the name or image of any athlete, unless

- A) the organizers provide confirmation of the non-dissemination of information, photos, etc. about the athlete's performance at the competition
- B) local competition
- C) the athlete's parent / guardian is present at the competition
- D) there is a written consent of an adult athlete or a parent / guardian of a minor athlete in the prescribed form

34. Are athletes who have blood-borne viral or infectious diseases allowed to participate in SO training and competitions?

- A) Organizing committees cannot exclude or isolate them from participation
- B) only if there is a doctor's visa in the application
- C) at the discretion of the Organizing Committee of the competition
- D) the participation of such athletes is completely excluded

35. At all National Competitions and above, the SO athletes who took first, second and third place must be awarded

- A) official medals
- B) award ribbons
- C) souvenirs
- D) monetary rewards

36. In all National Competitions and above, the SO athletes ranked from fourth to eighth place must be awarded

- A) official medals
- B) award ribbons
- C) souvenirs
- D) monetary rewards

37. How many places should the pedestal be prepared for the ceremony of awarding SO athletes

- A) for 8 places
- B) at least 8 places
- B) for 3 places
- D) at least 6

38. Rewarding of athletes at SO competitions takes place,

- A) starting with the champion
- B) all at the same time
- B) starting from the last place and ending with the first place
- D) starting from the third, then the second place and ending with the champion

39. What the opening ceremonies of the Special Olympics competition include

- A) Completing the Special Olympics Circle of Friendship, raising the Special Olympics flag
- B) Taking the Special Olympics Oath, raising the Special Olympics flag
- B) raising the Special Olympics flag, general photographing of all competitors
- D) taking the Special Olympics oath, communicating the sporting rules of the competition to the participants

Topic: UNIFIED SPORTS

1... is a Special Olympics program in which Special Olympics athletes (Athletes) and non-intellectually impaired athletes (Partners) participate in team sports training and competition (fill in the gap)

- A) "Volunteers" program
- B) "Athlete - Leader" program
- C) "Unified Sports" program
- D) "Join" program

2. What does the requirement for a coach mean in the Unified Sports program: “Select the right partners”

- A) Partners should be selected based on ability and age similar to those of other team members
- B) Partners must ensure the success of the performance of other team members: Athletes SO
- C) The coach must have the knowledge and methods of sports selection in his sport
- D) Partners should be selected taking into account an adequate (tolerant) attitude towards persons with intellectual disabilities

3. What does the “Unified Sports” program imply “The principle of reasonable participation”

- A) confrontation with the opponent and the efforts (loads) applied to achieve victory within reasonable limits
- B) intellectualization of the playing activity of two opposite compositions of players of the same team (Athletes and Partners)
- C) participation in those games that correspond to the capabilities of the players and the level of preparedness of the team, in general
- D) not managing the game of two opposite compositions of players of the same team (Athletes and Partners), but their full interaction and performance as a single team

4. The program of the SO “United Sport” is

- A) organization of trainings and competitions in which mentally retarded athletes (Athletes) and not (Partners) participate together in the same teams
- B) organization of trainings and competitions of athletes with mental retardation in several sports at the same time
- C) combining sports and correctional directions of physical culture in training and competitive activities
- D) organization of competitions in which mentally retarded athletes of various levels of fitness and physical abilities participate

5. What year did the mass (worldwide) implementation of the United Sport SO Program into team sports begin?

- A) 1968
- B) 1988
- C) 1989
- D) 1996

6. What year the Unified Sports Rules were adopted by all sports (team and individual)

- A) 1968
- B) 1980
- C) 1989
- D) 1996

7. The age of team members in the Unified Sports program must be within the same limits: its difference for participants under 21 years of age and under may be

- A) from one to two years
- B) no more than one year
- C) as much as the organizers of the competition decide and reflect this in the Competition Regulations
- D) from three to five years

8. The maximum age of team members in the Unified Sports program for athletes aged 22 and older may increase

- A) up to ten years
- B) as old as the organizers of the competition decide and reflect this in the Competition Regulations
- B) from three to five years
- D) from ten to fifteen years

9. The Unified Sports Special Rules recommend that the proportionate distribution of Athletes and Partners in a team is ensured.

- A) as close as possible to a 50/50 ratio (percent)
- B) the number of Athletes in the team must be less than the number of Partners: approximately one to three (in parts)
- C) the number of Partners in the team must be less than the number of Athletes: approximately one to three (in parts)
- D) the number of Athletes is not less than the number of Partners

10. In terms of the composition of the players of the team in “Unified Sports” SO can be different (3 options). What characterizes the “Team of dominant partners” (for example, a team of 10 players)

- A) the group of players is well balanced, except for the presence of two Partners with higher abilities
- B) the group of players is well balanced, except for the presence of two Athletes with lower abilities
- C) the group of players is well balanced, it allows both the Athletes and the Partners to interact on an equal footing and each to take full part in the struggle for the success of the team
- D) a group of players is represented in equal proportions by “strong” Partners and Athletes with lower abilities

11. According to the composition of the players of the team in “Unified Sports” SO can be different (3 options). What characterizes the “Team of athletes with low abilities” (for example, a team of 10 players)

- A) the group of players is well balanced, except for the presence of two Partners with higher abilities
- B) the group of players is well balanced, except for the presence of two Athletes with lower abilities
- C) the group of players is well balanced, it allows both the Athletes and the Partners to interact on an equal footing and each to take full part in the struggle for the success of the team
- D) the group of players is represented in equal proportions by Athletes with lower abilities and Partners with higher abilities.

12. According to the composition of the players of the team in “Unified Sports” SO can be different (3 options). What characterizes the “Balanced-bathroom team” (for example, a team of 10 players)

- A) the group of players is well balanced, except for the presence of two Partners with higher abilities
- B) the group of players is well balanced, except for the presence of two Athletes with lower abilities
- C) the group of players is well balanced, it allows both the Athletes and the Partners to interact on an equal footing and each to take full part in the struggle for the success of the team
- D) the group of players is represented in equal proportions by Athletes with lower abilities and Partners with higher abilities

13. What is the main idea of the team concept in the “United Spore” SO

- A) partners in the team must skillfully and effectively play the role of “playing coaches”
- B) each athlete gives all his strength and reveals individual skill for the victory of the team, compensating for the weaknesses of its other members
- C) all athletes must be considered members of the same team who work together to achieve the team goal
- D) the main thing is not the victory of the team, but its exit and participation in the competition

14. The Unified Sports program allows you to achieve many goals. Which of the named is not included in their number:

- A) friendly relations
- B) family involvement
- C) expansion of the sphere of leisure
- D) demonstration of the capabilities of SO athletes

15. What does the Unified Sports Program imply in the implementation of the goal – family participation?

- A) the introduction of physical culture and sports activities in families with persons with intellectual disabilities
- B) the participation of families in the popularization of sports for people with intellectual disabilities
- C) attracting relatives, families as spectators of the competition
- D) the opportunity for relatives to participate in the program as Partners or trainers

Topic: MOTOR ACTIVITY TRAINING PROGRAM (MATP)

1. When did the Motor Activity Training Program (MATP) appear, a common synonym for which in Eastern Europe is the “Программа тренировки двигательной активности» (ПТДА)

- A) in 1988
- B) in 1996
- C) in 1968
- D) in 2003

2. ... – this is a Special Olympics program designed for athletes with a deep form of intellectual and motor development disorders that do not allow them to participate in official Special Olympics competitions, and training is carried out for specially organized sports events that correspond to their abilities (choose the name of this program)

- A) “The Healthy Athlete Program”
- B) “Motor activity training program”
- C) “The United Sports Program”
- D) The “Join” program”

3. Who can be a coach of persons with severe developmental disabilities in the program of motor activity training.

- A) persons (teachers, coaches, doctors, parents, etc.) who have the basics of psychological and pedagogical knowledge about the characteristics of these people, organizational and methodological skills for practical solutions to specific problems of adaptive physical education

B) only a specialist with a professional education in the specialty “Adaptive physical culture”, who knows the philosophy, basic principles and rules

C) any person with a professional physical education (coach sport, physical education teacher, etc.)

D) persons (teachers, coaches, doctors, parents, etc.) with the basics of psychological and pedagogical knowledge about the features of these people, organizational and methodological skills practical solutions to the specific problems of adaptive physical education and last workshop of this program (MATP).

4. The essence of the principle of “Entertaining” when conducting training sessions on the development of motor activity in students with severe developmental disabilities

A) The entertainment of the lesson is achieved by the game method, the use of music, colorful, bright events, adequate communication and behavior of the coach, various stimulating means, etc.

B) The entertainment of the lesson is achieved by a competitive method, using music, colorful equipment, bright events, adequate communication and behavior of the coach, other persons present, various stimulating means, etc.

C) The entertainment of the lesson is achieved by the students ‘independent choice of the form of its conduct (lesson, demonstration performances, independent guided lesson, etc.) and the means and methods used, the use of music, colorful equipment, adequate communication and behavior of the coach, other persons present, various stimulating means, etc.

D) The entertainment of the lesson is achieved by a high motor density of classes and the active work of the conductor, which ensures full employment of those engaged in the implementation of all the material planned for the lesson.

5. How can a participant be stimulated to activity during training sessions for the development of motor activity in students with severe developmental disabilities

A) stimulation can be at the level of satisfaction of biological needs: primary (food, toys, cartoon, etc.), implemented by social methods (praise, smile, friendly gesture) and internal (self-motivation)

B) stimulation can be effective only at the level of satisfaction of biological needs: primary (food, toys, cartoon, etc.).

C) stimulation is allowed only by social methods (praise, smile, friendly gesture) and internal motivation (self-motivation).

D) it is not recommended, because the reaction of the occupants (taking into account the characteristics and problems of mental development) to the stimuli is difficult to predict and may not be adequate

6. “Partial participation” distinguishes MATP from the official sports of Special Olympics. What does this principle mean?

A) providing support to the student in achieving the solved motor task (for example, to beat off a suspended ball with a racket, use special devices), without waiting for a long time when he will perform it himself: by active accompanying performance or by the type of performing a passive exercise

B) the motor task during the development or demonstration is performed in parts or with interruptions

C) the student learns in the classroom and participates in performances not in all types of sports programs

D) each participant of the classes does not master all types of sports programs, but only the part that corresponds to their capabilities.

7. What does the MATP principle “Success of motor activity” mean?

- A) when defining or offering each motor task to the student, the coach needs to be confident in its feasibility or create situations of success in a timely manner (for example: move the target closer in throwing, make it larger, etc..)
- B) when defining or offering each motor task to the student, the coach should provide adequate remuneration so that the student feels a sense of success
- C) choose competitors with an identical level of ability in competitive exercises
- D) the studied motor tasks must be mastered by the students at a high individual level of performance

8. What does the principle of “Community-based learning” mean in the MATP?

- A) teach, comprehending the knowledge and rules of social behavior and interaction with others
- B) train primarily on the basis of the activities of public organization
- C) training on the basis of gratuitous, charitable public work
- D) strive to conduct training in a public environment, where possible: to teach bowling in a local bowling club, basketball or softball – in a local sports complex, on the site of the place of residence, in a local boarding school, where the participant can be placed.

9. What does the principle of “Learning functionality” mean in the MATP?

- A) the training process should increase the functional capabilities of the body
- B) it is necessary to conduct training in exactly the skills that the student will use in this and the near future
- C) the training process should comprehensively cover all the vital functions of the body involved
- D) it is necessary to conduct training in exactly those skills, the development of which can be provided with the protective functions of the body of the student

10. What does the principle of “Age matching” mean in the MATP?

- A) train the participants of the MATP in the skills that correspond to their motor age
- B) train the participants of the MATP in skills that correspond to their physical age, and not to their mental state or functional abilities
- C) teach the participants of the MATP skills taking into account the age characteristics of the physical development of the body
- D) teach the participants of the MATP skills taking into account the age characteristics of the mental development of the body

11. What does the principle of “No competition” mean in the MATP?

- A) The MATP is aimed at training students and participating in performances, not aimed at competing with each other
- B) according to the results of the implementation of sports programs of sports and mass events of the MATP, there are no awards for 1-3 places
- C) no competitions are planned during the MATP training process
- D) the absence of competitions reduces the motivation and the level of integral readiness of the participants.

12. What do the organizers include in the closing ceremony of the competitions on the Program of motor activity training, the sports competition “All Together” for athletes who participated in sports programs together with volunteer assistants

- A) financial incentives for volunteers
- B) passing the circle of friendship

- C) taking out the torch
- D) general photographing of all participants of the competition

13. What do the opening ceremonies of the Special Olympics include?

- A) passing the circle of friendship of the participants of the Special Olympics, raising the flag of the Special Olympics
- B) reciting the Special Olympics oath, raising the Special Olympics flag
- C) raising the flag of the Special Olympics, general photographing of all participants of the competition
- D) reciting the Special Olympics oath, informing the participants of the sports rules of the competition

14. What is the name in Belarus of the Republican Competition for the Development of motor activity for children with severe and (or) multiple physical and (or) mental disorders, the direct practical implementation of which is carried out in higher education institutions by student volunteers

- A) "Taning Day"
- B) "All together" (Use razam)
- C) "We are together"
- D) "Children of Belarus"

15. What are the listed names: "Planting potatoes", "Pick an apple", "Mushroom picker", "Stork", "Fisherman", "Mousetrap".

- A) types of sports programs, competitions and sports competitions for children with severe mental and physical disabilities held in Belarus
- B) mobile games of the curriculum on "Physical culture and health" for grades 1–4
- C) outdoor games of the "Physical Culture" curriculum for preschool children
- D) competitions of the SO "Young Athlete" Program

16. What do these names refer to: "Lifting the head", "Rolling the body", "Moving on an uneven ground", "Overcoming a tunnel", "Bench - "log", "Catching and throwing the ball".

- A) types of sports programs, competitions and sports competitions for children with severe mental and physical disabilities held in Belarus
- B) types of the sports program of the competition "Training Day" according to the program of training of motor activity
- C) outdoor games of the "Physical Culture" curriculum for preschool children
- D) competitions of the SO "Young Athlete" Program

17. What are the actions of the volunteer when moving an athlete from a wheelchair to a chair (to another wheelchair)?

- A) He/she needs to face the athlete
- B) He/she needs to stand behind the stroller
- C) He/she needs to stand on the side of the stroller
- D) He/she needs to call an assistant

Topic: SPECIAL OLYMPICS IN BELARUS

1. What year did Special Olympics come to Eastern Europe on the territory of the USSR

- A) in 1992
- B) in 1960
- C) in 1980
- D) in 1990

2. When and where under the auspices of Special Olympics inc. was held the first All-Union seminar for specialists in physical culture, dedicated to the organization of sports work with mentally retarded people under the SO program

- A) in February 1990 in Sukhumi (Georgia).
- B) in April 1991 in Moscow
- C) in 1992 in Minsk
- D) in March 1960 in Moscow

3. The first All Union Special Olympics competition was held in June ...

- A) 1991.
- B) 1960.
- C) 1980.
- D) 1990.

4. Athletes from which republics first represented the team of the Union of Soviet Socialist Republics (USSR) at the European Summer Special Olympics on June 20-28, 1990 in Glasgow (Scotland)

- A) Russia, Belarus, Azerbaijan and Uzbekistan
- B) Russia and Belarus
- C) Russia, Belarus and Kazakhstan
- D) all the republics of the USSR

5. Physical education teacher of Vitebsk Auxiliary School No. 26, Honored coach of the Republic of Belarus, whose students in 1991 at the Summer World Special Olympics in Minneapolis (USA) won 15 gold, 9 silver and 7 bronze medals in several types of gymnastics of 1-3 levels of difficulty

- A) Tikhonenko I.I.
- B) Ovsyanik E.N.
- C) Mayorova L.M.
- D) Menchenya I.I.

6. When the accredited national program Special Olympics was registered on the territory of Belarus

- A) in 1991
- B) in 2000
- C) in 1980
- D) in 1992

7. Name the first leaders and founders of the Belarusian Special Olympics Committee: BSOC President and National Director

- A) V.A. Shukh and G.A. Dzurich
- B) V.N. Shutko and L.V. Tabolina
- C) A.N. Konopleva and G.D. Dylyan
- D) G.V. Petrozhitsky and L.A. Bobtsova

8. When the first public association for sports work with persons with mental retardation appeared in the Republic of Belarus-the public organization “Vitebsk Youth Club of Adaptive Physical Culture and Sports “AP and S”, which is still functioning

- A) in 1992
- B) in 2000
- C) in 2008
- D) in 1998

9. Who initiated the creation of the public association “Vitebsk Youth Club of Adaptive Physical Culture and Sports “for sports work with persons with mental retardation, and led the management of its volunteer activities

- A) V.A. Shukh, President of the Belarusian Special Olympics Committee
- B) G.A. Dzurich, National Director of the Belarusian Special Olympics Committee
- C) A.V. Rusetsky, Rector of Vitebsk State University named after P.M. Masherov
- D) P.I. Novitsky, Associate Professor of the Faculty of PC and Sports of Vitebsk State University named after P.M. Masherov

10. When and where for the first time in Belarus were held the official open competitions “Training Day” of the regional level, initiated and conducted by the volunteers of the Vitebsk Youth Club “PC and S»

- A) 1992, sports complex “Komsomolets”, Vitebsk
- B) 2008 gym of the Vitebsk Central Sports Complex
- C) In 2000, the gym of the Auxiliary school No. 26 in Vitebsk
- D) 1998, gym of the Faculty of Physical Culture and Sports of the Vitebsk State University named after P.M. Masherov

11. When the first Open Republican competitions in motor activity (“Training Day”) were held in Belarus for children with severe mental and physical development disorders and, in the same year, the first National competitions in the Special Olympic Game Program for preschoolers (“Play Day»)

- A) 1992
- B) 1998
- C) 2000
- D) 2008

12. Since what year, and in what institution of higher education, did the training of physical rehabilitation instructors begin in the Republic of Belarus

- A) since 1998, Vitebsk State University named after P.M. Masherov
- B) since 1993, Belarusian State University of Physical Culture
- C) since 1996, Yanka Kupala Grodno State University
- D) since 2000, Belarusian State Medical University

13. How often was the practical implementation of the Republican competitions “Training Day”, Republican competitions “Use Razam”) for the development of motor activity of children with severe physical and (or) mental disorders carried out on the basis of the P.M. Masherov VSU by volunteer students of the Faculties of Physical Culture and Sports and Social Pedagogy and Psychology of the Vitebsk Youth Club “AP and S”, in the period from 1999 to 2006

- A) every 2 years—4 republican competitions
- B) 3 times
- C) 6 times
- D) were not conducted

14. The first National competitions in motor activity for children with severe developmental disabilities in Belarus were held under the auspices of Special Olympics. Since ... the initiator of the Republican contest “All Together” is the Ministry of Education of the Republic of Belarus, and the venue is various universities of the country, which train teachers.

- A) 2010
- B) 2008
- C) 2006
- D) 2000

Topic: THE MAIN PARTICIPANTS OF THE TRAINING AND COMPETITION PROCESS IN THE SPECIAL OLYMPICS MOVEMENT

1. Intellectual disability (also known as general learning disability) is

- A) Not a disease, but a human condition related to mental disability, which can be both inherited and acquired
- B) mental retardation, which can be cured with time
- C) a state of cognitive ability that gets worse with age
- D) mental illness

2. What does the IQ abbreviation denote in special pedagogy and psychology?

- A) degree of mental retardation
- B) the coefficient of intellectual development
- C) the standard of intellectual development
- D) the coefficient of mental age

3. What is the medical term for “mild intellectual incapacity”? Despite the name, the reduced intelligence and features of the emotional-volitional sphere in such children do not allow them to master the program of a comprehensive school

- A) idiocy
- B) imbecility
- C) moronity
- D) oligophrenia (mental retardation)

4. What is the medical term for “moderate intellectual incapacity”?

- A) idiocy
- B) imbecility
- C) moronity
- D) oligophrenia (mental retardation)

5. What is the medical term for “severe intellectual incapacity”?

- A) idiocy
- B) imbecility
- C) moronity
- D) oligophrenia (mental retardation)

6. What is the medical term for “profound intellectual incapacity”?

- A) idiocy
- B) imbecility
- C) moronity
- D) oligophrenia (mental retardation)

7. How does motor analyzer development occur in children with impaired and normal intellectual genesis?

- A) in mentally disabled schoolchildren, it ends presumably by the age of 15 or 16, whereas in the normally developing age group this occurs by the age of 13 or 14
- B) in both cases, the maturation of the motor analyzer ends presumably by the age of 15–16
- C) in both cases, the maturation of the motor analyzer ends at the age of 13–14
- D) in mentally disabled schoolchildren, it ends presumably by the age of 20, whereas in normally developing students it occurs at the age of 13–14

8. What is the largest group of the total number of persons with special psychophysical development (SPPD)

- A) persons with intellectual disabilities
- B) persons with impaired locomotor functions
- C) persons with visual impairment
- D) persons with hearing impairment

9. How many years can there be a difference in motor development between children with intellectual disabilities?

- A) up to 1 year
- B) up to 2–3 years
- C) not a significant number of years
- D) up to 6–7 years and more

10. Can pupils with intellectual disabilities be included in the main medical group?

- A) yes
- B) no
- C) yes, with a degree of intellectual disability close to “standard”.
- D) children with psychophysical development disorders cannot belong to the main medical group

11. Can students with intellectual disabilities perform better on motor tests than their peers with a normal intelligence?

- A) yes, in individual cases (not mass)
- B) no, this is proved by comparative indicators of the age-related development of motor skills of children with and without intellectual disabilities
- C) yes, this is proved by comparative indicators of the age-related development of motor skills of children with and without intellectual disabilities
- D) difficult to answer

12. Which motor skills are among the weakest aspects of persons' motor proficiency with intellectual disabilities?

- A) power capability
- B) Speed-power capability
- C) Coordination abilities
- D) Flexibility

13. A common quantitative measure of mental development is the IQ (Intelligence Quotient). According to the International Classification of Diseases (ICD-10, 1995), which conventional IQ corresponds to "mental norm":

- A) IQ 70–100;
- B) IQ 50–69;
- C) IQ 35–49;
- D) IQ 20–34;

14. A common quantitative measure of mental development is the IQ (Intelligence Quotient). According to the International Classification of Diseases (ICD-10, 1995), which conventional IQ corresponds to "mild mental retardation":

- A) IQ 70–100;
- B) IQ 50–69;
- C) IQ 35–49;
- D) IQ 20–34;

15. A common quantitative measure of mental development is the IQ (Intelligence Quotient). According to the International Classification of Diseases (ICD-10, 1995), which conventional IQ corresponds to "moderate mental retardation":

- A) IQ 70–100;
- B) IQ 50–69;
- C) IQ 35–49;
- D) IQ 20–34;

16. A common quantitative measure of mental development is the IQ (Intelligence Quotient). According to the International Classification of Diseases (ICD-10, 1995), which conventional IQ corresponds to "severe mental retardation":

- A) IQ 20–34
- B) IQ 50–69;
- C) IQ 35–49;
- D) IQ of 19 and below

17. A common quantitative measure of mental development is the IQ (Intelligence Quotient). According to the International Classification of Diseases (ICD-10, 1995), which conventional IQ corresponds to "profound mental retardation":

- A) IQ 20–34
- B) IQ 50–69;
- C) IQ 35–49;
- D) IQ of 19 and below

18. Ontogenesis (from greek. Ontos – being, genesis – birth, origin) **is** –

A) individual development deviating from the conventionally accepted norm, reflected in general underdevelopment, delayed physical and mental development

B) the psychophysical development of the individual under the influence of the external environment

C) revealing the genetic program of individual development of the organism during life

D) the process of individual physical and mental development of the body throughout life

19. Dysontogenesis is –

A) individual development deviating from the conventionally accepted norm, reflected in general underdevelopment, delayed physical and mental development

B) the psychophysical development of the individual under the influence of the external environment

C) revealing the genetic program of individual development of the organism during life

D) the process of individual physical and mental development of the body throughout life

20. According to S.I. Ozhegov, the word “volunteer” means –

A) someone who on his/her will took on some work

B) someone who, by the will of fate, is associated with a charity work

C) a new recruit who has joined the service

D) assistant to support staff at events

21. SO volunteers can be defined as

A) assisting the SO organizers in the implementation of various SO programmes and activities, without pursuing any material interest or benefit

B) accredited SO staff carrying out various SO programmes and activities

B) assisting the SO organizers in the implementation of various SO programmes and activities, in accordance with established contractual terms of labour rewards

D) persons with specialised education or specially organised courses on the organisation and conduct of various SO programmes and activities

22. Which of the following functions does not fall into the category of “SO Volunteers”?

A) are involved in the implementation of assistance sporadically, during one event

B) perform permanent or temporary work with athletes of the SO or provide services, assistance on a paid basis

C) have or may have occasional or limited contact with athletes (organisation members, administration, sport facility staff)

D) are and can be in regular close contact with SO athletes (e.g. coaches, assistants, drivers and hosts)

23. Who can be a SO sport coach?

A) any coach who is competent in his/her sport and the basic principles of training persons with disabilities, the philosophy, basic principles and rules of the SOG

B) any coach who knows his/her sport and the basic principles of coaching persons with disabilities

C) any specialist with a professional physical education (coach, physical education teacher, etc.)

D) only a specialist with a professional degree in Adapted Physical Education who is competent in the philosophy, basic principles and rules of the SOG

KEYS

Topic: Special Olympics: In the Beginning, Today, in the Future

1 A	2 A	3 C	4 A	5 A	6 A	7 B	8 D
9 A	10 C	11 B	12 A	13 B	14 B	15 B	16 C
17 D	18 A	19 C	20 C	21 A	22 C	23 C	24 A
25 D	26 D	27 A	28 D	29 D	30 C	31 A	32 A
33 A	34 A	35 A	36 D	37 A	38 A	39 B	40 C
41 D	42 D	43 C	44 B	45 D	46 B	47 A	48 C
49 A	50 A	51 A					

Topic: Special competitions among persons with intellectual disabilities in Olympic sports

1 A	2 B	3 B	4 B	5 A	6 A	7 A	8 A
9 D	10 B	11 A	12 C	13 D	14 B	15 A	16 A
17 A	18 A	19 A	20 A	21 A	22 D	23 D	24 B
25 A	26 D	27 C	28 A	29 A	30 A	31 D	32 D
33 D	34 A	35 A	36 B	37 A	38 C	39 B	

Topic: Unified Sports

1 C	2 A	3 D	4 A	5 C	6 D	7 D	8 D
9 A	10 A	11 B	12 C	13 C	14 D	15 D	

Topic Physical activity training program

1 A	2 B	3 D	4 A	5 A	6 A	7 A	8 D
9 B	10 B	11 A	12 B	13 B	14 B	15 A	16 B
17 A							

Topic: Special Olympics in Belarus

1 D	2 A	3 D	4 A	5 C	6 D	7 A	8 D
9 D	10 D	11 B	12 B	13 C	14 B		

Topic: The main participants in the training process and competitions in the special Olympics movement

1 A	2 B	3 C	4 B	5 B	6 A	7 A	8 A
9 B	10 A	11 A	12 C	13 A	14 B	15 C	16 A
17 D	18 D	19 A	20 A	21 A	22 B	23 A	

LIST OF REFERENCES FOR PREPARATION

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