

ОҢТҮСТІК ҚАЗАҚСТАН MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ	 SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»
Кафедра общеобразовательных дисциплин	044-73/11-102
Методические рекомендации	1 стр из 32 стр

**Медицинский колледж при
АО «Южно-Казахстанской медицинской академии»**

Кафедра общеобразовательных дисциплин

**МЕТОДИЧЕСКИЕ РЕКОМЕНДАЦИИ ДЛЯ
ТЕОРЕТИЧЕСКИХ ЗАНЯТИЙ**

Код дисциплины: ОГД 02

Дисциплина: Профессиональный иностранный язык

Специальность: 09130100 «Сестринское дело»

Квалификация: 5AB09130101 «Прикладной бакалавр сестринского дела» 3,6

Объем учебных часов/кредитов: 48/2

Теория: 48 ч

Курс: 1

Семестр: 2

Форма контроля: экзамен

Шымкент, 2024 г.



Кафедра общеобразовательных дисциплин

044-73/11-102

Методические рекомендации

2 стр из 32 стр

Обсужден на заседании кафедры «общеобразовательных дисциплин»

Протокол № 1 «27» 01 2024 г.

Заведующий кафедрой:  Сатаев А.Т.

Theoretical lesson #1

5.1. Theme/Тема/Тақырыбы: Кіріспе. Танысу. Your Body. Skeletal system.

5.1. Theme/Тема/Тақырыбы: Your body

5.2. Objectives: students have to develop speaking, reading, writing and listening skills; to be able to work in groups; to broaden their general outlook.

Цели: студентам необходимо развивать навыки говорения, чтения, письма и аудирования; уметь работать в группах; расширить свой кругозор.

Мақсат: студенттердің сөйлеудегі, жазудағы, оқудағы және тандаудағы ептілігін дамыту қажет; топ ішінде жұмыс істей алу қабілетін, студенттің жан-жақты көзқарасын дамыту.

5.3. Training goals/Задачи обучения/Оқытудың мақсаттары

Perfect consolidation of reading, speaking and writing skills.

Отработка и закрепления навыков чтения, говорения и письма.

Оқу, сөйлеу және жазу дағдыларын қалыптастыру.

Ход занятия

1. Организационный момент:

- проверка присутствующих учащихся
- проверка готовности к занятию учащихся
- задачи занятия:
- способствовать развитию логики мышления на основе научных текстов по специальности.
- ориентироваться в складывающихся учебных ситуациях и находить оптимальное решение.
- сформировать навыки аудирования, говорения, письма по образцам устной речи с разной стилистической и жанровой характеристикой.
- учитывать современные требования (внедрение инновационных технологий и т.д.), предъявляемые к занятиям русского языка как иностранного.
- обогатить активный словарный запас, углубить знания по грамматике, совершенствовать устную и письменную речь студентов.

2. Контроль знаний по предыдущим темам.

Фронтальный опрос (устный/письменный опрос, презентация выполненной работы):

3. Изложение нового материала

(вступительное слово, объяснение, сравнительный анализ текста, решение текстовых заданий, собеседование, опрос)

5.4. The main questions of the theme/ Основные вопросы темы / Тақырып бойынша жаттығулар

Ex; 1. P. 8. Read the text and translate .

The Human Body.

The human body is a most complex and marvelous organism. The body is often called a living machine because it consists of many parts, all with different functions. The proper functioning of the body depends on all the different parts working together in harmony .

The human body consists of millions of tiny cells. These cells are not all the same – they are different shapes and size , and have different jobs to do. Cells join together to form tissue and

various tissue join together in systems which perform many of the functions of the body . There are 10 body system;

1. skeletal system
2. muscular system
3. circulatory system
4. respiratory system
5. digestive system
6. excretory system
7. reproductive system
8. nervous system
9. endocrine system
10. skin system

Ex; 1 p.7 Read and translate this words.

Bottom, tongue, shoulder, finger, knee, arm, hair, hand, chest, toes, waist, thumb, neck, ear, head, heel, leg, eye, lips, nose , sole, back, mouth, elbow, foot, tooth

Ex; 2 p. 8 Complete the following sentences with the correct words from Ex;1.

1. We pick things up with our
2. I lick an ice- cream with my
3. To eat something . I put it it in my
4. We comb and brush our
5. He had a cold and blew his
6. I brush my regularly ,especially after eating.

1. Read and the text and translate it.

The Skeletal System

The structure of the bones?

The bones that make up the skeleton are all very much alive, grow-ing and changing a!t the time like other parts of the body.

Almost every bone in the body is made of the same materials:

1. The outer surface of bone is called the periosteum It's a thin, dense membrane that contains nerves and Wood vessels that nourish the bone.
2. The next layer is made up of compact bone. This part is smooth and very hard.

3. Within the compact bone are many layers of cancellous bone, which looks a bit like a sponge. Cancellous bone is not quite as hard as compact bone, but it is still very strong. In many bones, the cancellous bone protects the innermost part of the bone the

4. bone marrow. Bone marrow is sort of like a thick jelly, and its job is to make blood cells.

How Bones Grow

A baby's body has about 300 "soft" bones at birth. These eventually fuse (grow together) to form the 206 bones that adults have. Some of a baby's bones are made of a special material called cartilage. This cartilage is soft and flexible. During childhood, as a baby is growing, the cartilage grows and is slowly replaced by bone, with help from calcium. By the time a person is 25, this process will be complete.

The Spine

The spine lets a person twist and bend, and it holds the body upright. It also protects the spinal cord, a large bundle of nerves that sends information from the brain to the rest of the body. The spine is special because it's made of 33 bones in all! These bones are called vertebrae, and each one is shaped like a ring.

There are five types of vertebrae in the spine, and each does a different kind of job:

- The first seven vertebrae at the top are called the cervical vertebrae. These bones are in the back of your neck, just below your brain, and they support your head and neck.
- Below the cervical vertebrae are the thoracic vertebrae, and there are 12 in all.
- Below the thoracic vertebrae are five lumbar vertebrae.
- Beneath the lumbar vertebrae is the sacrum, which is made up of five vertebrae that are joined together.
- Finally, all the way at the bottom of the spine is the coccyx, which is made of four fused vertebrae. The bottom sections of the spine are important when it comes to bearing weight and giving a person a good center of gravity.

Between each vertebra there are small disks made of cartilage. These disks keep the vertebrae from rubbing against one another.

Ribs

The heart, lungs, and liver are protected by the ribs. Ribs act like a cage of bones around the chest. The ribs come in pairs, and the left and right sides of each pair are exactly the same. Most people have 12 pairs of ribs, but some people are born with one or more extra ribs, and some people might have one pair less.

All 12 pairs of ribs attach in the back to the spine, where they are held in place by the thoracic vertebrae. The first seven pairs of ribs attach in the front to the sternum, a strong bone in the center of the chest that holds those ribs in place. The remaining sets of ribs don't attach to the sternum directly. The next two or three pairs are held on with cartilage to the ribs above them.

The very last two sets of ribs are called floating ribs because they are not connected to the sternum or the ribs above them

2. Ex: 4, p.21. Complete each sentence using a word from the box.

floating

1. skull

2. bone

3. marrow

4. skeleton

5. vertebra

6. thoracic

7. cartilage

8. cervical

9. sacrum

10. sponge

1. Cancellous bone looks a bit like a
2. Blood cells are made by
3. There are 206 bones in the
4. Some of a baby's bones are made of
5. The spine is made of 33
6. The vertebrae are in the back of the neck.
7. There are 12 vertebrae in all
8. The is made up of 5 vertebrae that are joined to-gether.
- 9.ribs aren't connected to the sternum.
10. The protects the brain.

3. Ex: 5, p.21 Match the following words in A with their definitions in B.

A word

B definition

- | | |
|---------------|---|
| 1.skeleton | a)a dense connective tissue composed of a matrix |
| 2.pelvis * | b)the skeleton of the head and face |
| 3.scapula | c)the vertebral column |
| 4.cartilage | d)shoulder blade |
| 15.joint | e)the hard extremely dense connective tissue that forms the skeleton of the body |
| 16,ligament | |
| 7.skull | 1) a layer of dense connective tissue providing attachment for muscles, tendons and ligaments |
| 8.bone | |
| 9.spine | g)the rigid framework of the body |
| 10.periosteum | h)a tough band of white fibrous connective tissue that links two bones together at a joint |
| | i)the bony structure formed by the hip bones, sacrum and coccyx |
| | k) the point at which two or more bones are connected |

5.5. Teaching methods / Методы обучения и преподавания/ Өткізілу барысы

- Listening comprehension
- Speaking comprehension
- Reading comprehension
- Individual work
- Work in small groups
- Group work
- Work in pairs
- Games
- Dialogues
- Role – plays
- Crosswords
- Puzzles
- Cards

5.6. Bibliography/Литература/ Әдебиет

Основная

1. Belenkova S.A. Human body . Shymkent , 2010

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2. Кабуш, Т. Ю. "Мейірбике ісі" мамандық студенттеріне арналған кәсіби - бағытталған ағылшын тілінен оқу - әдістемелік құрал: оқу-әдістемелік құрал / Т Алматы : Эверо, 2016. - 140 б. р.

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5.7. Control/Контроль/Бақылау

Answer the question.

- 1.How long has die man been living on the earth?
- 2.What is the human body?.
3. Why is the human body called a living machine?
4. What does the proper functioning of thebody depend on?
5. What does the human body consist of?
6. What interdependence is there in the body?
7. Why can we live, feel, enjoy and suffer?
8. Do you think a monkey is really the ancestor of the human beings?

Theoretical lesson # 2

5.1. Theme/Тема/Тақырыбы: Muscular System. The circulatory system.

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5.4. The main questions of the theme/ Основные вопросы темы / Тақырып бойынша жаттығулар

1. Read and the text and translate it. 20min.

The Muscular System

Pre-reading dsk

Discuss the folliwng questions

- Where do you put injections?
- Why do you put injections in the muscle or in the fatty tissue?
- Why do our muscles need exercises?
- What con Id you feel if you carried a large suitcase 2 km. up a hill?
- Why does Stallone have huge biceps? Was he born with them?
- What happens to cosmonauts after descen1. back to the earth?
- What will happen if some muscles in the body become weak?

2. Read this text, Use the glossary to help with new words.

There are more than 600 muscles in the body. They do almost everything from pumping blood throughout the body to lifting a heavy burden. A person can control some of the muscles and others, like the heart, do their jobs without a person's will.

The structure of the muscles?

Muscles are all made of the same material, a type of elastic tissue sort of like the material in a rubber band. Thousands, or even tens of thousands, of small fibers make up each muscle. There are three different types of muscles in the body: smooth muscle, cardiac muscle, and skeletal muscle.

Smooth Muscles

Smooth muscles are sometimes also called involuntary muscles and they are usually in sheets, or layers, with one layer of muscle behind the other. The brain and body tell these muscles what to do without a person is even thinking about it. But smooth muscles are at work all over the body, in the stomach and digestive system, they contract (tighten up) and relax to allow food to make its journey through the body.

3. Ex: 5, p.33. Answer the following questions.

1. What do the muscles serve for?
2. What are muscles made of?
3. Can you see some muscles under your skin?
4. What does the cardiac muscle provide?
5. What muscles are called voluntary ones?
6. What involuntary muscles do you know?
7. What is the difference between voluntary and involuntary muscles?

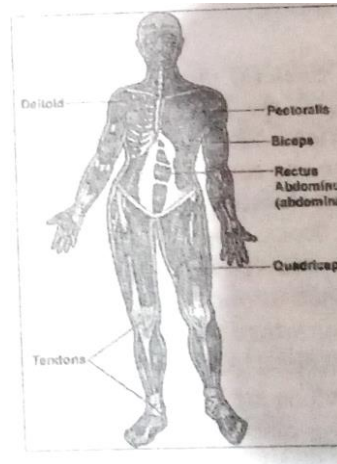
The Circulatory system .

Your heart is really a muscle . It's located a little to the left of the middle of your chest , and it's about the size of your fist. There are lots of muscles all over your body in your arms , in your legs , in your back even in your behind.

But the heart muscle is special because of what it does . The heart sends blood around your body .The blood provides your body with the oxygen and nutrients it need. It also carries away waste.

Your heart is sort of like a pump or two pumps in one. The right side of your heart receives blood and pump it to the lungs . The left side of the heart does the exact opposite: It receives blood from the lungs and pumps it out to the body .

We got the beat. Before each beat , your heart fills with blood . Then its muscle contracts to squirt the blood along . When the heart contracts it squeezes try squeezing your hand into a fist. That's sort of like what your heart does so it can squirt out the blood. your heart does this all day and all night, all the time.



Heart parts .

The heart is made up of four different blood filled areas , and each of these areas is called a chamber . There are two chambers on each side of the heart. One chamber is one of the top and one chamber is on the bottom. The two chambers on top are called atria .

The heart has a left atrium and a right atrium . The two chambers on the bottom are called the ventricles . The heart has a left ventricle and the right ventricle . Their job is to squirt out the blood to the body and lungs. Running down the middle of the heart is a thick wall of muscle called the septum . The septum's job is to separate the left side and the right side of the heart. Blood moves through many tubes called arteries and veins which together are called blood vessels . These blood vessels are attached to the heart . The blood vessels that carry blood away from the heart are called arteries . The ones that carry blood back to the heart are called veins.

The movement of the blood through the heart and around the body is called circulation and your heart is really good at it. It's good at it that takes less than 60 second to pump blood to every cell in your body.

Ex; 2 p. 45 . Complete the sentence using the word from the box.

**muscle arteries right ventricle contraction veins septum left ventricle
valve waste right atrium left atrium circulation**

1. The heart is a ,which is about the size of your fist.
2. The receives oxygenated blood from the lungs.
3. The receives deoxygenated blood from the venae cavae.
4. The receives blood from the pulmonary vein.
5. The pumps blood received from the venae cavae
6. A thick wall of muscle running down the middle of the heart is called the
7. Blood pressure closes so preventing backflow.
8. carry blood away from the heart .
9. carry blood back to the heart.

Ex; 4 p. 47 Match the following word in a line A with a suitable definition in a line B .

A word -

B definition

1. heart a. a fluid tissue that circulates throughout the body

2. vessel b. a valve in the heart allowing blood to pass from the left atrium to the left ventricle
3. capillary c. a blood vessel conveying blood towards the heart
4. mitral d. a hollow muscular coneshaped organ
5. vein e. a valve in the heart preventing blood returning to the left ventricle from the aorta
6. ventricle f. two upper chambers of the heart
7. aortic valve g. an extremely narrow blood vessel
8. atria h. a series of pressure waves within an artery
9. pulmonary vein i. two lower chambers of the heart
10. pulse j. a tube conveying a blood fluid
11. circulatory k. vein carrying oxygenated blood from the lung to the left atrium
12. blood l. cardiovascular

Ex. 5 p. Choose the correct word

1. A person's emotions come from his
a.heart b.brain c. liver
2. Oxygenated blood from the lungs is received by the
a. left ventricle b. left atrium c. right atrium
3. A divides the atria of the heart from the ventricles .
a. chamber b. vein c. septum
4. Blood relies on four special inside the heart .
a. veins b. arteries c. valves
5. The heart takes to pump blood to every cell in your body.
a. 30 second b. a minute c. 60 minute
6. Your body needs a lot more oxygen - filled blood when you ...
a. run a. sleep c. sit
7. During the circulation about 20% of blood goes through the

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a. lungs b. heart c. kidney

5.5. Teaching methods / Методы обучения и преподавания/ Өткізілу барысы

- Listening comprehension
- Speaking comprehension
- Reading comprehension
- Individual work
- Work in small groups
- Group work
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- Games
- Dialogues
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3. Кабуш, Т. Ю. "Мейірбике ісі" мамандық студенттеріне арналған кәсіби - бағытталған ағылшын тілінен оқу - әдістемелік құрал: оқу-әдістемелік құрал / Т Алматы : Эверо, 2016. - 140 б. р.

5.7. Control/Контроль/Бақылау

Answer the question.

1. How long has die man been living on the earth?
2. What is the human body?.
3. Why is the human body called a living machine?
4. What does the proper functioning of thebody depend on?
5. What does the human body consist of?
6. What interdependence is there in the body?
7. Why can we live, feel, enjoy and suffer?
8. Do you think a monkey is really the ancestor of the human beings?

Answer the following questions:

1. Complete each definition.

- (1) Your mother's brother is your _____
- a) nephew b)uncle c)son-in-law d) grandfather
- (2) Your son's wife is your _____.
- a) niece b)aunt c) daughter-in-law d) mother-in-law
- (3) Your uncle's son is your _____ .
- a) nephew b) colleague c)son-in-law d) cousin

2. Complete the text with verbs from the box.

get see have keep come

Susan is my best friend. We met at Kung Fu classes a few yeas ago We don't

(4) _____ from similar-backgrounds, but we really (5) _____ a lot in common with each other. We usually (6)

each other once a week. We go to a bar, a restaurant, or see a film at the cinema together.

Unfortunately, I don't (7) _____ on well with herhusband. Mike lie wants Susan to move to Australia with him next year! I hope she doesn't

move away, but I'm sure that I'll (8)in touch with her if she does.

Theoretical lesson# 3

5.1. Theme/Тема/Тақырыбы: The Respiratory system . Control work- 1

5.2.. Objectives: students have to develop speaking, reading, writing and listening skills; to be able to work in groups; to broaden their general outlook.

Цели: студентам необходимо развивать навыки говорения, чтения, письма и аудирования; уметь работать в группах; расширить свой кругозор.

ОҢТҮСТІК ҚАЗАҚСТАН MEDISINA АКАДЕМИАСЫ «Оңтүстік Қазақстан медицина академиясы» АҚ	 SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»
Кафедра общеобразовательных дисциплин	044-73/11-102
Методические рекомендации	14 стр из 32 стр

Мақсат: студенттердің сөйлеудегі, жазудағы, оқудағы және таңдаудағы ептілігін дамыту қажет; топ ішінде жұмыс істей алу қабілетін, студенттің жан-жақты көзқарасын дамыту.

5.3. Training goals/Задачи обучения/Оқытудың мақсаттары

Perfect consolidation of reading, speaking and writing skills.

Отработка и закрепления навыков чтения, говорения и письма.

Оқу, сөйлеу және жазу дағдыларын қалыптастыру.

Ход занятия

1. Организационный момент:

- проверка присутствующих учащихся
- проверка готовности к занятию учащихся
- задачи занятия:
 - способствовать развитию логики мышления на основе научных текстов по специальности.
 - ориентироваться в складывающихся учебных ситуациях и находить оптимальное решение.
 - сформировать навыки аудирования, говорения, письма по образцам устной речи с разной стилистической и жанровой характеристикой.
 - учитывать современные требования (внедрение инновационных технологий и т.д.), предъявляемые к занятиям русского языка как иностранного.
 - обогатить активный словарный запас, углубить знания по грамматике, совершенствовать устную и письменную речь студентов.

2. Контроль знаний по предыдущим темам.

Фронтальный опрос (устный/письменный опрос, презентация выполненной работы):

3. Изложение нового материала

(вступительное слово, объяснение, сравнительный анализ текста, решение текстовых заданий, собеседование, опрос)

5.4. The main questions of the theme/ Основные вопросы темы / Тақырып бойынша жаттығулар

Ex;1. Read then translate the text .

The respiratory system.

Your lungs are in your chest , and they are so large that take up most of the space in there . You have two lungs , but they aren't the same size the way your eyes or nostrils are. Instead the lung (2 lobes) on the left side of your body is a bit smaller than the lung (3 lobes) on the right. This extra space on the left leaves room for your heart . Your lungs are protected by your rib cage , which is made up of 12 sets of ribs. These ribs are connected to your spine in your back and go around your lungs to keep them safe. Beneath the lungs is the diaphragm, a dome – shaped muscle that works with your lungs to allow you to inhale (breathe in) and exhale (breathe out) air.

You can't see your lungs but it's easy to feel them in action : put your hands on your chest and breathe in very deeply . You will feel your chest getting slightly bigger .

From the outside , lungs are pink and a bit squishy , like a sponge. But the inside contains the real lowdown on the lungs. But the inside contains the real lowdown on the lungs . At the

bottom of the trachea , or windpipe , there are two large tubes. These tubes are called the main stem bronchi, and one heads left into the left lung, while the other heads right into the right lung.

Ex: 3 p. 66. Match the following word in a line A with a suitable definition in a line B .

- | A word - | B definition |
|----------------------|---|
| 1. Lung | a) a tiny ridge |
| 2. Diaphragm | b) a blind –ended air sac of microscopic size |
| 3. trachea | c) a dome – shaped muscle |
| 4. bronchus | d) the tiniest tube without cartilage or mucous glands |
| 5. bronchiole | e) the part of the air passage between the larynx and
the main bronchi |
| 6. alveous | f) the voice box |
| 7. cilium | g) one of the pair of organs of respiration |
| 8. larynx | h) a tiny hair |
| 9. vocal cord | i) a slick special layer |
| 10. pleural membrane | j) any of the air passages beyond the trachea |

Ex: 5 p. 68 Complete the sentences

	Rib cage	diaphragm	vocal cords	pleural	membrane
lungs	air abdominal	vibration	cartilage	alveoli	

1. When you breath in your contracts .
2. Children are born with about 20 million
3. The lungs are protected by
4. The total capacity of the in an adult male is about 5.5 litres.
5. We can talk thanks to
6. During normal breathing only about 500ml. of..... is exchanged.
7. The lungs are covered by
8. The bronchial tree does not contain and mucous glands.
9. The airflow produces That make up speech , song and ill other vocal noises.
10. Diaphragm separates the thoracic and cavities.

5.5. Teaching methods / Методы обучения и преподавания/ Өткізілу барысы

- Listening comprehension
- Speaking comprehension
- Reading comprehension
- Individual work
- Work in small groups
- Group work
- Work in pairs
- Games
- Dialogues
- Role – plays
- Crosswords
- Puzzles
- Cards

5.6. Bibliography/Литература/ Әдебиет

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5.7. Control/Контроль/Бақылау

Test

(1) ... children do you have?

A) How many

B) How much

C) What kind of

D) What are

E) What type

(2) ... music does she like⁷

A) How many

B) What

C) How kind of

D) What kind of

E) How long

(3)... time do you get up?

A) When

B) What

C) How

D) Which

E) Why

(4)... home work does your teacher usually give you?

A) What kind of

B) How often

C) How for

D) How much

E) How long

(5)... do you go to the movie⁷

A) How long

B) What time

C) How much

D) How many

E) How often

(7)... people live in your town?

A) How much

B) How little

C) How many

D) How long

E) How lot

(8)... often do you speak to you neighbors?

A) when

B) how much

C) how bug

D) how often

E) how many

(9)... do your best neighbors come from?

A) how

B) where

C) why

D) what

E) which

(10)... part of town do you live?

A) How

B) What

C) When

D) Why

E) Where

(11)... are you going to come back"¹

A) what

B) how well

C) which

D) when

E) how many

Theoretical lesson#4

5.1. Theme/Тема/Тақырыбы: The Digestive system . Skin System

5.2.. Objectives: students have to develop speaking, reading, writing and listening skills; to be able to work in groups; to broaden their general outlook.

Цели: студентам необходимо развивать навыки говорения, чтения, письма и аудирования; уметь работать в группах; расширить свой кругозор.

Мақсат: студенттердің сөйлеудегі, жазудағы, оқудағы және таңдаудағы ептілігін дамыту қажет; топ ішінде жұмыс істей алу қабілетін, студенттің жан-жақты көзқарасын дамыту.

5.3. Training goals/Задачи обучения/Оқытудың мақсаттары

Perfect consolidation of reading, speaking and writing skills.

Отработка и закрепления навыков чтения, говорения и письма.

Оқу, сөйлеу және жазу дағдыларын қалыптастыру.

Ход занятия

1. Организационный момент:

- проверка присутствующих учащихся

- проверка готовности к занятию учащихся

- задачи занятия:

- способствовать развитию логики мышления на основе научных текстов по специальности.

- ориентироваться в складывающихся учебных ситуациях и находить оптимальное решение.

- сформировать навыки аудирования, говорения, письма по образцам устной речи с разной стилистической и жанровой характеристикой.

- учитывать современные требования (внедрение инновационных технологий и т.д.), предъявляемые к занятиям русского языка как иностранного.

- обогатить активный словарный запас, углубить знания по грамматике, совершенствовать устную и письменную речь студентов.

2. Контроль знаний по предыдущим темам.

Фронтальный опрос (устный/письменный опрос, презентация выполненной работы):

3. Изложение нового материала

(вступительное слово, объяснение, сравнительный анализ текста, решение текстовых заданий, собеседование, опрос)

5.4. The main questions of the theme/ Основные вопросы темы / Тақырып бойынша жаттығулар.

1. Read the text then translate .

The Digestive system .

Your digestive system started working even before you took the first bite of your pizza . And the digestive system will be busy at work on your chewed -up lunch for the next few hours or sometimes days depending upon what you've eaten. This process , called digestion allows your body to get the nutrients and energy it needs from the food you eat . Even before you eat , when you smell a tasty food , see it or think about it , digestion begins . Saliva or spit begins to form

in your mouth. When you do eat the saliva breaks down the chemicals in the food a bit , which helps make the food mushy and easy to swallow . Your tongue helps out , pushing the food around while you chew with your teeth. When you're ready to swallow the tongue pushes a tiny bet of mushedup food called a bolus toward the back of your throat and into the opening of your esophagus the second part of the digestive tract.

The esophagus is like a stretchy pipe that's about 25 centimeters long. It moves food from the back of your windpipe which allows air to come in and out of your body . When you swallow a small ball of mushed - up food or liquids a special flap called the epiglottis flops down over the opening of your windpipe to make sure the food enters the esophagus and not the windpipe.

Your stomach is attached to the end of the esophagus . It's stretchy sack shaped like the letter J. It has the three important jobs: to store the food you've eaten , to break down the food into a liquidy mixture, to slowly empty that liquidy mixture into the small intestine .

The small intestine is a long tube that's about 1 ½ inches to 2 inches around, and it's packed inside you beneath your stomach . The small intestine breaks down the food mixture even more so your body can absorb all the vitamins, minerals, proteins, carbohydrates, and fats. Pancrease , liver, gallbladder these organs send different juices to the first part of the small intestine . These juices help to absorb nutrients . The pancrease makes juices that help body digest fat and protein . A juice from the liver called bile helps to absorb fats into the bloodstream.

And the gallbladder serves as a warehouse for bile , storing it until the body needs it . Your food may spend as long as 4 hours in the small intestine and will become a very thin , watery mixture.

Liver. The nutrient- rich blood comes directly to the liver for processing. The liver filters out harmful substances or wastes into more bile . The liver even helps figure out how many nutrients will go to the rest of the body , and how many will go to the rest of the body and how many will stay behind in storage . For example, the liver stores certain vitamins and a type of sugar your body uses for energy.

Large intestine. At 7 or 10 cm. around , the large intestine is fatter than the small intestine and it's almost the last stop on the digestive tract . Like the small intestine it is packed into the body , and would measure about 1.5 meters long if you spread it out. The large intestine has a tiny tube with a closed end coming off it called the appendix. It's part of the digestive tract , but it doesn't seem to do anything though it can cause big problems , because it sometimes gets infected and needs to be removed.

Like we mentioned , after most of the nutrients are removed from the food mixture, there is waste left over – stuff your body can't use . This stuff needs to be passed out of the body . Well, here's a hint : It goes out with a flush . Before it goes it passes through the part of the large intestine called the colon. , which is where the body gets its last chance to absorb the water and some minerals into the blood . As the water leaves the waste product , what's left gets

harder and harder as it keeps moving along , until it becomes a solid . The large intestine pushes the poop into the rectum , the very last stop on the digestive tract. The solid waste stays here until you are ready to go to the bathroom.

Ex; 2 . p. 77. Complete each sentence using a word / word combination from the box .

appendix epiglottis small intestine mushy tongue bile esophagus large intestine bolus water teeth gastric juice bacteria saliva

1. Saliva helps make the food and easy to swallow .
2. The helps out , pushing the food around while you chew with your
3. The is almost the last stop on the digestive tract.
4. The prevents the food entering the trachea .
5. The breaks down the chemicals in the food .
6. The sometimes gets infected and needs to be removed .
7. help kill that might be in the eaten food.
8. A juice from the liver called helps to absorb fats into the blood stream .
9. The is packed inside you beneath your stomach .
10. The mushed up food is called a
11. You can help your digestive system by drinking
12. The Moves food from the back of your stomach .

Ex; 4 p. 78. Match the common term on the left with the medical term on the right.

mouth	oesophagus
roof of the mouth	duodenum, jejunum, ileum,colon,rectum
spit	buccal cavity
throat	colon
gullet	saliva
small intestine	hard and soft palate
large intestine	pharynx
bowel	ileum

1. Read the text ; The Skin System .

Your skin is very important. It covers and protects everything inside your body. Without skin , people's muscles, bones, and organs would be hanging out all over place. Skin holds everything together. It also :

- 1) protect our bodies
- 2) helps keep our bodies at just the right temperature

3) allows us to have the sense of touch

The skin made up of three layers, each with its own important parts. The layer on the outside is called the epidermis. The epidermis is the part of your skin you can see. Look down at your hands for a minute . Even though you can't see anything happening your epidermis is hard work . At the bottom of the epidermis new skin cells are forming .

When the cells are ready they start moving toward the top of your epidermis. This trip takes about 2 weeks to a month. As newer cells continue to move up, older cells near the top die and rise to the surface of your skin .

The next layer down is the dermis . You can't see your dermis because it's hidden under your epidermis contains nerve endings, blood vessels, oil glands, and sweat glands, and sweet glands. It also contains collagen and elastin, which are tough and stretchy. The nerve ending in your dermis tell you how things feel when you touch them . They work with your brain and nervous system, so that your brain gets the message about what you're touching .

2. Ex;3p.89. Answer the following questions.

1. Why is the skin system the largest system in the human body ?
2. What main function does the skin fulfill?
3. How many and what layers make up the skin ?
4. Which layer is visible? Which of them can't you see?
5. How long does each skin cell live?

3. Ex. 5 p. 90. Match the following word in a line A with a suitable definition in a line B .

A word -

B definition

- | | |
|-----------------------|---|
| 1. skin | a) the outer layer of the skin |
| 2. epidermis | b) a simple gland in the skin that secretes an oily Substance |
| 3. Dermis | c) a tiny tube in the skin |
| 4. Subcutaneous layer | d) a threadlike outgrowth of the epidermis |
| 5. Sebaceous gland | e) the outer covering of the body |
| 6. Pore | f) goosebump |
| 7. Hair follicle | h) the fatty layer situated under the dermis |
| 8. Erector pili | i) a simple gland lies in the dermis of the skin |
| 9. sweat gland | j) the thick layer of living tissue that lies beneath the epidermis |

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Кафедра общеобразовательных дисциплин	044-73/11-102
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5.7. Control/Контроль/Бақылау

Complete the text with words from the box.

tuition fell brilliant fail grades timetable

ultra-modem fond behavior mixed-sex

I went to an (1) _____ private school. It was a (2) _____ school, which was unusual, because most private

schools in my country are single-sex We studied lots of subjects, worked hard and our(3)_____ _ as always veryfull.

I wasn't a (4) _ _ student, and sometimes my (5) _____ was quite bad. I remember one Latin lesson I actually (6) _____ asleep, which was very embarrassing! My parents were worried about my exam (7)

_____ and they thought I might not get a place at university, so they organized some private (8)_____forme. I was really (9) _____ of my teacher. M s Chapman, and I didn't (10) _____any of my examinations. Ieven passed Latin!

Theoretical lesson# 5

5.1. Theme/Тема/Тақырыбы: The Nerve system. Endocrine system

5.2.. Objectives: students have to develop speaking, reading, writing and listening skills; to be able to work in groups; to broaden their general outlook.

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5.3. Training goals/Задачи обучения/Оқытудың мақсаттары

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- проверка готовности к занятию учащихся

- задачи занятия:

- способствовать развитию логики мышления на основе научных текстов по специальности.

- ориентироваться в складывающихся учебных ситуациях и находить оптимальное решение.

- сформировать навыки аудирования, говорения, письма на образцах устной речи с разной стилистической и жанровой характеристикой.

- учитывать современные требования (внедрение инновационных технологий и т.д.), предъявляемые к занятиям русского языка как иностранного.

- обогатить активный словарный запас, углубить знания по грамматике, совершенствовать устную и письменную речь студентов.

2. Контроль знаний по предыдущим темам.

Фронтальный опрос (устный/письменный опрос, презентация выполненной работы):

3. Изложение нового материала

(вступительное слово, объяснение, сравнительный анализ текста, решение текстовых заданий, собеседование, опрос)

5.4. The main questions of the theme/ Основные вопросы темы / Тақырып бойынша жаттығулар

1. Read the text The Nerve System.

Your brain is the boss of your body. It runs the show and controls just about everything you do, even when you're asleep . Not bad for something that looks like a big, wrinkly, grey sponge.

Your brain has many different parts that work together . They are ;

Cerebrum, cerebellum, brain stem, pituitary gland, hypothalamus.

The biggest part of the brain is **the cerebrum**. The cerebrum makes up 85% of the brain's weight, and it's easy to see why. The cerebrum is the thinking part of the brain and it controls your voluntary muscles – the ones that move when you want them to. So you can't dance without your cerebrum. When you're thinking hard, you're using your cerebrum. The cerebrum has two halves, with one on either side of the head . Some scientists think that the right half helps you think about abstract things like music , colours, and shapes. The left half is said to be more analytical, helping, you with, math, logic, and speech. Scientists know that the right half of the cerebrum controls the left side of your body, and the left half controls the right side.

Next up is the cerebellum . The cerebellum is at the back of brain, below the cerebrum. It's a lot smaller than the cerebrum at only 1/8 of its size . But it's a very important part of the brain. It controls balance , movement, and coordination. Because of your cerebellum , you can stand upright , keeo your balance, and move around.

Another brain part that's small but mighty is the **brain stem**. The brain stem sits beneath the cerebrum and in front of the cerebellum . It connects the rest of the brain to the spinal cord, which runs down your neck and back . The brain stem is in charge of all the functions your body needs to stay alive, like breathing air, digesting food, and circulating blood.

The pituitary gland is very small – only about the size of a pea! It's job is to produce and release hormones into your body . This little gland also plays a role with lots of other hormones , like ones that control the amount of sugar and water in your body. And it helps keep your metabolism going.

The hypothalamus is like your brains knows what temperature your body should be 37 degrees Celsius . If your body is too hot , the hypothalamus tells to sweat. If you're too cold , the hypothalamus gets you shivering . Both shivering and sweating are attempts to get your body's temperature back where it needs to be.

2. Ex; 3 p. 117. Complete the sentences .

In for of up on at out with

1. The brain is charge of movement , feelings, temperature and emotions.
2. The cerebrum makes 85% of the brain's weight.
3. There are five key players The brain team.
4. Can you figure this word?
5. The cerebellum is smaller then the cerebrum one eighth of its size .
6. The amygdala is responsible Emotions.
7. Some minerals, potassium and calcium are important the nerveous system.
8. The pituitary gland controls the amount sugar and water in the body.

Ex; 6 p. 120. Choose the correct word.

Brain left half hormones cord sensory axon skull
cerebrum brain stem thermostat messages column
peripheral nerves amygdale membrane reflexes

1. The controls your voluntary muscles.
2. The of the cerebrum is more analytical.
3. are fibers which transmit impulses away from the main cell body.

4. Nerves which carry messages from muscles to the CNS are called nerve.
5. The is responsible for all the functions of the body : inhaling, exhaling, digestion, and circulation.
6. The pituitary gland produces and releases into the body.
7. The hypothalamus is like the brain's inner
8. The spinal is protected by the spinal
9. The is charge of emotion .

1. Read the text about : The Endocrine system .

The Endocrine system , along with the nervous system , functions in the regulation of body activities . The endocrine system system acts through chemical messengers called hormones that influence growth, development and metabolic activities . The action of the endocrine system is measured in minutes, hours, or weeks and is more generalized than the action of the nervous system. There are two major function of glands in the body- exocrine and endocrine .

Exocrine glands. Exocrine glands have ducts that carry their secretory products to a surface . These glands include the sweat and mammary glands and , the gland that secrete digestive enzymes.

Endocrine glands. The Endocrine glands don't have ducts to carry their products to a surface . They are called ductless glands . The word endocrine is derived from the Greek terms “endo” meaning within, and “krine” meaning to separate or secreted . The secretory products of endocrine glands are called hormones and are secreted directly into the blood and then carried throughout the body where they influence only those cells that have receptor sites for that hormone .

Hormones. Chemically, hormones may be classified as either proteins or steroid. Action hormones are carried by the blood throughout the entire body , yet they affect only certain cells.

Pituitary gland. The p/g or hypophysis is a small gland about 1 cm. in diameter or size of a pea. It is nearly surrounded by bone as it the sellaturcica a depression in the sphenoid bone. The gland is connected to the hypothalamus of the brain by a slender stalk called the infundibulum.

Pineal gland. The pineal gland is small cone-shaped structure that extends posteriorly from the third ventricle of the brain . The pineal gland consists of portions of neurons , neuroglial cells and specialized secretory cells called pinealocytes .

Thyroid gland. The th/g. is very vascular organ that is located in the neck . It consists of two lobes, one on each side of the trachea , just below the larynx or voice box. The two lobes are connected by a narrow band of tissue called the isthmus . Internally the gland contists of follicles, which produse thyroxine and triiodothyronine hormones. These hormones contain iodine.

Ex ; 5. p. Complete the sentences

**Protein receptor site steroid hormones insulin iodine medulla endocrine
gonads cortex blood neurotransmitters protein hormones parathyroid**

1. react with receptors on the surface of the cell.
2. The nerve system acts through electrical impulses and to cause muscle contraction and glandular secretion .
3. Pancreatic islets secrete
4. The are responsible for producing the sperm and ova.
5. typically react with receptor sites inside a cell.
6. The Greek term “.....” means to separate or secrete within .
7. The adrenal is essential to life, but the may be removed with no life – threatening effects.

5.5. Teaching methods / Методы обучения и преподавания/ Өткізілу барысы

- Listening comprehension
- Speaking comprehension
- Reading comprehension
- Individual work
- Work in small groups
- Group work
- Work in pairs
- Games
- Dialogues
- Role – plays
- Crosswords
- Puzzles
- Cards

5.6. Bibliography/Литература/ Әдебиет

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1. Belenkova S.A. Human body . Shymkent , 2010
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3.10.1. Дополнительная литература:

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Кафедра общеобразовательных дисциплин	044-73/11-102
Методические рекомендации	29 стр из 32 стр

1. Марковина, И. Ю. Английский язык для медицинских училищ и колледжей [Текст] = English For Medical Secondary Schools and Colleges : учебник для студентов средних проф. учеб. заведений / И. Ю. Марковина, Г. Е. Громова. - М : Издательский центр " Академия ", 2008. - 160 с. - (Среднее проф. образование).
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5.7. Control/Контроль/Бақылау

Answer the question.

1. How long has die man been living on the earth?
2. What is the human body?.
3. Why is the human body called a living machine?
4. What does the proper functioning of thebody depend on?
5. What does the human body consist of?
6. What interdependence is there in the body?
7. Why can we live, feel, enjoy and suffer?
8. Do you think a monkey is really the ancestor of the human beings?

Complete the text. Put the verbs in brackets into the past simple or the past continuous.

I _____ (*work*) in the multi-media centre yesterday when the computer I _____ (*use*) suddenly _____ (*stop*) working. I _____ (*not know*) what to do. Luckily, the headmaster _____ (*help*) another student nearby, so I _____ (*tell*) him about the problem with my computer and he _____ (*show*) me what to do.

Choose the correct verb forms to complete the two sentences

When I was *waking/wake up* yesterday it was *raining/ rained* so I was *staying/ stayed* at home,

The phone was *ringing/rang* just as I was *leaving/ left* the house, so I wasn't *answering/ didn't answer* it.

Theoretical lesson #6

5.1. Theme/Тема/Тақырыбы: The Excretory system. Control work-2

5.2. Objectives: students have to develop speaking, reading, writing and listening skills; to be able to work in groups; to broaden their general outlook.

Цели: студентам необходимо развивать навыки говорения, чтения, письма и аудирования; уметь работать в группах; расширить свой кругозор.

Мақсат: студенттердің сөйлеудегі, жазудағы, оқудағы және таңдаудағы ептілігін дамыту қажет; топ ішінде жұмыс істей алу қабілетін, студенттің жан-жақты көзқарасын дамыту.

5.3. Training goals/Задачи обучения/Оқытудың мақсаттары

Perfect consolidation of reading, speaking and writing skills.

Отработка и закрепления навыков чтения, говорения и письма.

Оқу, сөйлеу және жазу дағдыларын қалыптастыру.

Ход занятия

1. Организационный момент:

- проверка присутствующих учащихся

- проверка готовности к занятию учащихся

- задачи занятия:

- способствовать развитию логики мышления на основе научных текстов по специальности.

- ориентироваться в складывающихся учебных ситуациях и находить оптимальное решение.

- сформировать навыки аудирования, говорения, письма по образцам устной речи с разной стилистической и жанровой характеристикой.

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5.4. The main questions of the theme/ Основные вопросы темы / Тақырып бойынша жаттығулар

The urinary system .one of the excretory systems, also known as the urinary tract, acts as a filtering unit for the body's blood, excreting waste products and excess water as urine. It consists of a pair of kidneys; the bladder; the ureters, which connect each kidney to the bladder and the

1. Read and translate . Kidneys.

Kidneys normally come in pair . If you've ever seen a kidney bean, then you have a pretty good idea what the kidney look like Each is about 13 cm wide. One of the main jobs of the kidneys is to filter the waste out of the blood .

The kidneys, the bladder and their tubes are tubes are called the urine system . Here's a list of all of the parts of the urinary system:

The kidneys : filters that take the waste out of the blood and make urine

The ureters: tubes that carry the urine to the bladder

The bladder , a bag that collects the urine.

The urethra: a tube that carries the urine out of the body.

Ex; 6 p. Complete the sentences.

ureters urethra hormone nephrons renal artery urine

urine red blood cells water bean bladder chemical reaction

1. Blood is carried into the kidney by the
2. The kidney looks like a
3. The presence of waste in the body is the result of
4. There are more than 1 million inside the kidneys .
5. After oxygen, is the second most important need of the body .
6. Excess water, drugs, toxins and waste products together form

Ex; 7. P. 182.

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