

**CONTROL AND MEASURING TOOLS
FOR THE FINAL ASSESSMENT OF KNOWLEDGE, ABILITIES AND SKILLS
BY DISCIPLINE**

Department: Physical Education

Course code: FK 1(2)106

Name of EP: "General Medicine"

Number of academic hours/credits: 120 hours/4 credits

Course, Year/ term: II year, 3-4 semestr

Explanatory note

The control norms based on "Tests of the President of the Republic of Kazakhstan- Elbasy". "Presidential tests" (Resolution of the Government of the RK 31.12.2013 Ne1545) in higher education institutions pass of last course. The control norms composed by four steps - «Physical perfection» for young in the 18-23 age by the method of degradation (reduction). Types of tests and standards, "the President's test of physical fitness of the population of Kazakhstan". The final assessment of the discipline (FA) consists of two parts: the current assessment (AAR - assessment of the admission rating, 60%) and the assessment of the final control (AFC, 40%).

Control physical exercise	Unit of measurement	Standard			
		Presidential readiness level		National readiness level	
		boys	girls	boys	girls
Standing Long Jump	centimeter	260	200	245	190
Flexion extension of the arms in the supine position	quantity/ min/	40	-	35	-
Pull-up	quantity/ min/	17	-	15	-
Lifting the torso from the supine position	Min/ times	-	50	-	45

Order №. 228-V-SAM of the ISS of the Republic of Kazakhstan dated 01.04.2019 on the introduction of amendments and additions to the "Tests of the First President of the Republic of Kazakhstan - Elbasy". Reviewed and approved at the meeting of the center

The assessment of the admission rating (AAR) is based on the summative value of the assessments of the current control obtained in practical classes at 15 weeks (40%), and the boundary control obtained at 7 and 14 weeks (60%). Admission to the final exam - a total of at least 50% of the AAR.

The final score (FS), week 15, is set based on the summative value of the AAR (60%) and the score of the final control (SFC, 40%) — the exam.

Discipline with the form of final control: Differentiated credit

Type of control	Specific weight of the assessment	Structure of learning outcomes assessment
Current	100% от AAR	The arithmetic mean of the current grades received in the classroom and divided by the number of current grades (for example): $CC = \frac{n_1 + n_2 + n_3 + n_4}{4}$, where n is the score for the practical lesson. Total current ratings = 30
Midterm control	MC=100%	Final control (dif.credit) it is 40% and includes assessments of boundary controls 1 and 2, which provides a cumulative assessment system.
Assessment of the admission rating (AAR)	AAR =60%	AAR it makes up 60% of the assessment and includes current assessments for practical classes. If the AAR is less than 50%, the student is not allowed to participate in the dif. credit $AAR = TC = \frac{(n_1 + n_2 + n_3 + \dots)}{\text{number of ratings}}$
Score of the final control (EFC, dif.credit)	40%	$FC (DC) = \frac{MT_1 + MT_2 + \dots + MT_n}{n}$ n -number of midterm control
Final score (FS)	$FC = (AAR * 0,6) + (AFC * 0,4)$	When calculating the final assessment (FT) for the discipline, the assessment of the admission rating (AAR) and the assessment of the final control (AFC) are multiplied by the corresponding coefficients and summed up. $FC = (AAR * 0,6) + (AFC * 0,4)$

Control-and 'measuring 'indicators-for-the I -half-of-the-years

Control physical exercise		MT-1 Athletics											
Points		A(4,0) 100 p	A- 3,67) 95 p	B+ (3,33) 89-85	B (3,0) 84-80	B- (2,67) 79-75	C+ (2,33) 74-70	C (2,0) 69-65	C- (1,67) 64-60	Д+ (1,33) 59-55	Д (1,0) 54-50	FX (0,5) 49-25	F (0) 24- 0 p
Long jump from the spot	boys	260	255	245	240	235	230	225	220	215	210	200	190
	girls	200	190	185	180	175	170	165	160	155	150	145	140
Squats quantity/ min	boys	65	60	55	50	45	40	35	30	25	20	15	10
	girls	40	37	34	31	29	26	23	20	17	14	11	9
MT-2 Basketball													
Dribbling / 1 min/													
A(4,0) 100 б	A-(3,67) 95 б	B+(3,33) 89-85 б	B(3,0) 84-80 б	B-(2,67) 79-75 б	C+(2,33) 74-70 б	C(2,0) 69-65 б	C-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б		
10	9	8	7	6	5	4	3	2	1	0	Didn't complete the task		
2. Throwing the ball into the basket with 2 steps													
A(4,0) 100 б	A-(3,67) 95 б	B+(3,33) 89-85 б	B(3,0) 84-80 б	B-(2,67) 79-75 б	C+(2,33) 74-70 б	C(2,0) 69-65 б	C-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б		
Execution without errors	1 error allowed	2 error allowed	3 error allowed	4 error allowed	5 error allowed	6 error allowed	7 error allowed	8 error allowed	9 error allowed	Made 10 or more mistakes	Did not complete the task		

Final control-passing - " Tests-of-the-President-of-the-Republic-of-Kazakhstan-Elbasy"

Test types	Autumn term												
	Points	A(4,0)) 100 б	A-(3,67)) 95 б	B+(3,33)) 89-85 б	B(3,0)) 84-80 б	B-(2,67)) 79-75 б	C+(2,33)) 74-70 б	C(2,0)) 69-65 б	C-(1,67)) 64-60 б	Д+(1,33)) 59-55 б	Д-(1,0)) 54-50 б	F X(0,5)) 49-25 б	F(0) 24-0 б
Flexion extension of the arms in the supine position Push-up	boys	40	35	32	29	26	23	20	17	14	11	8	5
Pull													1
Lift	The-pemners:												1
Squ	Head of the center												1

The-pemners:



Zhumabekova A. senior trainer-teacher
Shoraeva N. senior trainer-teacher



Head of the center

Ashirbaev O.A

Protocol N 11 10.06.2024 y

Head of the center

O.A.Ashirbaev

Protocol N _____ 2024y

Control-and measuring indicators for-the II half of the years

MT-1 Volleyball												
1.Ball overhead serves (out of 10 possibilities)												
A(4,0) 100 б	A-(3,67) 95 б	B+(3,33) 89-85 б	B(3,0) 84-80 б	B-(2,67) 79-75 б	C+(2,33) 74-70 б	C(2,0) 69-65 б	C-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б	
10	9	8	7	6	5	4	3	2	1	Didn't make it to the site	Didn't transfer through the mesh	
2.Reception of the ball from above (in 10 seconds)												
A(4,0) 100 б	A-(3,67) 95 б	B+(3,33) 89-85 б	B(3,0) 84-80 б	B-(2,67) 79-75 б	C+(2,33) 74-70 б	C(2,0) 69-65 б	C-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б	
Execution without errors	1 error allowed	2 error allowed	3 error allowed	4 error allowed	5 error allowed	6 error allowed	7 error allowed	8 error allowed	9 error allowed	Made 10 or more mistakes	Did not complete the task	
MT-2 Gymnastic												

girl	1. Jumping over a goat with legs bent										
	2. Two forward somersaults, back somersaults, shoulder stand, bridge, half split										
boy	1. Jumping over a goat without support, legs bent										
	2. Long forward somersault, back somersault, headstand with support										
A(4,0) 100 б	A-(3,67) 95 б	B+(3,33) 89-85 б	B(3,0) 84-80 б	B-(2,67) 79-75 б	C+(2,33) 74-70 б	C(2,0) 69-65 б	C-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б
Execution without errors	1 error allowed	2 error allowed	3 error allowed	4 error allowed	5 error allowed	6 error allowed	7 error allowed	8 error allowed	9 error allowed	Made 10 or more mistakes	Did not complete the task

FINAL CONTROL

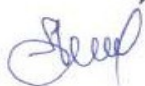
Test types		A(4,0) 100 б	A-(3,67) 95 б	B+(3,33) 89-85 б	B(3,0) 84-80 б	B-(2,67) 79-75 б	C+(2,33) 74-70 б	C(2,0) 69-65 б	C-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б
Burpees (number/min)	boys	29	27	25	23	20	18	16	14	11	8
Pull-ups on the crossbar	boys	17	16	14	13	13	11	9	7	5	3
Sit-ups /quantity/ min/	girls	50	45	40	37	35	33	30	25	20	15
Lifting the torso /quantity/ min/	girls	50	45	40	37	35	33	30	25	20	15

The-pemners:



Zhumabekova A. senior trainer-teacher
Shoraeva N. senior trainer-teacher

Head of the center



Ashirbaey O.A

Protocol N 11 10.06.2024 y

Monitoring indicators for a special department

Types of test	boys											
	A(4,0) 100 б	A-(3,67) 95 б	B+(3,33) 89-85 б	B(3,0) 84-80 б	B-(2,67) 79-75 б	C+(2,33) 74-70 б	C(2,0) 69-65 б	C-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б
1. Speed walking 2000 m	14,30	15,00	15,30	16,00	16,30	17,00	17,30	18,00	18,30	19,00	19,30	20,00
2. Medicine ball throw from behind the head, legs apart (2 kg)	5,30	5,00	4,70	4,50	4,20	4,00	3,70	3,50	3,30	3,00	2,70	2,50
girls												
Types of test	girls											
	Points 100 б	A(4,0) 100 б	A-(3,67) 95 б	B+(3,33) 89-85 б	B(3,0) 84-80 б	B-(2,67) 79-75 б	C+(2,33) 74-70 б	C(2,0) 69-65 б	C-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б
1. Speed walking 1500 m	12,30	13,00	13,30	14,00	14,30	15,00	15,30	16,00	16,30	17,00	17,30	18,00
2. Throw a medicine ball from behind the head with legs apart (1	5,30	5,00	4,70	4,50	4,20	4,00	3,70	3,50	3,30	3,00	2,70	2,50

Head of the center



O.A. Ashirbaev

Protocol N 11. 10. 06. 2024y

Final control indicators

Types of test	A(4,0) 100 б	A-(3,67) 95 б	B+(3,33) 89-85 б	B(3,0) 84-80 б	B-(2,67) 79-75 б	C+(2,33) 74-70 б	C(2,0) 69-65 б	C-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б
1. Written compilation of sets of exercises to correct your diagnosis	10 complexes	9 complexes	8 complexes	7 complexes	6 complexes	5 complexes	4 complexes	3 complexes	2 complexes	1 complexes	Didn't complete the task	Didn't show up at the checkpoint
2. Performing sets of exercises to correct your diagnosis	10 complexes	9 complexes	8 complexes	7 complexes	6 complexes	5 complexes	4 complexes	3 complexes	2 complexes	1 complexes	Didn't complete the task	Didn't show up at the checkpoint

Head of the center



O.A. Ashirbaev

Protocol № 10.06.2024y

Control and measurement indicators for the preparatory department

Control physical exercise		MT-1 Athletics											
		A(4,0) 100 p	A- 3,67) 95 p	B+ (3,33) 89-85	B (3,0) 84-80	B- (2,67) 79-75	C+ (2,33) 74-70	C (2,0) 69-65	C- (1,67) 64-60	Д+ (1,33) 59-55	Д (1,0) 54-50	FX (0,5) 49-25	F (0) 24-0 p
Long jump from the spot	boys	260	255	245	240	235	230	225	220	215	210	200	190
	girls	200	190	185	180	175	170	165	160	155	150	145	140
Squats quantity/ min	boys	65	60	55	50	45	40	35	30	25	20	15	10
	girls	40	37	34	31	29	26	23	20	17	14	11	9

MT-2 Basketball

Center for Physical Education

Control and measuring equipment for the 2nd course

64/11-2024

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Dribbling / 1 min/

A(4,0) 100 б	A-(3,67) 95 б	B+(3,33) 89-85 б	B(3,0) 84-80 б	B-(2,67) 79-75 б	C+(2,33) 74-70 б	C(2,0) 69-65 б	C-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б
10	9	8	7	6	5	4	3	2	1	0	Didn't complete the task

2. Throwing the ball into the basket with 2 steps

A(4,0) 100 б	A-(3,67) 95 б	B+(3,33) 89-85 б	B(3,0) 84-80 б	B-(2,67) 79-75 б	C+(2,33) 74-70 б	C(2,0) 69-65 б	C-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б
Execution without errors	1 error allowed	2 error allowed	3 error allowed	4 error allowed	5 error allowed	6 error allowed	7 error allowed	8 error allowed	9 error allowed	Made 10 or more mistakes	Did not complete the task

Head of the center _____ О.А. Ashirbaev _____ Doctor

Head of the center *Jeeel*

O.A.Ashirbaev

Protocol №11 10.06.2024y

Control and measurement indicators for the 2-nd half of the year for the preparatory department

MT-1 Volleyball

1. Bottom serves (out of 10 possibilities)

A(4,0) 100 б	A-(3,67) 95 б	B+(3,33) 89-85 б	B(3,0) 84-80 б	B-(2,67) 79-75 б	C+(2,33) 74-70 б	C(2,0) 69-65 б	C-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б
9	8	7	6	5	4	3	2	1	Didn't make it to the site	Didn't transfer through the mesh	Not done exercise

2. Receiving the ball from below (in 15 seconds)

A(4,0) 100 б	A-(3,67) 95 б	B+(3,33) 89-85 б	B(3,0) 84-80 б	B-(2,67) 79-75 б	C+(2,33) 74-70 б	C(2,0) 69-65 б	C-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б
Execution without errors	1 error allowed	2 error allowed	3 error allowed	4 error allowed	5 error allowed	6 error allowed	7 error allowed	8 error allowed	9 error allowed	Made 10 or more mistakes	Did not complete the task

MT-2 Gymnastics

- ЖӘК
- Two forward somersaults, shoulder stand, bridge, half split
 - Vault with legs apart

МҮЖ	1. Long forward somersault, back somersault, headstand with support										
	2. Jump over a goat without support, legs bent										
A(4,0) 100 б	A-(3,67) 95 б	B+(3,33) 89-85 б	B(3,0) 84-80 б	B-(2,67) 79-75 б	C+(2,33) 74-70 б	C(2,0) 69-65 б	C-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б
Execution without errors	1 error allowed	2 error allowed	3 error allowed	4 error allowed	5 error allowed	6 error allowed	7 error allowed	8 error allowed	9 error allowed	10 error allowed	Task not completed

FINAL CONTROL

Виды испытания		A(4,0) 100 б	A-(3,67) 95 б	B+(3,33) 89-85 б	B(3,0) 84-80 б	B-(2,67) 79-75 б	C+(2,33) 74-70 б	C(2,0) 69-65 б	C-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б
boys	Jumping jack (number/min)	75	70	65	60	55	50	45	40	35	30	20	Task not completed
	Pull up on crossbar	11	10	9	8	7	6	5	4	3	2	1	Task not completed
girls	Squats	37	35	33	30	25	20	15	10	5	3	1	Task not completed
	Raising the body (number/min)	37	35	33	30	25	20	15	10	5	3	1	Task not completed

The-demners:

Zhumabekova A. senior trainer-teacher

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Shoraeva N. senior trainer-teacher

Head of the center

Ashirbaey O.A

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