

Syllabus
Physical Education Center
Working curriculum of the discipline
"Physical Culture"
Educational program 6B10115 "Medicine"

1. General information about the Course			
1.1	Course Code: FK 1(2)106	1.6	Academic year: 2024- 2025
1.2	Course name: Physical Culture (special medical department)	1.7	Year:2
1.3	Prerequisites: Physical culture within the framework of educational programs of secondary, technical and vocational education	1.8	Semester: 3-4
1.4	Post-requisites: Physical Culture	1.9	Number of credits (ECTS): 4
1.5	Cycle: GED	1.10	Component: IC
2. Description of the discipline			
Physical culture, as an academic discipline, mandatory for all specialties, it provides profiled physical readiness, education of a conscious need for a healthy lifestyle, is one of the means of forming a comprehensively developed personality, a factor in strengthening health, optimizing the physical and psychophysical state of students in the process of professional training.			
3. Summative evaluation form			
3.1	Testing	3.5	Course work
3.2	Writing	3.6	Essay
3.3	Oral	3.7	Project
3.4	Assessment of practical skills	3.8	Differentiated credit ✓
4. Discipline objectives			
The purpose of mastering the discipline "Physical culture" is the formation of physical culture of the individual and the ability to use a variety of means of physical culture and sports to maintain health and self-preparation for future professional activities.			
5. Learning outcomes (Course learning outcomes disciplines)			
LO1	Uses practical skills to preserve and strengthen health, develop and improve physical qualities, observe safety rules in physical education classes		
LO2	Monitors and evaluates the level of physiological condition, physical and functional readiness		
LO3	Applies methodological approaches to mastering physical exercises in the process of independent training using health-saving technologies		
5.1	6B10115 "Medicine"		
LO disciplines		GP learning outcomes with which LO disciplines are associated	
LO1	LO 1- Applies in practice fundamental knowledge in the field of biomedical, clinical, epidemiological and socio-behavioral sciences.		
LO2	LO 2 -Provides patient-centered care in the field of biomedical, clinical,		

	epidemiological sciences, aimed at the diagnosis, treatment and prevention of the most common diseases
LO3	LO 5- Demonstrates skills in formulating a clinical diagnosis, prescribing a treatment plan based on evidence-based practice. Conducts sanitary and educational activities to strengthen the health of the population, preserve health and prevent diseases. LO 14 -Conducts sanitary and educational activities to improve public health, maintain health and prevent health diseases.

Details of the course
 South Kazakhstan Medical Academy, Al-Farabi 1, academic building No. 1, Department of Physical Culture.

6.1 Location (building, auditorium): sports halls

6.2	Number of hours	Lectures	Prac. lessons	Lab.lessons	SIW	SIWT
		-	120	-	-	-

7. Information about teachers

№	Full name	Degrees and title	Email address
1.	Ashirbaev Orynbasar Atyrkanovich	Head of the Department, master's degree	ashirbaev12.73@mail.ru
2	Shoraeva Nurila Balgabaevna	Senior trainer-teacher, master's degree	Shoraewa@mail.ru
3	Tugelbay Almas Nurzhigituly	Trainer- teacher, master's degree	Almas@mail7.ru

8. Thematic plan

Week	Class	Topic name	Summary	LO discipline	Number of hours	Teaching technology methods	Forms / assessment methods
1-30	1	Physical culture as an academic discipline in the education system	History of the development of physical culture in the Republic of Kazakhstan Physical culture as an academic discipline. Credit requirements and student responsibilities. Safety precautions.	LO-3	2	communication technologies	feedback (blitz survey)
	2-13, 14-27, 29	Corrective and health-improving gymnastics	Compositions of health-improving aerobic gymnastics, including stylized methods of walking,	LO-1 LO-3	10	individual work	Evaluation criterion

		<p>running and jumping, general developmental and breathing exercises (girls). Athletic gymnastics complexes: exercises with a locally differentiated focus, including on training devices (boys). Exercises from exercise therapy: sets of exercises developed in accordance with the recommendations of a doctor and exercise therapy methodologist (taking into account the individual state of health and the nature of the disease).</p>				
	Athletics	<p>Outdoor games - active games in the fresh air, recreational walking, outdoor switchgear complexes, running, jumping from place</p>	LO -3	14	role-playing games	Evaluation criterion
	Sport games	<p>Basketball, mini-football, technical and tactical actions with and without the ball, playing according to simplified rules Improving technique: previously learned</p>	LO -3	16	individual, group work	feedback (blitz survey)

		exercises. Complexes of general developmental exercises: for the selective development of basic physical qualities.				
	Gymnastics	health and corrective gymnastics, individual work on diseases	LO -3	12	individual work	feedback (blitz survey)
14	Midterm - 1	1. Accelerated walking 1500 m - girls, 2000 m - boys. 2. medicine ball throw, gray legs apart	LO -1	2	individual and group work	criteria and assessments
28	Midterm -2	1. Throwing a tennis ball at a backboard with 5 possibilities 2. Showing exercises to correct your diagnosis	LO -1	2	individual work	criteria and assessments
30	Final control	1. Showing exercises to correct your diagnosis 2. Performing sets of exercises prepared by students	LO -1	2	individual work	criteria and assessments
Spring semester						
31	Basics of a healthy lifestyle.	Health: basic concepts, essence, content, criteria, health factors, components of a healthy lifestyle.	LO -3	2	role-playing games	feedback (blitz survey)
32-59	Corrective and health-improving gymnastics	Compositions of health-improving aerobic gymnastics,	LO -3	12	individual, group work	criteria and assessments

		including stylized methods of walking, running and jumping, general developmental and breathing exercises (girls). Athletic gymnastics complexes: exercises with a locally differentiated focus, including on training devices (boys). Exercises from exercise therapy: sets of exercises developed in accordance with the individual state of health and the nature of the disease.				
	Board games	Checkers, chess, toguz-kumalak, table tennis.	CLO -2	10	individual, group work	criteria and assessments
	Sport games	Volleyball, handball, technical and tactical actions with and without the ball, playing according to simplified rules Improving technique: previously learned exercises. Complexes of general developmental exercises: for the selective development of	CLO -2	18	individual, group work	criteria and assessments

		basic physical qualities.				
	Gymnastics	Wellness and corrective gymnastics, individual work on diseases	CLO -3	16	individual, group work	criteria and assessments
44	Midterm - 1	1. Accelerated walking 1500 m - girls, 2000 m - boys. 2. medicine ball throw, gray legs apart	LO -1	2	individual and group work	criteria and assessments
58	Midterm -2	1. Throwing a tennis ball at a backboard with 5 possibilities 2. Showing exercises to correct your diagnosis	LO -1	2	individual work	criteria and assessments
60	Final control	1. Preparing sets of exercises to correct your diagnosis. 2. Performing sets of exercises prepared by students	CLO -3	2	individual work	criteria and assessments
Total 120 hours						

9.	Teaching and assessment methods				
9.1	Lectures	-			
9.2	Practical lessons	Individual, group, flow, communication technology /discussion/, role-playing games			
9.3	SIW / SIWT	-			
9.4	Midterm control	Passing standards for sports			
9.5	Final control	Passing the "Presidential Tests"			
10.	Evaluation criteria				
10.1	Criteria for evaluating the learning outcomes of the discipline				
№ LO	Learning result	Unsatisfactory	Satisfactory	Good	Excellent
LO 1	Uses practical skills to preserve and improve health,	Doesn't do many of the required exercises. Does not have	Performs certain physical exercises. Correctly approaches the	Correctly approaches the performance of certain physical	Correctly approaches the performance of certain

	develop and improve physical qualities	physical fitness for the lesson and performs exercises with significant exercise.	use of practical skills and exercises.	exercises, the use of practical skills and exercises. Performs exercises independently	physical exercises. Independently performs required actions during training. Correctly approaches the use of practical skills and exercises. Performs exercises independently.
LO 2	Applies methodological approaches to mastering physical exercises in the process of self-study using health-saving technologies	Does not know health-saving technologies, starts training without warming up	Performs a warm-up, does not use health-saving technologies, and develops physical qualities.	Does warm-up independently, uses health-saving technologies, develops physical qualities (agility, endurance)	Independently performs warm-up correctly, uses health-saving technology, develops physical qualities (agility, flexibility, endurance, coordination of movements)
LO 3	Uses safety rules in physical culture and sports classes	Comes to class late. Has no sportswear.	Comes to class late. Has a sports uniform that does not meet the requirements.	Comes to class late. Has a sports uniform that meets the requirements. Complies with discipline, does not violate safety regulations	Comes to class on time. Has a sports uniform that meets the requirements. Follows all the commands of the

					teacher's trainer correctly, observes discipline, does not violate safety regulations
LO 4	Monitors and evaluates the level of physiological state, physical and functional fitness	Doesn't exercise. Does not keep a self-observation diary, does not use examples from the practice of his experience	Sometimes he does physical exercises. Keeps a diary of self-observation, does not use examples from the practice of his experience	Independently engaged in physical exercises. Keeps a diary of self-observation, uses examples from the practice of his experience	Independently engaged in learning various physical exercises while showing physical qualities such as strength, agility, flexibility and speed. Keeps a diary of self-observation, uses examples from the practice of his experience

10.2 Evaluation methods and criteria

Checklist for practical training

Practical lessons	"Excellent" corresponds A (4,0) 95-100 % A-(3,67) 90-94%	The student regularly attends classes. Actively participates during classes. Conducts classes independently to correct his diagnosis, prepared 10-9 sets of exercises
	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 %	The student regularly attends classes. Actively participates during classes and conducts warm-ups. Conducts independent warm-up prepared 8-5 sets of exercises.

	C+(2,33) 70-74 % "Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	The student regularly attends classes. Passively participates in classes, prepared 4-1 sets of exercises
	" Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 %	The student attends classes irregularly. Passively participates in classes. Didn't prepare exercise sets
Midterm	"Excellent" corresponds A (4,0) 95-100 % A-(3,67) 90-94%	1. Fast walking Girls-1500m-12.30 13.00 Boys-2000m-14.30 15.00 2. Medicine ball throw, sitting legs apart Girls -1 kg-5.30 5.00 Boys -2 kg-5.30 5.00
	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	Fast walking Girls-1500m-13.30 -15.00 Boys -2000m-15.30 -17.00 2. Medicine ball throw, sitting legs apart Girls - 1 kg - 4.70-4.00 Boys - 2 kg - 4.70-4.00
	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д-(1,0) 50-54 %	Fast walking Girls -1500m-15.30 - 17.00 Boys -2000m-17.30-19.30 2. Medicine ball throw, sitting legs apart Girls - 1 kg - 3.70-3.00 Boys -2 kg-3.70-3.00
	" Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 %	Didn't complete assignment, absent from class
Final control	"Excellent" corresponds A (4,0) 95-100 % A-(3,67) 90-94%	1. Preparing sets of exercises to correct your diagnosis. 2. Performing sets of exercises prepared by students Completed 10 -9 sets of exercises
	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	1. Preparing sets of exercises to correct your diagnosis. 2. Performing sets of exercises prepared by students Completed 8 -5 sets of exercises
	"Satisfactory" corresponds	1. Preparing sets of exercises to correct your diagnosis.

	C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д-(1,0) 50-54 %	2. Performing sets of exercises prepared by students Completed 4 -1 sets of exercises
	" Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 %	Didn't complete assignment, absent from class

Multi-point knowledge assessment system

Grade by letter system	Digital equivalent of points	Percentage	Grade by traditional system
A	4,0	95-100	Excellent
A -	3,67	90-94	
B +	3,33	85-89	Good
B	3,0	80-84	
B -	2,67	75-79	
C +	2,33	70-74	Satisfactorily
C	2,0	65-69	
C -	1,67	60-64	
D+	1,33	55-59	
D-	1,0	50-54	
FX	0,5	25-49	Unsatisfactory
F	0	0-24	

11.	Learning resources		
Electronic resources, including, but not limited to : databases, animation simulators, professional blogs, websites, other electronic reference materials (for example: video, audio, digests)	1.Электронная библиотека ЮКМА - https://e-lib.skma.edu.kz/genres 2.Республиканская межвузовская электронная библиотека (РМЭБ) – http://rmebrk.kz/ 3.Цифровая библиотека «Акнурпресс» - https://www.aknurpress.kz/ 4.Электронная библиотека «Эпиграф» - http://www.elib.kz/ 5.Эпиграф - портал мультимедийных учебников https://mbook.kz/ru/index/ 6.ЭБС IPR SMART https://www.iprbookshop.ru/auth 7.информационно-правовая система «Заң» - https://zan.kz/ru 8.Cochrane Library - https://www.cochranelibrary.com/		
Electronic textbooks	1.Jeroen Koekoek et al. Game-Based Pedagogy in Physical Education and Sports: Designing Rich Learning Environments. / Jeroen Koekoek, Ivo Dokman, Wytse Walinga. - NY: Routledge, 2023. - 335- ISBN 978-0367740283.// http://rmebrk.kz/book/1186180 2. Timothy Chandler et al. Sport and Physical Education: The Key Concepts. / Timothy Chandler, Mike Cronin, Wray Vamplew. - Second edition - USA: Routledge, 2007. - 282- ISBN 978-0-415-41746-4.//		

	<p>http://rmebrk.kz/book/1186126 http://rmebrk.kz/book/1186126</p> <p>3. Multiple Literacies for Dance, Physical Education and Sports. / Editors: Stephen G. Mogge, Shelly Huggins, Jaye Knutson, Elin E. Lobel, Pamela Segal. - Switzerland: Springer, 2023. - 355 - (Springer Texts in Education). - ISBN 978-3-031-20116-5.//</p> <p>http://rmebrk.kz/book/1186181</p> <p>4. Английский язык для физкультурных специальностей = English for Students of Physical Education : Учебник для студ. вузов. / Е.А. Баженова, А.Ю. Гренлунд, Л.Я. Ковалева, А.В. Соколова. - 5-е изд., стереотип. - М.: Академия, 2012. - 352 с. - (Высшее профессиональное образование). - ISBN 978-5-7695-9370-3.//</p> <p>http://rmebrk.kz/book/1159216</p> <p>5. Kanagatov, N., Siroka, L. Modern tendencies of physical education development for students. // Science and Education in XXI century. , 2014. - № 1. - С.107-109.//</p> <p>http://rmebrk.kz/book/1027653</p> <p>6. Arkabayeva, S., Tuykbayeva, M. Current Approaches of Physical Education in Universities. // Seattle-2013: 4th International Academic Research Conference on Business, Education, Nature and Technology. № 1. - Almaty, 2013. - P.84-86. http://rmebrk.kz/book/1026822</p>
Laboratory physical resources	-
Special programs	-
Journals (electronic journals)	-
Literature	1. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, 2.Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
13	Academic policy based on the moral and ethical values of the Academy




STUDENT'S CODE OF HONOR
<https://translate.google.com/website?sl=kk&tl=ru&ajax=1&prev=search&u=http://base.ukgf.a.kz/wp-content/uploads/2021/05>

- 1.The student strives to become a worthy citizen of the Republic of Kazakhstan, a professional in the chosen specialty, to develop the best qualities of a creative personality
- 2.The student respects the elders, does not allow rudeness towards others and shows empathy for socially vulnerable people and takes care of them as much as possible.
- 3.The student is a model of decency, culture and morality, is intolerant of immorality and does not allow discrimination on the basis of gender, nationality or religion
- 4.The student leads a healthy lifestyle and completely abandons bad habits..
- 5.The student recognizes the necessary and useful activities aimed at the development of creative activity (scientific and educational, sports, artistic, etc.), to improve the corporate

culture and image of the university. Outside the walls, the student always remembers that he is a representative of a higher school and makes every effort not to drop his honor and dignity.

6.The student respects the traditions of the university, protects its property, monitors the cleanliness and order in the hostel

7.The student considers all of the listed types of academic dishonesty as incompatible with obtaining a quality and competitive education worthy of the future economic, political and managerial elite of Kazakhstan

14 Agreement, approval and revision			
Date of approval with the Library and Information Center	Protocol № <u>9</u> <u>14.06.2024</u>	Head of the LIC Darbicheva R.I.	
Date approved by the Center	Protocol № <u>11</u> <u>10.06.2024</u>	Head of the center Ashirbaev O.A	
Date approved by the AC EP «Medicine»	Protocol № <u>11</u> <u>14.06.2024</u>	Chairman AC EP Kalmenov N.Zh	
Date revised by the Center	Protocol № _____	Head of the center Ashirbaev O.A	
Date of revision by the AC EP «Medicine»	Protocol № _____	Chairman AC EP Kalmenov N.Zh	



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