


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 (main compartment)	1.7	Year: 2
1.3	Prerequisites: Physical Culture	1.8	Semester: 3-4
1.4	Post-requisites: -	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.	Final learning outcomes (LO 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	LO disciplines	The learning outcomes of the EP, which are related to the learning outcomes of the course	
	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 3 - Performs professional duties efficiently based on self-control and continuous improvement of his activities. LO 14 - Conducts sanitary and educational activities to improve public health, maintain health and prevent diseases.	

ОҢТҮСТІК ҚАЗАҚСТАН MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ	 SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казakhstanская медицинская академия»	64/11-2024 2 page out of 16
Center for Physical Education		
Working Curriculum of the Discipline (Syllabus)		

6.	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.	Ashirbayev Orynbasar Atyrhanovich		Head of the Department, master's degree		Ashirbaev12.73@mail.ru		
2.	Shorayeva Nurila Balgabaevna		Senior trainer-teacher, master's degree		Shoraewa@mail.ru		
3	Tugelbay Almas Nyrzhigituly		Trainer-teacher, master's degree		Almas@mail.ru		
8.	Thematic plan						
Week	Class №	Topic name	Summary	LO disciplines	Number of hours	Methods/ educational technologies	Forms / assessment methods
3 semester							
1	1	Modern health systems and the basics of monitoring the physical condition of the body	characteristics of modern health systems and means, assessment of physical development and physical health, self-control diary	LO -1	2	communication technologies	feedback (blitz survey)
	2	Athletics. National games	folk games: "Belbeu tastau", "Day and night"	LO -1	2	small group work	criteria and assessments in athletics

2	3	Special running exercises	teach running with high hips, throwing the lower leg back, jumping	LO -1	2	individual, group work	criteria and assessments in athletics
	4	Short distance running	teach running with acceleration at 20m, finishing	LO -1	2	individual, group work	criteria and assessments in athletics
3	5	Low start and take off	low start, placement of arms and legs, starting run-up	LO -1	2	individual, group work	criteria and assessments in athletics
	6	Short distance running	40m, 100m run, timed	LO-1	2	group work	criteria and assessments in athletics
4	7	Cross training	long distance running, endurance.	LO-1	2	in-line work	criteria and assessments in athletics
	8	High start, finish training	high start, hand work when running, finishing	LO-1	2	individual, group work	criteria and assessments in athletics
5	9	Cross	cross country running	LO-1	2	in-line work	criteria and assessments in athletics
	10	Relay race	team work, work in the "corridor".	LO-1	2	group work	criteria and assessments in athletics
6	11	Receiving and passing the baton	passing the baton in a column, in motion	LO-1	2	individual, group work	criteria and assessments in athletics
	12	Long jump	correct takeoff, point, landing	LO-1	2	Individual work	criteria and assessments in athletics
7	13	Preparation for the "Presidential Tests"	100m, jumping, strength exercises	LO-1	2	Individual work	criteria and assessments in athletics
	14	MT-1. Athletics	standing long jump	LO-1	2	Individual work	criteria and marks
8	15	Basketball rules	rules of the game and refereeing of basketball	LO- 3	2	communication technologies	feedback (blitz survey)

	16	Movement techniques, jumping	running, jumping, breakaway, running backwards, running with cross steps	LO-1	2	individual, group work	basketball criteria and assessments
9	17	Ball dribbling	ball dribbling in a straight line, in a circle, with obstacles	LO-1	2	individual, group work	basketball criteria and assessments
	18	Catching - passing the ball	catching and passing the ball at chest level, from the shoulder, with a rebound	LO-1	2	individual, group work	basketball criteria and assessments
10	19	Pass the ball on the move	Passing the ball in motion, in pairs, in columns	LO-2	2	individual, group work	basketball criteria and assessments
	20	Throw the ball into the basket	throw the ball from the chest, from the shoulder, in a jump	LO-1	2	individual, group work	basketball criteria and assessments
11	21	Relay races	relay races with basketballs	LO-2	2	small group work	basketball criteria and assessments
	22	Throw the ball into the basket with 3 steps	throwing the ball into the basket in columns from different points in the zone.	LO-1	2	group work	basketball criteria and assessments
12	23	Catch, pass the ball on the move	catching - passing the ball in motion at chest level, from the shoulder, with a rebound	LO-1	2	individual, group work	basketball criteria and assessments
	24	Throw the ball into the basket with 2 steps	teach to throw the ball from 2 steps, on the move	LO 2	2	Individual work	Basketball criteria and assessments
13	25	One-sided educational game	dribbling, passing, throwing	LO-2	2	small group work	Basketball criteria and assessments
	26	Ball possession technique	dribbling, catching and passing in motion, throwing the ball into the basket	LO- 1	2	group work	Basketball criteria and assessments
14	27	Throwing the ball into the basket	throw the ball from the chest, from the shoulder, in a jump	LO- 1	2	role-playing game	Basketball criteria and assessments
	28	MT-2. Basketball	dribbling /1 min/. Throwing the ball from 2 steps	LO- 1	2	individual work	Basketball criteria and assessments
15	29	Educational game	technique of defense, attack, rules of playing basketball	LO -2	2	small group work	Basketball criteria and assessments
	30	Final control	boys - pull-ups, push-ups girls - press, squats	LO- 1	2	individual work	criteria and marks

4 semester

1	31	Basic methods of self-study.	tasks, forms of independent classes, content of independent physical exercises.	LO- 1	2	communication technologies	feedback (blitz survey)
	32	Volleyball. General concepts about volleyball	history of the development of volleyball in Kazakhstan	LO- 1	2	communication technologies	feedback (blitz survey)
2	33	Volleyball player's stance, movement	stand, run, lunges	LO- 1	2	individual, group work	criteria and assessments for volleyball
	34	Serving the ball from above	feed from above	LO- 1	2	individual, group work	criteria and assessments for volleyball
3	35	Lower reception - transfers	correct placement of arms, legs, lower reception and pass of the ball in pairs	LO- 1	2	individual, group work	criteria and assessments for volleyball
	36	Upper reception - passing the ball	work in opposing columns, on the move	LO- 1	2	individual, group work	criteria and assessments for volleyball
4	37	Outdoor games	"potatoes", pioneer ball, relay races	LO- 2	2	role-playing games	criteria and assessments for volleyball
	38	Ball possession technique	serving the ball, receiving and passing the ball on the spot and in motion	LO- 1	2	individual, group work	criteria and assessments for volleyball
5	39	Rules of the game	Defense and attack techniques. Rules of playing volleyball	LO- 1	2	communication technologies	feedback (blitz survey)
	40	National Games	"Boygа darytpau", "Anshy men uyrekter", "Kazan extra".	LO- 1	2	role-playing games	criteria and assessments for volleyball
6	41	Receiving-passing the ball	receiving and passing the ball on the spot and in motion	LO- 1	2	individual, group work	criteria and assessments for volleyball
	42	One side educational game	Serving the ball, receiving and passing the ball. Games in threes	LO- 2	2	small group work	criteria and assessments for volleyball
7	43	Rules and refereeing in volleyball	refereeing during a training game	LO- 1	2	group work	criteria and assessments for volleyball
	44	MT-1. Volleyball	serving the ball from above, receiving and passing from above	LO -1	2	Individual work	criteria and marks
8	45	Gymnastics.	learning to build in a column, line, rebuilding in columns, lines	LO -1	2	individual, group work	criteria and assessments for gymnastics

	46	General physical preparation	GPT - strength, stretching and flexibility exercises	LO -1	2	group work	criteria and assessments for gymnastics
9	47	Rifles	rolling, stretching exercises	LO -3	2	individual work	criteria and assessments for gymnastics
	48	Forward somersault	swing, somersault forward, backward	LO -1	2	individual, group work	criteria and assessments for gymnastics
10	49	Teach somersaults back and forth	teach starting positions, somersaults, grouping	LO -1	2	individual, work	criteria and assessments for gymnastics
	50	Shoulder stand	starting position, somersaults, tuck	LO -2	2	individual work	criteria and assessments for gymnastics
11	51	Bridge and shoulder stand	teach balance, scapular stand, transition to half-split	LO -1	2	individual work	criteria and assessments for gymnastics
	52	Acrobatic training	forward somersault, backward somersault, shoulder stand, half split, bridge	LO -2	2	Individual work	criteria and assessments for gymnastics
12	53	Running training	teach running and jumping onto the bridge.	LO -1	2	individual work	criteria and assessments for gymnastics
	54	Goat crossing	Take-off run. Push from a gymnastic bridge. Crossing the gymnastic goat. Landing on a gymnastics mat	LO -1	2	individual work	criteria and assessments for gymnastics
13	55	Vault - legs bent	Take-off run. Jump onto a gymnastic bridge. Jumping on a bridge with your legs bent.	LO -1	2	Individual work	criteria and assessments for gymnastics
	56	Vault	Take-off run. jumping onto a gymnastic bridge. Crossing the gymnastic goat.	LO -2	2	individual work	criteria and assessments for gymnastics
14	57	Strength exercises	exercises with a gymnastic bench GPP	LO -2	2	small group work	criteria and assessments for gymnastics
	58	MT-2. Gymnastics	girls - two forward somersaults, shoulder stand, bridge, half split. Vault with legs apart. boys - long forward somersault, back somersault, headstand with support. Jump over a goat without support,	LO- 1	2	individual work	criteria and marks

			legs bent				
15	59	Preparing for the Presidential Tests	standing long jump, pull-ups, abs exercises	LO -4	2	individual work	check list
	60	Final control	boys - Burpees (minute) Pull-up on the bar girls- Squats Raising the body - press	LO -4	2	individual work	criteria and marks
9.	Assessment teaching methods						
9.1	Lectures		-				
9.2	Practical lessons		Individual - completing tasks individually. Group, line-by-line execution of tasks during sports and team games. Work in small groups - group sports and outdoor games. Communication technology- / discussion / - question and answer during assignments, Role-playing games - conducting the preparatory part / warm-up / delegation method for students.				
9.3	SIW / SIWT		-				
9.4	Midterm control		Passing standards for sports. Assessing the knowledge and skills of students obtained as a result of studying sports: the student must fulfill control standards. The student is allowed to take midterm control when attending practical classes and completing all assignments in class. If a student misses practical classes by 30% or more or fails to complete assignments during practical classes, the student is not allowed to take midterm control.				
9.5	Final control		Differentiated testing – acceptance of control standards of physical fitness. Passing the "Presidential Tests" The minimum score for a positive IR in the discipline = 50.				
10.	Evaluation criteria						
10.1	Criteria for evaluating the learning outcomes of the discipline						
№ LO	Name of learning outcomes	Unsatisfactory	Satisfactory	Good	Excellent		
LO 1	Uses practical skills to preserve and strengthen health, develop and improve physical qualities, observe safety rules in physical education classes	Doesn't do many of the required exercises. Has no physical fitness for the lesson and performs exercises with significant exercise.	Performs certain physical exercises. Correctly approaches the use of practical skills and exercises.	Appropriate for certain physical activities. Correctly approaches the use of practical skills and exercises. Does exercises on his own	Appropriate for certain physical activities. Independently performs the required actions in the classroom. Correctly approaches the use of practical skills and exercises. Performs exercises independently.		

LO 2	Monitors and evaluates the level of physiological condition, physical and functional readiness	Does not know health-saving technologies, does not warm up the body before physical exercises	Performs a warm-up of the body, does not use health-saving technology, develops physical qualities in oneself.	Independently performs a warm-up of the body, uses health-saving technology, develops physical qualities (dexterity, flexibility.)	Independently performs a correct warm-up of the body, uses health-saving technology, develops physical qualities (dexterity, flexibility, endurance, coordination of movements).
LO 3	Applies methodological approaches to mastering physical exercises in the process of self-study using health-saving technologies	Does not know health-saving technologies, does not warm up the body before physical exercise.	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

10.2 Criteria for assessing teaching methods and technologies

Check list for students of the main department

Practical lessons	"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%	The student knows safety precautions and has knowledge of the motor mode, knows 10-9 special preparatory athletics exercises, knows the order of exercises in the MHG complex and 10-9 exercises, knows all independent forms of PE Sports uniform meets the requirements of the Center, active participation in classes, correct execution of the technique of given exercises, helps the trainer-teacher in classes. Keeps a self-observation diary, using examples from the practice of his experience
	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	The student observes safety precautions, takes care of compliance with the motor regime, follows the procedure for conducting exercises in the UGG complex and performs 8-5 exercises, applies 8-5 special preparatory athletics exercises, applies the basic independent forms of physical training, masters the basics of running, jumping, throwing techniques ; participates in outdoor games, relay races and competitions, uses tactical actions in competitive conditions
	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	Systematically independently prepares and conducts a UGG complex of 4-1 exercises, technically competently performs elements of an athletics obstacle course - running, jumping, throwing and elements of athletics in relay races, outdoor and national games.
	"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %	The student passively participates in classes and does not complete assignments. Does not attend classes without good reason
Volleyball	"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%	Successfully fulfills physical training requirements, uses assessment criteria to judge the mastery of technique and tactics of motor action. Knows the methodology of conducting control exercises to determine the level of development: endurance, speed and flexibility of those

		playing volleyball, evaluates the performance of special preparatory exercises aimed at mastering the technique and tactics of playing volleyball. Completes tasks successfully, with 1 minor error
	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	Fulfills physical training requirements, uses criteria to judge the mastery of motor action techniques. Knows the methodology of conducting control exercises to determine the level of development: endurance, speed and flexibility of those playing volleyball, evaluates the performance of special preparatory exercises aimed at mastering the technique and tactics of playing volleyball. Completes tasks with 2-5 minor errors.
	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	Fulfills physical training requirements, masters the methodology of conducting control exercises to determine the level of development: endurance, speed and flexibility of those playing volleyball, evaluates the performance of special preparatory exercises aimed at mastering the technique and tactics of playing volleyball. The task was completed with 2-5 gross errors.
	"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %	The student passively participates in classes and does not complete assignments. Does not attend classes without good reason
Gymnastics	"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%	Independently organizes the place of classes, selects tools and equipment, and applies them in specific conditions. Monitors the progress of exercises and sums up the results. Movements or individual elements are performed correctly in compliance with all requirements without errors, freely, clearly, confidently, together, with excellent posture. Can understand the movement, explain how it is performed, and demonstrate it in non-standard conditions. Can identify and correct the mistakes of other students and confidently fulfills training standards.
	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	Organizes the place of study mainly independently, with only minor assistance, makes minor mistakes in the selection of funds, monitors the progress of activities and sums up the results. Acts in the same way, but made no more than 1-4 minor mistakes.
	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	More than half of the types of independent activities were completed with the help of a trainer-teacher or did not perform one of the points. The motor action was performed correctly, but one or 1-4 serious mistakes were made, and he feels constrained and insecure. There is no logical sequence, there are gaps in knowledge of the material, there is no proper argumentation and the ability to use knowledge in practice
	"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %	The student passively participates in classes and does not complete assignments. Does not attend classes without good reason
Basketball	"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%	The motor action is performed correctly (in a given way), precisely at the proper pace, easily and clearly. Performs tasks without tension, confidently, demonstrates a high level of basic skills and abilities with special physical training.
	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	The motor action is performed correctly, but not easily and clearly enough, and some stiffness of movements is observed. 1-4 minor errors in the main phase or up to two significant ones in the preparatory and final phases. The task is completed with some tension, does not have enough confidence in using the material, demonstrates the level of mastery of basic skills in specifically physical

		exercises
	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	The motor action was performed mostly correctly, but one gross or several minor errors were made, leading to uncertain or tense execution. 1-4 gross errors in the main phase of the technique and several significant distortions in the remaining phases, the motor action was performed with gross violations of technique or numerous minor errors. The task was not completed accurately enough, with great stress, minor errors were made, and demonstrates a low level of mastery of basic skills in special physical training.
	" Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 %	The student passively participates in classes and does not complete assignments. Does not attend classes without good reason
Form of midterm control	"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%	Autumn semester M 1. Athletics 1. Standing long jump Boys-260-255 cm Girls -200-190 cm 2. Squats (quantity/min) Boys - 60-60 times Girls -40-37 times M 2. .Basketball 1. Dribbling/1 min/ 10 hits out of 10 opportunities 9 hits out of 10 opportunities 2. Dribbling the ball without visual control Correct execution of the technique Spring semester M1. Volleyball 1. Overhead serves out of 10 possibilities 10 hits on the court out of 10 opportunities 9 hits out of 10 opportunities 2. Receiving the ball from below (in 10 seconds) 10 receptions and passes without losing the ball 9 passes and receptions without losing the ball M-2. Gymnastics 1. Two forward somersaults, shoulder stand, bridge, half-split -girls, long forward somersault, back somersault, headstand with support - boys, 2.Vault jump legs apart-girls, jump over a goat without support, legs bent - boys Complete the task without errors One error allowed
	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	Autumn semester M 1. Athletics 1. Standing long jump Boys -245-230 cm Girls -185-170 cm 2. Squats (number/min) Boys - 55-40 times Girls -34-26 times M 2.Basketball 1. Dribbling/1 min) 8 hits out of 10 opportunities 7 hits out of 10 opportunities 6 hits out of 10 opportunities 5 hits out of 10 opportunities 2. Dribbling the ball without visual control One error allowed Spring semester M1.Volleyball

		<p>1 Overhead serves out of 10 possibilities 8 hits out of 10 opportunities 7 hits out of 10 opportunities 6 hits out of 10 opportunities 5 hits out of 10 opportunities 2. Receiving the ball from below (in 10 seconds) 8 receptions and passes without losing the ball 7 receptions and passes without losing the ball 6 receptions and passes without losing the ball 5 receptions and passes without losing the ball M 2. Gymnastics 1. Two forward somersaults, shoulder stand, bridge, half-split - girls, Long forward somersault, back somersault, headstand with support- boys. 2. Vault jump legs apart-girls, Jump over a goat without supports, bending your legs - boys. Two mistakes are allowed Three mistakes allowed Four mistakes allowed Five errors allowed</p>
	<p>"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %</p>	<p>Autumn semester M1. Athletics Standing long jump Boys -21\25-210 cm Girls -165-150 cm Squats (number/min) Boys - 35-20 times Girls -23-14 times M2. Basketball 1. Dribbling/1 min) 4 hits out of 10 opportunities 3 hits out of 10 opportunities 2 hits out of 10 opportunities 1 hit out of 10 opportunities 2. Dribbling the ball without visual control Two or three mistakes are acceptable Spring semester M1.Volleyball 1 Overhead serves out of 10 possibilities 4 hits out of 10 opportunities 3 hits out of 10 opportunities 2 hits out of 10 opportunities 1 hit out of 10 opportunities 2. Receiving the ball from below (in 10 seconds) 4 receptions and passes without losing the ball 3 receptions and passes without losing the ball 2 receptions and passes without losing the ball 1 pass reception without losing the ball M 2.Gymnastics 1. Two forward somersaults, shoulder stand, bridge, half-split - girls, Long somersault forward, somersault back, headstand with support -boys. 2. Vault jump legs apart-girls, Jump over a goat without support, bending your legs - boys. Six errors allowed Seven errors allowed Eight errors allowed Nine errors allowed</p>
	<p>" Unsatisfactory " corresponds FX (0,5) 25-49 %</p>	<p>Autumn semester M1. Athletics 1. Standing long jump</p>

	<p>F (0) 0-24 %</p>	<p>Boys - 200-190 cm Girls -145-140 cm 2. Squats (number/min) Boys - 15-10 times Girls -11-9 times M2. Basketball 1. Dribbling/1 min) 0 hits out of 10 possibilities 2. Dribbling the ball without visual control Dribbling the ball with errors Spring semester M1. Volleyball 1. Overhead serves out of 10 possibilities 0 hits on the court out of 10 opportunities 2. Receiving the ball from below (in 10 seconds) Failure to receive and pass the ball B 2. Gymnastics 1. Two forward somersaults, shoulder stand, bridge, half-split-girls, Long somersault forward, somersault back, headstand with support - boys. 2. Vault jump legs apart-girls, Jump over a goat without support, bending your legs - boys. More than 10 mistakes were made, Didn't complete the tasks</p>
<p>Final control form</p>	<p>"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%</p> <p>"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %</p> <p>"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %</p> <p>" Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 %</p>	<p>Autumn semester 1. Boys - flexion, extension of arms in a lying position 40-35 times Boys pull-up on the bar - 14-13 times 2. Girls - lifting the body from a supine position 45-40 times Girls -squats 45-40 times per minute Spring semester Boys - Burpees (number per minute) 29-27 times Pull-ups on the bar 17-16 times Girls - Squats 50-45 times Raising the body - press 50-45 times</p> <p>Autumn semester 1. Boys - flexion, extension of arms in a lying position 32-23 times Boys pull-up on the bar-12 - 8 times 2. Girls - lifting the body from a supine position 35-20 times Girls --squats 30-15 times per minute Spring semester Boys - Burpees (number per minute) 25-18 times Pull-ups on the bar 14-11 times Girls - - Squats 40-33 times Raising the body - press 40-33 times</p> <p>Autumn semester 1. Boys - flexion, extension of arms in a lying position 20-11 times Boys pull-up on the bar-7 -4 times 2. Girls - lifting the body from a supine position 15-5 times Girls --squats 15-5 times per minute Spring semester Boys - Burpees (number per minute)16-8 times Pull-ups on the bar 9-3 times Girls - Squats 30-15 times Raising the body - press 30-15 times</p> <p>Autumn semester 1. Boys - flexion, extension of arms in a lying position 8-5 times Boys pull-up on the bar - 21 times 2. Girls - lifting the body from a supine position 3-1 times</p>

Girls -squats -3-1 times per minute
Spring semester
 Boys - Burpees (number per minute) 4-1 times
 Pull-ups on the bar 2-1 times
 Girls - Squats 10-5 times
 Raising the body - press 10-5 times




Multi-point knowledge assessment system

Grade by letter system	Numeric 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	Unsatisfactory
FX	0,5	25-49	
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.// http://rmebrk.kz/book/1186126 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.// http://rmebrk.kz/book/1186181 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>http://rmebrk.kz/book/1159216 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 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.</p> <p>http://rmebrk.kz/book/1026822</p>
Laboratory physical resources	-
Special programs	-
Journals (electronic journals)	-
Literature	<p>1. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek,</p> <p>2.Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024</p>
13	Academic policy based on the moral and ethical values of the Academy
<p>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</p>	

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	



Center for Physical Education

044/64-16

Working Curriculum of the Discipline (Syllabus)

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