

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

| 1. General information about the Course | | | |
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| 1.1 | Course Code: FK 1(2)106 | 1.6 | Academic year: 2024- 2025 |
| 1.2 | Course name: Physical Culture (preparatory 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: - | 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 improve health, develop and improve physical qualities | | |
| LO2 | Applies methodological approaches to mastering physical exercises in the process of independent training using health-saving technologies | | |
| LO3 | Uses safety rules in physical education and sports classes | | |
| LO4 | Monitors and evaluates the level of physiological condition, physical and functional readiness. | | |
| 6B10115 "Medicine" | | | |
| LO disciplines | GP learning outcomes with which LO disciplines are associated | | |
| LO 1 | LO1. Applies in practice fundamental knowledge in the field of biomedical, | | |

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| | clinical, epidemiological and socio-behavioral sciences. | | | | | | |
| LO 2 | LO2. Provides patient-centered care in the field of biomedical, clinical, epidemiological sciences, aimed at the diagnosis, treatment and prevention of the most common diseases | | | | | | |
| LO 3 | LO5. Demonstrates skills in formulating a clinical diagnosis, prescribing a treatment plan based on evidence-based practice | | | | | | |
| LO 4 | LO14. Conducts sanitary and educational activities to strengthen the health of the population, preserve health and prevent diseases. | | | | | | |
| 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 Balgabayevna | 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 | 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) |

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| | 2 | Athletics. National games | Folk games: "Belbeu tastau", "Hunters", Tyrnalar" | LO -2 | 2 | small group work | criteria and assessments in athletics |
| 2 | 3 | Training in special running exercises | teach running with high hips, throwing the lower leg back, jumping | LO -4 | 2 | individual , group work | criteria and assessments in athletics |
| | 4 | Short distance running training | teach running with acceleration at 20m, finishing | LO -4 | 2 | individual , group work | criteria and assessments in athletics |
| 3 | 5 | Low start and take off training | teach a low start, the correct placement of arms and legs, teach a takeoff run. | LO -1 | 2 | individual , group work | criteria and assessments in athletics |
| | 6 | Short distance running | Running for100 m. 13.5 - boys, 16.5 - girls | LO-1 | 2 | group work | criteria and assessments in athletics |
| 4 | 7 | Cross training | teach long- distance running, proper breathing | LO-1 | 2 | in-line work | criteria and assessments in athletics |
| | 8 | High start and finish training | teach the correct placement of arms and legs, teach finishing | LO-1 | 2 | individua l, group work | criteria and assessments in athletics |
| 5 | 9 | Long distance cross running | running for 1000 m, 3000 m - taking into account the time | LO-4 | 2 | in-line work | criteria and assessments in athletics |
| | 10 | relay race training | teach to work in a team, work in the "corridor" | LO-1 | 2 | group work | criteria and assessments in athletics |
| 6 | 11 | Working with a baton | passing the baton in a column, in motion | LO-1 | 2 | individua l, group work | criteria and assessments in athletics |
| | 12 | Long jump training | teach the correct takeoff, point, landing | LO-1 | 2 | Individu al work | criteria and assessments in athletics |
| 7 | 13 | National games | National games: "Day-night", "Call number", Fishermen and fish" | LO-1 | 2 | role- playing games | criteria and assessments in athletics |

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| | 14 | MT-1. Athletics | standing long jump, squats | LO-1 | 2 | Individual work | criteria and marks |
| 8 | 15 | Basketball. General concepts about basketball | a summary of the development of basketball in the Republic of Kazakhstan. basketball rules | LO-3 | 2 | communication technologies | feedback (blitz survey) |
| | 16 | Teaching movement techniques, jumping | Running backwards, with cross steps, when running with your back, be sure to look over your shoulder | LO-1 | 2 | individual, group work | Basketball criteria and assessments |
| 9 | 17 | Ball dribbling training | teach ball dribbling in a straight line, in a circle, with obstacles | LO-1 | 2 | individual, group work | Basketball criteria and assessments |
| | 18 | Training in catching - passing the ball | teach catching - passing the ball at chest level, from the shoulder, with a rebound | LO-1 | 2 | individual, group work | Basketball criteria and assessments |
| 10 | 19 | Learning to 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 | Training to throw the ball into the basket | teach to 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 | Броски мяча в корзину с 3х шагов | Execution in columns, from different points | LO-1 | 2 | group work | Basketball criteria and assessments |
| 12 | 23 | Learning to catch, pass the ball on the move | teach 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 |

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| | 24 | Learning to 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 | educational game | rules of playing basketball, safety precautions during the game | LO- 1 | 2 | group work | Basketball criteria and assessments |
| 14 | 27 | National games with elements of basketball | "Hunters and Hares", "Ball in the Basket", "Shooter" | LO- 1 | 2 | role-playing game | Basketball criteria and assessments |
| | 28 | MT-2. Basketball | Throwing the ball into the basket. Dribbling the ball without visual control | LO- 1 | 2 | individual work | criteria and marks |
| 15 | 29 | Sport games | Mini football, volleyball | LO -2 | 2 | small group work | Basketball criteria and assessments |
| | 30 | Final control | boys - flexion, extension of arms in a lying position, pull-up on the bar girls - lifting the body from a supine position, squatting | LO- 1 | 2 | individual work | criteria and marks |
| 2 semester | | | | | | | |
| 1 | 31 | Fundamentals of a healthy lifestyle | Health: basic concepts, essence, content, criteria, health factors that make up a healthy lifestyle | LO- 3 | 2 | communication technologies | feedback (blitz survey) |
| | 32 | Volleyball. General concepts about volleyball | a summary of the development of volleyball RK., the rules of the game | LO- 1 | 2 | communication technologies | feedback (blitz survey) |
| 2 | 33 | Volleyball player stance training, | volleyball stance, teach running, | LO- 1 | 2 | individual, group | criteria and assessments |

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| | | movement | jumping, running backwards, running with cross steps | | | work | for volleyball |
| | 34 | Feeding training from below, from the side | serving the ball from below in the line, against the wall, near the net | LO- 1 | 2 | individual, group work | criteria and assessments for volleyball |
| 3 | 35 | Training in lower reception - transmission | teach the correct placement of arms, legs, lower transmission and reception in a pair | LO- 1 | 2 | individual, group work | criteria and assessments for volleyball |
| | 36 | Learning to receive - pass the ball from above | train to work in oncoming columns, on the move | LO- 1 | 2 | individual, group work | criteria and assessments for volleyball |
| 4 | 37 | Outdoor games | "Protection of the town", "Don't give the ball to drop-well" | LO- 2 | 2 | role-playing games | criteria and assessments for volleyball |
| | 38 | Ball possession training | giving the ball, receiving-passing the ball on the spot and on the move. | LO- 1 | 2 | individual, group work | criteria and assessments for volleyball |
| 5 | 39 | Teaching the rules of the game | Rules of the game. Volleyball playing technique. Tactics of defense and attack. | LO- 1 | 2 | communication technologies | feedback (blitz survey) |
| | 40 | National Games | "Salk hugs", "Kangaroo" | LO- 1 | 2 | role-playing games | criteria and assessments for volleyball |
| 6 | 41 | Receiving-passing the ball | receiving - passing the ball from below, receiving - passing the ball from above | LO- 1 | 2 | individual, group work | criteria and assessments for volleyball |
| | 42 | One side educational game | serves, receptions, games in threes | LO- 2 | 2 | small group work | criteria and assessments for volleyball |
| 7 | 43 | Submission of the | ball delivery from | LO- 1 | 2 | group | criteria and |

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| | | ball from below | below, from the side | | | work | assessments for volleyball |
| | 44 | MT-1. Volleyball | Serving the ball from below. Receiving the ball from below | LO -1 | 2 | Individual work | criteria and marks |
| 8 | 45 | Gymnastics. Build and rebuild training | learning to build in a column, line, rebuilding in columns, lines | LO -1 | 2 | individual, group work | criteria and assessments for volleyball |
| | 46 | GPP | stretching exercises, flexibility | LO -1 | 2 | group work | criteria and assessments for volleyball |
| 9 | 47 | Preparing for the Presidential Tests | Strength training, press | LO -4 | 2 | individual work | criteria and assessments for volleyball |
| | 48 | Acrobatic training | rolling training. stretching exercises | LO -1 | 2 | individual, group work | criteria and assessments for volleyball |
| 10 | 49 | Teach somersaults back and forth | Teach starting positions, somersaults, grouping | LO -1 | 2 | individual, work | criteria and assessments for volleyball |
| | 50 | Shoulder stand training | teach balance, stand on the shoulder blades, transition to half twine | LO -2 | 2 | individual work | criteria and assessments for volleyball |
| 11 | 51 | Training for the transition to half twine | stand on the shoulder blades, bending the leg transition to half twine | LO -1 | 2 | individual work | criteria and assessments for volleyball |
| | 52 | Acrobatic training | Somersaults forward, backward, stand on the shoulder blades, transition to half twine | LO -2 | 2 | Individual work | check list |
| 12 | 53 | Goat jump training | Take-off run. Dismount onto a gymnastic bridge. Crossing the gymnastic goat. Landing. | LO -1 | 2 | individual work | check list |
| | 54 | Takeoff training | teach takeoff run, | LO -1 | 2 | individual | check list |

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| | | | jump onto the bridge. | | | al work | |
| 13 | 55 | Goat crossing training | takeoff run,goat crossing, landing | LO -1 | 2 | Individu al work | check list |
| | 56 | vault training - legs apart | Take-off run. Jump onto a gymnastic bridge. Jumping on a bridge with legs apart. | LO -2 | 2 | individu al work | check list |
| 14 | 57 | Strength exercises | exercises with a gymnastic bench GPP | LO -2 | 2 | small group work | check list |
| | 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, legs bent | LO- 1 | 2 | individu al work | criteria and marks |
| 15 | 59 | Preparing for the Presidential Tests | standing long jump, pull-ups,abs exercises | LO -4 | 2 | individu al work | check list |
| | 60 | Final control | boys - Burpees (quantity/minute) Pull-up on the bar girls- Squats Raising the body - press | LO -4 | 2 | individu al work | criteria and marks |
| 9. | Teaching and assessment 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- | | | | |

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| | | / 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 | <p>Passing standards for sports. Assessing the knowledge and skills of students obtained as a result of studying sports: the student must fulfill control standards.</p> <p>The student is allowed to take midterm control when attending practical classes and completing all assignments in class.</p> <p>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.</p> | | | |
| 9.5 | Final control | <p>Differentiated testing – acceptance of control standards of physical fitness. Passing the "Presidential Tests"</p> <p>The minimum score for a positive IR in the discipline = 50.</p> | | | |
| 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 maintain and improve health, development and improvement of physical qualities | Does not perform many required exercises. Does not have physical fitness for the lesson and performs exercises with significant exercises. | 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 | Applies methodical approaches to the development of physical exercises in the process of self- | 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 | Independently performs a warm- up of the body, uses health-saving technology, develops physical | Independently performs a correct warm- up of the body, uses health-saving technology, develops |

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| | study using health-saving technologies | | qualities in oneself. | qualities (dexterity, flexibility.) | physical qualities (dexterity, 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 play sports. Self-ignorant the observation diary does not use examples from the practice of its 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

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| Athletics | "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, |
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| | | <p>knows all independent forms of PE</p> <p>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</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>Sports uniform meets the requirements of the Center, active participation in classes, performing the technique of given exercises with minor errors, helps the trainer-teacher in classes, performing the technique of given exercises with minor errors</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>Sports uniform meets the requirements of the Center, passive participation in classes, performing the technique of given exercises with gross errors.</p> |
| | <p>" Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 %</p> | <p>Is not present in class without a good reason, or is present without a sports uniform.</p> |
| Small group work | <p>"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%</p> | <p>Active work in a team, demonstrates leadership abilities, assists the coach and teacher in refereeing during practical classes</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>Active teamwork and demonstrates leadership abilities. assistance to the coach and teacher in counting the game during practical lessons</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>Passive teamwork, incorrect completion of tasks.</p> |
| | <p>" Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 %</p> | <p>Did not take part in the game or in the discussion of the game.</p> |
| Form of midterm control | <p>"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%</p> | <p>Autumn semester M 1. Athletics 1. Standing long jump Boys-235-230 cm Girls -180-175 cm 2. Squats (quantity/min)</p> |

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| | | <p>Boys - 50-45 times Girls -31-29 times M 2. .Basketball 1. Throwing the ball into the basket (out of 10 possibilities) 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. Ball serves from below 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</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>Autumn semester M 1. Athletics 1. Standing long jump Boys -225-210 cm Girls -170-155 cm 2. Squats (number/min) Boys - 50-35 times Girls -31-23 times M 2. Basketball 1. Throwing the ball into the basket (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. Dribbling the ball without visual control One error allowed Spring semester M1. Volleyball 1 Ball serves from below out of 10 possibilities 8 hits out of 10 opportunities</p> |

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| | | <p>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 -200-170 cm Girls -150-135 cm Squats (number/min) Boys - 30-5 times Girls -14-7 times M2. Basketball Throwing the ball into the basket (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. Dribbling the ball without visual control Two or three mistakes are acceptable Spring semester M1.Volleyball 1Ball serves from below 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</p> |

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| | | <p>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 % F (0) 0-24 %</p> | <p>Autumn semester M1. Athletics 1. Standing long jump Boys - 150 cm Girls -130 cm 2. Squats (number/min) Boys – 0 times Girls -0 times M2. Basketball 1. Throwing the ball into the basket (out of 10 possibilities) 0 hits out of 10 possibilities 2. Dribbling the ball without visual control Dribbling the ball with errors Spring semester M1. Volleyball 1.Ball serves from below 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 %</p> | <p>Autumn semester 1. Boys - flexion, extension of arms in a lying position 29-26 times</p> |

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| <p>A- (3,67) 90-94%</p> | <p>Boys pull-up on the bar - 10-9 times 2. Girls - lifting the body from a supine position 30-25 times Girls -squats 40-35 times per minute Spring semester Boys - Jumping jack (number per minute) 65-60 times Pull-ups on the bar 9-8 times Girls - Squats 30-25 times Raising the body - press 30-25 times</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>Autumn semester 1. Boys - flexion, extension of arms in a lying position 23-14 times Boys pull-up on the bar-8 - 5 times 2. Girls - lifting the body from a supine position 20-7 times Girls --squats 30-15 times per minute Spring semester Boys - Jumping jack (number per minute) 55-40 times Pull-ups on the bar 7-4 times Girls - - Squats 25-10 times Raising the body - press 25-10 times</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 1. Boys - flexion, extension of arms in a lying position 17-8 times Boys pull-up on the bar-6 - 2 times 2. Girls - lifting the body from a supine position 10-3 times Girls --squats 10-3 times per minute Spring semester Boys - Jumping jack (number per minute) 35-10 times Pull-ups on the bar 5-1 times Girls - Squats 5-1 times Raising the body - press 25-15 times</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 18-10 times Boys pull-up on the bar - 0 times 2. Girls - lifting the body from a supine position 0 times Girls -squats -24 times per minute Spring semester Boys - Jumping jack (number per minute) 10 times Pull-ups on the bar 0 times Girls - Squats 0 times</p> |

Raising the body - press 0 times

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 | Unsatisfactory |
| FX | 0,5 | 25-49 | |
| F | 0 | 0-24 | |

11. Learning resources




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| 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.// |

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| | <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. - C.107-109.// 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. 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, 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

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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