

**THE CONTROL MEASURING FACILITIES
KNOWLEDGE AND SKILLS FOR THE COURSE
"PHYSICAL EDUCATION "**


Department: Physical Education

Course code: PE 1101

Speciality: " Medicine"

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

Course, Year/ term: I year, 1-2 term

<p style="text-align: center;"> ONTÜSTIK QAZAQSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ </p>			<p style="text-align: center;"> SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия» </p>
Center for Physical Education			044/64-11
Control and measuring equipment for the 1st course			2 page out of 5

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 No. 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): $CC = \frac{n1+n2+n3+n4}{4}$, where n is the score for the practical lesson. Totalcurrentratings=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%	AARit 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 $AAR = TC = \frac{(n1+n2+n3+....)}{(\text{number of ratings})}$
Score of the final control (EFC, dif.credit)	40%	$FC (DC) = \frac{(MT1+MT2+...+MTn)}{n}$ 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		100	90	85	80	75	70	65	60	55	50
Long jump from the spot	boys	245	240	235	230	225	220	215	210	205	200
	girls	190	185	180	175	170	165	160	155	150	145
Squats quantity/ min	boys	60	55	50	45	40	37	35	33	30	25
	girls	37	35	33	30	25	20	15	10	7	5
MT-2 Basketball											
1.throwing the ball into the basket /out of 10 possibilities/											
100 б		90 б	85 б	80 б	75 б	70 б	65 б	60 б	55 б	50 б	
10		9	8	7	6	5	4	3	2	1	
2. Doing ball without visual control											
100 p		90 p	85 p	80 p	75 p	70 p	65 p	60 p	55 p	50 p	
Correct execution of the technique		Permissible 1 error				Permissible 2 errors				Permissible 3 errors	

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

Test types	Autumn term										
	Points	100	90	85	80	75	70	65	60	55	50
Flexion extension of the arms in the supine position Push-up	boys	35	30	25	23	21	19	17	15	13	10
Pull-ups on the crossbar	boys	13	12	11	10	9	8	7	6	5	4
Lifting the torso from the supine position	girls	40	35	30	25	20	15	10	7	5	3
Squats quantity/ min	girls	40	37	35	33	30	25	20	15	10	5

The-pemners:

Head of the center

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

Ashirbaey O.A

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

MT-1 Volleyball

1.Ball submission from below (out of 10 possibilities)

2. Receiving-passing the ball from below (in 10 seconds)

100 6	90 6	85 6	80 6	75 6	70 6	65 6	60 6	55 6	50 6
10	9	8	7	6	5	4	3	2	1

MT-2 Gymnastic

girls 1.Two rolls forward, shoulder blade stand, bridge, half split
2. straddle vault

boys 1.Long somersault forward, somersault
2. Leaping over a goat without support, legs bent

100 6	90 6	85 6	80 6	75 6	70 6	65 6	60 6	55 6	50 6
Correct execution of the technique		Permissible 1 error				Permissible 2 errors			

FINAL CONTROL

Test types		100	90	85	80	75	70	65	60	55	50
Jumping jack /quantity/ min/	boys	85	80	75	70	65	60	55	53	50	47
Pull-ups on the crossbar	boys	15	14	12	10	9	7	5	3	2	1
Sit-ups /quantity/ min/	girls	45	40	37	35	33	30	25	20	15	10
Lifting the torso /quantity/ min/	girls	45	40	37	35	33	30	25	20	15	10

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