




ОҢТҮСТІК ҚАЗАҚСТАН MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ		 SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»
Center for Physical Education		044/64-16
Working curriculum		1 page out of 12

Center for Physical Education
Working Curriculum of the Discipline (Syllabus)
Educational program « Medicine»


1.	General information about the Course		
1.1	Course Code:Fk 1101	1.6	Academicyear: 2023- 2024
1.2	Coursename: Physical Education	1.7	Year:1
1.3	Prerequisites: Physical culture within the framework of educational programs of secondary, technical and vocational education	1.8	Term:1-2
1.4	Post-requisites:	1.9	Numberofcredits (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	Coursework
3.2	Writing	3.6	Essay
3.3	Oral	3.7	Project
3.4	OSPE / OSCE or Practical Skills Acceptance	3.8	Differentiatedcredit √
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)		
CLO1	Uses practical skills and abilities to maintain and promote health, develop and improve physical qualities;		
CLO2	Applies methodological approaches to the development of physical exercises in the process of self-study using health-saving technologies		
CLO3	Uses safety regulations in physical education and sports classes		
CLO4	Monitors and evaluates the level of physiological condition, physical and functional fitness		
5.1	Course learning outcomes	The learning outcomes of the EP, which are related to the learning outcomes of the course	
	CLO1, CLO2, CLO 5,	CLO 1- Applies fundamental knowledge in biomedical, clinical, epidemiological and social-behavioral sciences	
	CLO3, CLO4,	CLO 14 - carries out sanitary and educational activities to improve the health of the population, preserve health and prevent health diseases.	

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Center for Physical Education		044/64-16	
Working curriculum		2 page out of 12	


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	Scientific interests, etc..	Achievements	
1.	Ashirbayev Orynbasar Atyrhanovich		Head of the Department, master's degree	ashirbaev12.73@mail.ru	Arm Wrestling	candidate for Master of Sports, judge of the International Amateur Federation "Uniboy»	
2.	Shorayeva Nurila Balgabayevna		Senior trainer-teacher, master's degree	Shoraewa@mail.ru	Swimming	3-categor	
3	Amal Baglan Bakytuly		Trainer-teacher	Baglan 1209@mail.ru	Football	1-category	
4	Tugelbay Almas Nyrzhigituly		Trainer-teacher, master's degree	almas@mail.ru	boxing	1st category	
8.	Thematic plan						
Week	Topicname		Summary	Course learning outcomes	Number of hours	Forms / methods / learning technologies	Forms / assessment methods
1	1	Physical culture as an academic discipline in the education system	organization of the educational process for the physical education of students. Test requirements and responsibilities of students. Safety engineering.	CLO-3	2	Small group work	Oral
	2	Athletics. National games	folk games: "Belbeutastau", "Hunters", Tyrnalar"	CLO -2	2	group game	individually

ОҢТҮСТІК ҚАЗАҚСТАН MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ		 SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»
Center for Physical Education		044/64-16
Working curriculum		3 page out of 12

2	3	Training in special running exercises	teach running with high hips, throwing the lower leg back, jumping	CLO -4	2	individual, group work	individually
	4	Short distance running training	teach running with acceleration at 20m, finishing	CLO -4	2	individual, group work	individually
3	5	Low start and take off training	teach a low start, the correct placement of arms and legs, teach a takeoff run.	CLO -1	2	individual, group work	individually
	6	Short distance running	Running for 100 meters. 13.5 - boys, 16.5 - girls	CLO-1	2	group work	individually
4	7	Cross training	teach long-distance running, proper breathing	CLO-1	2	in-line work	Individually
	8	High start and finish training	teach the correct placement of arms and legs, teach finishing	CLO-1	2	individual, group work	individually
5	9	Long distance cross running	running for 1000 m , 3000 m - taking into account the time	CLO-4	2	in-line work	individually
	10	relay race training	teach to work in a team, work in the "corridor"	CLO-1	2	group work	individually
6	11	Working with a baton	passing the baton in a column, in motion	CLO-1	2	individual, group work	individually
	12	Long jump training	teach the correct takeoff, point, landing	CLO-1	2	Individual work	individually
7	13	National games	national games: "Day-night", "Call number", Fishermen and fish"	CLO-1	2	explanation, group work	individually
	14	MT-1. Athletics	standing long jump	CLO-1	2	Individual work	individually
8	15	Basketball. General concepts about basketball	a summary of the development of basketball in the Republic of Kazakhstan. basketball rules	CLO- 3	2	display, explanation	individually


ОҢТҮСТІК ҚАЗАҚСТАН MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ		 SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»
Center for Physical Education		044/64-16
Working curriculum		4 page out of 12

	16	Teaching movement techniques, jumping	running backwards, with cross steps, when running with your back, be sure to look over your shoulder	CLO-1	2	individual, group work	individually
9	17	Ball dribbling training	teach ball dribbling in a straight line, in a circle, with obstacles	CLO-1	2	individual, group work	individually
	18	Training in catching - passing the ball	teach catching - passing the ball at chest level, from the shoulder, with a rebound	CLO-1	2	individual, group work	individually
10	19	Learning to pass the ball on the move	Passing the ball in motion, in pairs, in columns	CLO-2	2	individual, group work	individually
	20	Training to throw the ball into the basket	teach to throw the ball from the chest, from the shoulder, in a jump	CLO-1	2	individual, group work	individually
11	21	relay races	relay races with basketballs	CLO-2	2	group work	individually
	22	Броски мяча в корзину с 3х шагов	Execution in columns, from different points	CLO-1	2	group work	individually
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	CLO-1	2	individual, group work	individually
	24	Learning to throw the ball into the basket with 2 steps	teach to throw the ball from 2 steps, on the move	CLO 2	2	Individual work	individually
13	25	One-sided educational game	dribbling, passing, throwing	CLO-2	2	group work	individually
	26	educational game	teach the technique of defense, attack, the rules of the game of basketball	CLO- 1	2	group work	individually
14	27	National games with elements of basketball	"Hunters and Hares", "Ball in the Basket", "Shooter"	CLO- 1	2	group work	individually
	28	MT-2. Basketball	Throwing the ball into the basket	CLO- 1	2	individual work	individually
15	29	Sport games	mini football, volleyball	CLO -2	2	in-line, group work	individually
	30	Final control	press-girls, pull-up-boys	CLO- 1	2	individual work	individually


ОҢТҮСТІК ҚАЗАҚСТАН MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ		 SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»
Center for Physical Education		044/64-16
Working curriculum		5 page out of 12

2 term							
1	31	Fundamentals of a healthy lifestyle.	Health: basic concepts, essence, content, criteria, health factors that make up a healthy lifestyle	CLO- 3	2	work in small groups	
	32	Volleyball. General concepts about volleyball	a summary of the development of volleyball RK., the rules of the game	CLO- 1	2	explanation, show	individually
2	33	Volleyball player stance training, movement	volleyball stance, teach running, jumping, running backwards, running with cross steps	CLO- 1	2	individual, group work	individually
	34	Feeding training from below, from the side	serving the ball from below in the line, against the wall, near the net	CLO- 1	2	individual, group work	individually
3	35	Training in lower reception - transmission	teach the correct placement of arms, legs, lower transmission and reception in a pair	CLO- 1	2	individual, group work	individually
	36	Learning to receive - pass the ball from above	train to work in oncoming columns, on the move	CLO- 1	2	individual, group work	individually
4	37	Outdoor games	"Protection of the town", "Don't give the ball to drop-well"	CLO- 2	2	group work	individually
	38	Ball possession training	giving the ball, receiving - passing the ball on the spot and on the move.	CLO- 1	2	individual, group work	individually
5	39	Teaching the rules of the game	teach the technique of defense, attack, the rules of the game of volleyball	CLO- 1	2	explanation, group work	individually
	40	National Games	"Salk - hugs", "Kangaroo"	CLO- 1	2	explanation, group work	individually
6	41	Receiving-passing the ball	receiving - passing the ball from below, receiving - passing the ball from above	CLO- 1	2	individual, group work	individually
	42	One side educational game	serves, receptions, games in threes	CLO- 2	2	group work	individually
7	43	Submission of the ball from below	ball delivery from below, from the side	CLO- 1	2	group work	individually
	44	MT-1. Volleyball	underhand ball	CLO -1	2	Individual	individually

9.	Training and Teaching Methods
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Center for Physical Education		044/64-16	
Working curriculum		7 page out of 12	

9.1	Lectures	-			
9.2	Practical lessons	Individual, group, streaming			
9.3	SIW / SIWT	-			
9.4	Mid-term examination	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				
№CLO	Learning Outcome	Unsatisfactory	Satisfactorily	Good	Excellent
CLO 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.
CLO 2	Applies methodical approaches to the development of 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 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).
CLO 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
CLO 4	Monitors and evaluates the level	Does not exercise. Nevdet Self-	Sometimes he does physical	Independently engaged in	Independently engaged in

<p>ОҢТҮСТІК ҚАЗАҚСТАН MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ</p>			<p>SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»</p>
Center for Physical Education		044/64-16	
Working curriculum		8 page out of 12	

	of physiological state, physical and functional fitness	observation diary does not use examples from the practice of his experience	exercises. Keeps a diary of self-observation, does not use examples from the practice of his experience	physical exercises. Keeps a diary of self-observation, uses examples from the practice of his experience	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
CLO 5	Participates in mass sports and recreational activities during the training period, assists in organizing competitions and refereeing	Does not participate in mass sports and health-improving events of the academy.	Participates in physical culture and recreation activities of the academy	Participates in mass sports and health-improving events of the academy and the city, and helps to referee competitions	Actively participates in mass sports and health-improving events of the academy and the city, and judges competitions
10.2	Criteria for evaluating teaching methods and technologies				
	Checklist for students of the main department				
form of control		mark	evaluation criteria		
Practical lessons		"Excellent" corresponds 100-90 points	The sports uniform meets the requirements of the Center, active participation in the classroom, the correct implementation of the technique of the given exercises, helps the coach-teacher in the classroom.		
		"Good" corresponds 89-75 points	The sports uniform meets the requirements of the Center, active participation in the classroom, the implementation of the technique of the given exercises with small errors, helps the coach-teacher in the classroom		
		"Satisfactory" corresponds 50-74 points	The sports uniform meets the requirements of the Center, passive participation in the classes, the implementation of the technique of the given exercises with small errors.		
		" Unsatisfactory " corresponds 49-0 points	The sports uniform does not meet the requirements of the Center, passive participation in the classroom, the implementation of the technique of the given exercises with gross errors		
Checklist for students of the sports department					
form of control		mark	evaluation criteria		
Training process		"Excellent" corresponds 100-90 points	The student regularly attends training. Participates in judging interfaculty competitions. Winners at city competitions in sports (I-III places)		
		"Good" corresponds 89-75 points	The student regularly attends training. Do not do warm-up exercises. Participant of city competitions		
		"Satisfactory" corresponds 50-74 points	The student regularly attends training. Did not participate in city competitions. But he knows how to do a warm-up workout.		
		" Unsatisfactory "	The student attends training sessions on a regular basis.		

Center for Physical Education	044/64-16
Working curriculum	9 page out of 12

	corresponds 49-0 points	Does not participate in city competitions, but independently conducts a warm-up.
Checklist for students of the special medical department		
form of control	mark	evaluation criteria
Preparation and defense of PPT	"Excellent" corresponds 100-90 points	The student prepared an essay on the topic at the appointed time, independently carefully, using at least 5 literary sources and having a detailed plan, the literature no later than 2012, when defending the abstract, told, confidently and accurately answered all the questions asked.
	"Good" corresponds 89-75 points	The student prepared an essay on the topic at the appointed time, on his own, using at least 5 literary sources, no later than 2012 of release and having a detailed plan when defending the abstract, he did not read the text, but told, when answering questions he made unprincipled mistakes.
	"Satisfactory" corresponds 50-74 points	The student prepared an essay on the topic at the appointed time, using at least 5 literary sources, literature no later than 2012 edition, and having an undeveloped plan, while defending the abstract, he read the text, hesitantly answered questions, made fundamental mistakes.
	"Unsatisfactory" corresponds 49-0 points	The student prepared an essay on the topic not on time, without indicating literary sources, in the absence of a plan, when defending the abstract, he read the text, made gross mistakes when answering questions or could not answer the questions and did not defend the essay.


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	
C	2,0	65-69	Satisfactorily
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	

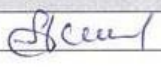
11.	Learning resources	
Laboratory physical resources	Gym, gym, table tennis hall	
Special programs	-	

Center for Physical Education	044/64-16
Working curriculum	10 page out of 12

Journals (electronic journals)	Репозиторий ЮКМА http://lib.ukma.kz/repository/ Республикалық жоғары оқу орындары аралық электрондық кітапхана http://rmebrk.kz/ «Ақнурпресс» сандық кітапхана https://aknurpress.kz/login «Заң» нормативтік-құқықтық актілер базасы https://zan.kz/ru «Параграф Медицина» ақпараттық жүйесі https://online.zakon.kz/Medicine/
Literature	<p>Basic Тотенай Б.О. Дене тәрбиесі учебник- Астана:</p> <p>Евсеев Ю.И. Физическая культура учебное пособие,- Рн/Д: Феникс, 2012</p> <p>Абдираков, Б.КҚ. Емдік дене шынықтырудың негіздер: учебное пособие / Б. К. АӘбдираков. - Караганда : АҚНҰР, 2019</p> <p>Сабинова, Р. Ш. Дене мәдениеті және спорт психологиясы: учебное пособие / Р. Ш. Сабинова, Д. А. Жансерикова, С. А. Смагулова. - 3-изд. - Караганда : АҚНҰР, 2019.</p> <p>Виленский М.Я. Физическая культура и здоровый образ жизни студента: ученое пособие: - М.: КноРус, 2013</p> <p>Additional Аяпов Е.С. Волейбол учебно-методическое пособие,- Шымкент: 2014.</p> <p>Тайжанов С. Спорт ойындары методическое пособие Алматы: Эверо, 2012</p> <p>Тайжанов С. Спорт ойындары методическое пособие Алматы: Эверо, 2012</p>
12	Discipline Policy
	<ul style="list-style-type: none"> - Students should get acquainted with the tasks on the AIS Platonus module "Task" in a timely manner. - Students must complete tasks daily according to the schedule of practical classes. - Students should keep track of the final dates of assignments. - Do not miss all types of classes without good reason. - Students are required to study in sports uniforms, white T-shirt, bottom-sweatpants. <p>During the execution of tasks, it is necessary to keep a distance, avoid unauthorized falls, collisions with furniture and household appliances.</p>
13	Academic policy based on the moral and ethical values of the Academy
13.1	<p>STUDENT'S CODE OF HONOR https://translate.google.com/website?sl=kk&tl=ru&ajax=1&prev=search&u=http://base.ukgfa.kz/wp-content/uploads/2021/05</p> <p>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</p>

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Center for Physical Education		044/64-16
Working curriculum		11 page out of 12

13.2	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.
13.3	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
13.4	The student leads a healthy lifestyle and completely abandons bad habits..
13.5	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.
13.6	The student respects the traditions of the university, protects its property, monitors the cleanliness and order in the hostel
13.7	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	Approval and revision		
Date approved by the Center	Pratocol №. <u>11</u>	Ashirbayev O.A.	
	<u>07.06.2023</u>		
Revision date	Pratocol №. _____	Ashirbayev O.A.	