


ОҢТҮСТІК ҚАЗАҚСТАН <b>MEDISINA AKADEMIASY</b> «Оңтүстік Қазақстан медицина академиясы» АҚ		 SOUTH KAZAKHSTAN <b>MEDICAL ACADEMY</b> АО «Южно-Казахстанская медицинская академия»
Center for Physical Education		044/64-16
Working Curriculum of the Discipline (Syllabus)		1 page out of 12

**Center for Physical Education**  
**Working Curriculum of the Discipline (Syllabus) « Physical Education »**  
**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:2	
1.3	Prerequisites:	1.8	Term:3-4	
1.4	Post-requisites:	1.9	Numberofcredits (ECTS): 4	
1.5	Cycle:GED	1.10	Component: IC	
2.	Coursedescription			
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 assessment 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)			
CLO 1.	Uses practical skills and abilities to maintain and promote health, develop and improve physical qualities;			
CLO 2.	Applies methodological approaches to the development of physical exercises in the process of self-study using health-saving technologies			
CLO 3	Uses safety regulations in physical education and sports classes			
CLO 4	Monitors and evaluates the level of physiological condition, physical and functional fitness			
CLO 5	Participates in mass sports and recreational activities during the training period, assists in organizing competitions and refereeing			
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 4- Conducts effective activities aimed at diagnosing, treating, and preventing common and early forms of diseases				
	CLO3, CLO4,	CLO 8 - Complies with the norms for the implementation of public health protection of the sanitary and hygienic regime of a healthcare organization.				
6.	<b>Details of the course</b> 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.lesson s	SIW	SIWT
		-	120	-	-	-
7.	<b>Information about teachers</b>					
№	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	Baglan1209@mail.ru	football	1-category	
4	Tugelbay Almas Nyrzhigituly	Trainer-teacher, master's degree	almas@mail7.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	Modern health systems and the basics of controlling the physical condition of the body	characteristics of modern health systems and means, assessment of physical development and physical health, self-control diary	CLO3	2	Small group work	Oral
	2	Athletics. National games	folk games: "Belbeutastau", "Hunters", Tyrnalar"	CLO 2	2	group game	individually
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 takeoff 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	CLO1	2	group work	individually
4	7	Cross training	teach long-distance running, proper breathing	CLO1	2	in-line work	individually
	8	High start and finish training	teach the correct placement of arms and legs, teach finishing	CLO1	2	individual, group work	individually
5	9	Long distance cross running	running for 1000 m , 3000 m - taking into account the time	CLO4	2	in-line work	individually
	10	relay race training	teach to work in a team, work in the "corridor"	CLO1	2	group work	individually

6	11	Working with a baton	passing the baton in a column, in motion	CLO1	2	individual, group work	individually
	12	Long jump training	teach the correct takeoff, point, landing	CLO1	2	Individual work	individually
7	13	National games	national games: "Day-night", "Call number", Fishermen and fish"	CLO1	2	explanation, group work	individually
	14	MT-1. Athletics	standing long jump	CLO1	2	Individual work	individually
8	15	Basketball rules	rules of the game and refereeing basketball	CLO 3	2	display, explanation	individually
	16	Teaching movement techniques, jumping	running backwards, with cross steps, when running with your back, be sure to look over your shoulder	CLO1	2	individual, group work	individually
9	17	Ball dribbling training	teach ball dribbling in a straight line, in a circle, with obstacles	CLO1	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	CLO1	2	individual, group work	individually
10	19	Learning to pass the ball on the move	Passing the ball in motion, in pairs, in columns	CLO2	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	CLO1	2	individual, group work	individually
11	21	relay races	relay races with basketballs	CLO2	2	group work	individually
	22	Броски мяча в корзину с 3х шагов	Execution in columns, from different points	CLO1	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	CLO1	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	CLO2	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
<b>4 term</b>							
1	31	The main methods of self-study.	Health: basic concepts, essence, content, criteria, health factors that make up a healthy lifestyle	CLO 3	2	work in small groups	individually
	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	ball overhead	CLO 1	2	Individual work	individually
8	45	Gymnastics.	stretching exercises	CLO 1	2	individual, group work	individually
	46	GPP	stretching exercises, flexibility	CLO 1	2	group work	individually
9	47	Preparing for the Presidential Tests	strength training, press	CLO 4	2	individual work	individually
	48	Acrobatic training	rolling training. stretching exercises	CLO 1	2	individual, group work	individually
10	49	Teach somersaults back and forth	teach starting positions, somersaults, grouping	CLO 1	2	individual, work	individually
	50	Shoulder stand training	teach balance, stand on the shoulder blades, transition to half twine	CLO 2	2	individual work	individually
11	51	Training for the transition to half twine	stand on the shoulder blades, bending the leg transition to half twine	CLO 1	2	individual work	individually
	52	Acrobatic training	Somersaults forward, backward, stand on the shoulder blades, transition to half twine	CLO 2	2	Individual work	individually
12	53	Goat jump training	goat jump	CLO 1	2	individual work	individually
	54	Takeoff training	teach takeoff run, jump onto the bridge.	CLO 1	2	individual work	individually

13	55	Goat crossing training	takeoff run, goat crossing, landing	CLO 1	2	Individual work	individually
	56	vault training - legs apart	run, jump on the bridge, crossing the goat, landing	CLO 2	2	individual work	individually
14	57	Strength exercises	exercises with a gymnastic bench GPP	CLO 2	2	individual, group work	individually
	58	MT-2. Gymnastics	goat jump	CLO 1	2	individual work	individually
15	59	Strength exercises	exercises in the gym. GPP	CLO 4	2	individual work	individually
	60	Final control	Passing the "Presidential Test"	CLO 4	2	individual work	individually

**9. Teaching Methods**

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**

№C LO	Learning Outcome	Unsatisfactory	Satisfactorily	Good	Excellent
CL O 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.
CL O 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).



CL O 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
CL O 4	Monitors and evaluates the level of physiological state, physical and functional fitness	Does not exercise. Nevdet Self-observation diary does not use examples from the practice of his experience	Sometimes he does physical exercises. Keeps a diary of self-observation, does not use examples from the practice of his experience	Independently engaged in physical exercises. Keeps a diary of self-observation, uses examples from the practice of his experience	Independently engaged in learning various physical exercises while showing physical qualities such as strength, agility, flexibility and speed. Keeps a diary of self-observation, uses examples from the practice of his experience
CL O 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

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
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 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 of points equivalent	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**

Laboratory physical resources

Gym, gym, table tennis hall

Special programs

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Journals (electronic journals)

Репозиторий ЮКМА <http://lib.ukma.kz/repository/>  
 Республикалық жоғары оқу орындары аралық электрондық кітапхана <http://rmebrk.kz/>  
 «Акнурпресс» 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****Basic**

Тотеный Б.О. Дене тәрбиесі учебник- Астана: Фолиант, 2012;

Евсеев Ю.И. Физическая культура учебное пособие,- Рн/Д: Феникс, 2012

Евсеев Ю.И. Физическая культура учебное пособие,- Рн/Д: Феникс, 2012

Абдираков, Б.КҚ.  
 Емдік дене шынықтырудың негіздер: учебное пособие / Б. К. АӘбдираков. - Караганда : АҚНҰР, 2019

Сабирова, Р. Ш. Дене мәдениеті және спорт психологиясы: учебное пособие / Р. Ш. Сабирова, Д. А. Жансерикова, С. А. Смагулова. - 3-изд. - Караганда : АҚНҰР, 2019.

Виленский М.Я. Физическая культура и здоровый образ жизни студента: ученое пособие: - М.: КноРус, 2013

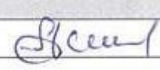
**Additional**

Аяпов Е.С. Волейбол учебно-методическое пособие,- Шымкент: 2014.

Тайжанов С. Спорт ойындары методическое пособие Алматы: Эверо, 2012

Тайжанов С. Спорт ойындары методическое пособие Алматы: Эверо, 2012

12	<b>Discipline Policy</b>
	<ul style="list-style-type: none"> <li>- Students should get acquainted with the tasks on the AIS Platonus module "Task" in a timely manner.</li> <li>- Students must complete tasks daily according to the schedule of practical classes.</li> <li>- Students should keep track of the final dates of assignments.</li> <li>- Do not miss all types of classes without good reason.</li> <li>- Students are required to study in sports uniforms, white T-shirt, bottom-sweatpants.</li> </ul> <p>During the execution of tasks, it is necessary to keep a distance, avoid unauthorized falls, collisions with furniture and household appliances.</p>
13	<b>Academic policy based on the moral and ethical values of the Academy</b>
13.1	<b>STUDENT'S CODE OF HONOR</b> <a href="https://translate.google.com/website?sl=kk&amp;tl=ru&amp;ajax=1&amp;prev=search&amp;u=http://base.ukgf.a.kz/wp-content/uploads/2021/05">https://translate.google.com/website?sl=kk&amp;tl=ru&amp;ajax=1&amp;prev=search&amp;u=http://base.ukgf.a.kz/wp-content/uploads/2021/05</a>
	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
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.	

ОҢТҮСТІК ҚАЗАҚСТАН

**MEDISINA  
AKADEMIASY**

«Оңтүстік Қазақстан медицина академиясы» АҚ



SOUTH KAZAKHSTAN

**MEDICAL  
ACADEMY**

АО «Южно-Казахстанская медицинская академия»

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