




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
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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: 2023- 2024
1.2	Course name: Physical Culture (main compartment)	1.7	Year:1
1.3	Prerequisites: Physical culture within the framework of educational programs of secondary, technical and vocational education	1.8	Semestr:1-2
1.4	Post-requisites: Physical Culture	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	OSPE/OSKE or practical skills reception	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 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	Course learning outcomes	The learning outcomes of the EP, which are related to the learning outcomes of the course	
	LO1	LO1. Applies in practice fundamental knowledge in the field of biomedical, clinical, epidemiological and socio-behavioral sciences.	
	LO2	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	
	LO3	LO5. Demonstrates skills in formulating a clinical diagnosis, prescribing a treatment plan based on evidence-based practice	

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6.	Details of the course South Kazakhstan Medical Academy, Al-Farabi 1, academic building No. 1, Department ofPhysical Culture.						
6.1	Location (building, auditorium): sports halls						
6.2	Number of hours	Lectures	Prac. lessons	Lab.lesson s	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	Footb all	1-category		
4	Tugelbay Almas Nyrzhigituly	Trainer-teacher, master's degree	almas@mail7ru	boxing	1st category		
8.	Thematic plan						
Week	Class	Topic name	Summary	Course learnin g outcom es	Num ber of hours	Forms / methods / learning technologie s	Forms / assessment methods
1	1	Physical culture as an academicdiscipline in theeducation 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-1	2	communic ation technologi es	feedback (blitz survey)
	2	Athletics. National games	folk games: "Belbeu tastau", "Hunters", Tyrnalar"	LO -1	2	small group work	criteria and assessments in athletics

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2	3	Training in 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 training	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 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 for 100 meters. 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	individual, 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	individual, group work	criteria and assessments in athletics
	12	Long jump training	teach the correct takeoff, point, landing	LO-1	2	Individual 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
	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
	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	Basketball criteria and assessments
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 semestr							
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, movement	volleyball stance, teach running, jumping, running backwards, running with cross steps	LO- 1	2	individual, group work	criteria and assessments 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 from below	ball delivery from below, from the side	LO- 1	2	group work	criteria and assessments for volleyball
	44	MT-1. Volleyball	Serving the ball from below. Receiving the ball from below	LO -1	2	Individual	criteria and marks
						work	
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 gymnastics
	46	GPP	stretching exercises, flexibility	LO -1	2	group work	criteria and assessments for gymnastics
9	47	Preparing for the Presidential Tests	strength training, press	LO -3	2	individual work	criteria and assessments for gymnastics
	48	Acrobatic training	rolling training. stretching exercises	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 training	teach balance, stand on the shoulder blades, transition to half twine	LO -2	2	individual work	criteria and assessments for gymnastics
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 gymnastics
	52	Acrobatic training	Somersaults forward, backward, stand on the shoulder blades, transition to half twine	LO -2	2	Individual work	criteria and assessments for gymnastics
12	53	Goat jump training	Take-off run. Dismount onto a gymnastic bridge. Crossing the gymnastic goat. Landing.	LO -1	2	individual work	criteria and assessments for gymnastics
	54	Takeoff training	teach takeoff run, jump onto the bridge.	LO -1	2	individual work	criteria and assessments for gymnastics
13	55	Goat crossing training	takeoff run, goat crossing, landing	LO -1	2	Individual work	criteria and assessments for gymnastics
	56	vault training - legs apart	Take-off run. Jump onto a gymnastic bridge. Jumping on a bridge with legs apart.	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, legs bent	LO- 1	2	individual work	criteria and marks
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 (quantity/minute) Pull-up on the bar girls- Squats Raising the body - press	LO -4	2	individual work	criteria and marks
9.	Training and 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	Learning result	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 evaluation

Checklist 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 %	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
	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % D+(1,33) 55-59 % D- (1,0) 50-54 %	Sports uniform meets the requirements of the Center, passive participation in classes, performing the technique of given exercises with gross errors.

	"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %	Is not present in class without a good reason, or is present without a sports uniform.
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 % D+(1,33) 55-59 % D- (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 % D+(1,33) 55-59 % D- (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.
	<p>"Good" corresponds</p> <p>B+(3,33) 85-89 %</p> <p>B(3,0) 80-84 %</p> <p>B-(2,67) 75-79 %</p> <p>C+(2,33) 70-74 %</p>	<p>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</p> <p>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</p>
	<p>"Satisfactory" corresponds</p> <p>C (2,0) 65-69 %</p> <p>C-(1,67) 60-64 %</p> <p>D+(1,33) 55-59 %</p> <p>D- (1,0) 50-54 %</p>	<p>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.</p> <p>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.</p>
	<p>"Unsatisfactory" corresponds</p> <p>FX (0,5) 25-49 %</p> <p>F (0) 0-24 %</p>	<p>The student passively participates in classes and does not complete assignments.</p> <p>Does not attend classes without good reason</p>
Form of midterm control	<p>"Excellent" corresponds</p> <p>A (4,0) 95-100 %</p> <p>A- (3,67) 90-94%</p>	<p>Autumn semester</p> <p>M 1. Athletics</p> <p>1. Standing long jump</p> <p>Boys-245-240 cm</p> <p>Girls -185-190 cm</p> <p>2. Squats (quantity/min)</p> <p>Boys - 60-55 times</p> <p>Girls -37-34 times</p> <p>M 2. .Basketball</p> <p>1. Throwing the ball into the basket (out of 10 possibilities)</p> <p>10 hits out of 10 opportunities</p> <p>9 hits out of 10 opportunities</p> <p>2. Dribbling the ball without visual control</p> <p>Correct execution of the technique</p> <p>Spring semester</p> <p>M1. Volleyball</p> <p>1. Ball serves from below out of 10 possibilities</p> <p>10 hits on the court out of 10 opportunities</p> <p>9 hits out of 10 opportunities</p> <p>2. Receiving the ball from below (in 10 seconds)</p> <p>10 receptions and passes without losing the ball</p> <p>9 passes and receptions without losing the ball</p> <p>M-2. Gymnastics</p> <p>1. Two forward somersaults, shoulder stand, bridge, half-split -girls,</p> <p>long forward somersault, back somersault, headstand with support - boys,</p> <p>2. Vault jump legs apart-girls,</p> <p>jump over a goat without support, legs bent - boys</p> <p>Complete the task without errors</p> <p>One error allowed</p>
	<p>"Good" corresponds</p> <p>B+(3,33) 85-89 %</p> <p>B(3,0) 80-84 %</p> <p>B-(2,67) 75-79 %</p> <p>C+(2,33) 70-74 %</p>	<p>Autumn semester</p> <p>M 1. Athletics</p> <p>1. Standing long jump</p> <p>Boys -235-220 cm</p> <p>Girls -180-165 cm</p> <p>2. Squats (number/min)</p> <p>Boys - 50-35 times</p> <p>Girls -31-23 times</p> <p>M 2. Basketball</p> <p>1. Throwing the ball into the basket (out of 10 possibilities)</p> <p>8 hits out of 10 opportunities</p>

		<p>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 1Ball serves from below 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 -215-190 cm Girls -160-145 cm Squats (number/min) Boys - 30-15 times Girls -20-11 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 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</p>

		<p>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 - 180-170 cm Girls -140-135 cm 2. Squats (number/min) Boys - 10-5 times Girls -9-6 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>
Final control form	<p>"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%</p>	<p>Autumn semester 1. Boys - flexion, extension of arms in a lying position 35-32 times Boys pull-up on the bar - 13-12 times 2. Girls - lifting the body from a supine position 40-35 times Girls -squats 40-35 times per minute Spring semester Boys - Jumping jack (number per minute) 85-80 times Pull-ups on the bar 15-14 times Girls - Squats 45-40 times Raising the body - press 45-40 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 29-20 times Boys pull-up on the bar-10 - 7 times 2. Girls - lifting the body from a supine position 30-15 times Girls --squats 30-15 times per minute Spring semester Boys - Jumping jack (number per minute) 75-60 times Pull-ups on the bar 11-10 times Girls - - Squats 37-35 times Raising the body - press 37-35 times</p>
	<p>"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % D+(1,33) 55-59 % D- (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) 55-45 times Pull-ups on the bar 25-15 times Girls - Squats 25-15 times</p>

		Raising the body - press 25-15 times
	" Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 %	Autumn semester 1. Boys - flexion, extension of arms in a lying position 18-10 times Boys pull-up on the bar - 7-6 times 2. Girls - lifting the body from a supine position 14-5 times Girls -squats -24 times per minute Spring semester Boys - Jumping jack (number per minute) 40-35 times Pull-ups on the bar 4-3 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	
B	3,0	80-84	Good
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	Unsatisfactory
FX	0,5	25-49	
F	0	0-24	

11.	Learning resources		
Laboratory physical resources	Gym, gym hall, table tennis hall		
Special programs	-		
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 «Зан» нормативтік-құқықтық актілер базасы https://zan.kz/ru «Параграф Медицина» ақпараттық жүйесі https://online.zakon.kz/Medicine/		
Literature	Basic 1. Абдираков, Б.К. Емдік дене шынықтырудың негіздер: учебное пособие / Б. К. Абдираков. - Караганда : АҚНҰР, 2019 2. Сабинова, Р. Ш. Дене мәдениеті және спорт психологиясы: учебное пособие / Р. Ш. Сабинова, Д. А. Жансерикова, С. А. Смагулова. - 3-изд. - Караганда : АҚНҰР, 2019. 3. Евсеев Ю.И. Физическая культура учебное пособие,- Рн/Д: Феникс, 2012 4. Виленский М.Я. Физическая культура и здоровый образ жизни студента: ученое пособие:- М.: КноРус, 2013 5. Тотеная Б.О. Дене тәрбиесі учебник- Астана: Фолиант, 2012 6. Бекнурманов Н.С. Дене шынықтыру және спорт педагогикасы, методическое пособие.-Алматы: Эверо, 2014 Additional: 1. Аяпов Е.С. Волейбол учебно-методическое пособие,-Шымкент: 2014. 2. Тайжанов С. Жеңіл атлетика методическое пособие,- Алматы: Эверо, 2012; 3. Краузе, Джерри В. Баскетбол-навыки и упражнения: Астрель, 2006 4. Легран Л. Баскетбол.М. Астрель, 2006		
12	Discipline Policy		

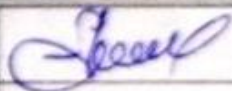

- Students should get acquainted with the tasks on the AIS Platonus module "Task" in a timely manner.
- Students must complete tasks daily according to the schedule of practical classes.
- Students should keep track of the final dates of assignments.
- Do not miss all types of classes without good reason.
- Students are required to study in sports uniforms, white T-shirt, bottom-sweatpants.
- During the execution of tasks, it is necessary to keep a distance, avoid unauthorized falls, collisions with furniture and household appliances.

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	Approval and revision		
Date approved by the Center	Protocol No. <u>10</u> <u>05.05.2023</u>	Ashirbaev O.A	
Date approved at EPC "Medicine"	Protocol No. <u>11</u> <u>05.06.2023</u>	Sadykova A.Sh.	
Date of review by the Center	Protocol No. _____	Ashirbaev O.A	
Date of revision for EPC "Medicine"	Protocol No. _____	Sadykova A.Sh.	

