

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 (special medical department)	1.7	Year:1
1.3	Prerequisites: Physical culture within the framework of educational programs of secondary, technical and vocational education	1.8	Semester: 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	6B10115 “Medicine”		
LO disciplines		GP learning outcomes with which LO disciplines are associated	

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. 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.
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6.1	Location (building, auditorium): sports halls					
6.2	Number of hours	Lectures	Prac. lesson s	Lab.less ons	SIW	SIWT
		-	120	-	-	-

7.	Information about teachers				
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№	Full name	Degrees and title	Email address	Scientific interest s, 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	Duisenbiev Gani Bazaralieovich	Senior trainer-teacher	gani12.74@mail.ru	Football	1st category
3	Shorayeva Nurila Balgabayevna	Senior trainer-teacher, master's degree	Shoraewa@mail.ru	Swimming	3-categor
4	Tugelbai Almas Nurzhigituli	trainer-teacher master's degree	almas@mail.ru	Kickboxing	1-category
5	Amal Baglan Bakytuly	Trainer-teacher	Baglan1209@mail.ru	Foot ball	1-category

6	Kilibaev Erzhan Adilbekovich	Trainer- teacher,	Kilibaev23 @mail.ru	Athletics	1st category		
8.	Thematic plan						
Week	Class	Topic name	Summary	Cours e learn ing outco mes	Num ber of hour s	Forms /methods / learning technolog ies	Forms / assessme nt methods
1-30	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	communi cation technolo gies	feedback (blitz survey)
	2-13, 14-27, 29	Corrective and health-improving gymnastics	Compositions of health-improving aerobic gymnastics, including stylized methods of walking, running and jumping, general developmental and breathing exercises (girls). Athletic gymnastics complexes: exercises with a locally differentiated focus, including on training devices (boys). Exercises from	LO-1 LO-3	10	individual work	Evaluation criterion

			exercise therapy: sets of exercises developed in accordance with the recommendations of a doctor and exercise therapy methodologist (taking into account the individual state of health and the nature of the disease).				
		Athletics	Outdoor games - active games in the fresh air, recreational walking, outdoor switchgear complexes, running, jumping from place	LO -3	14	role- playing games	Evaluation criterion
		Sport games	Basketball, mini- football, technical and tactical actions with and without the ball, playing according to simplified rules Improving technique: previously learned exercises. Complexes of general developmental exercises: for the selective development of basic physical qualities.	LO -3	16	individual, group work	feedback (blitz survey)
		Gymnastics	health and corrective	LO -3	12	individual work	feedback (blitz

		gymnastics, individual work on diseases				survey)
14	Midterm - 1	1.Accelerated walking 1500 m - girls, 2000 m - boys. 2. medicine ball throw,gray legs apart	LO -1	2	individual and group work	criteria and assessments
28	Midterm -2	1.Throwing a tennis ball at a backboard with 5 possibilities 2. Showing exercises to correct your diagnosis	LO -1	2	individual work	criteria and assessments
30	Final control	1.Showing exercises to correct your diagnosis 2. Performing sets of exercises prepared by students	LO -1	2	individual work	criteria and assessments
Spring semester						
31	Basics of a healthy lifestyle.	Health: basic concepts, essence, content, criteria, health factors, components of a healthy lifestyle.	LO -3	2	role-playing games	feedback (blitz survey)
32-59	Corrective and health-improving gymnastics	Compositions of health-improving aerobic gymnastics, including stylized methods of walking, running and jumping, general developmental and breathing	LO -3	12	individual, group work	criteria and assessments

		exercises (girls). Athletic gymnastics complexes: exercises with a locally differentiated focus, including on training devices (boys). Exercises from exercise therapy: sets of exercises developed in accordance with the individual state of health and the nature of the disease.				
	Board games	Checkers, chess, toguz-kumalak, table tennis.	CLO -2	10	individual, group work	criteria and assessments
	Sport games	Volleyball, handball, technical and tactical actions with and without the ball, playing according to simplified rules Improving technique: previously learned exercises. Complexes of general developmental exercises: for the selective development of basic physical qualities.	CLO -2	18	individual, group work	criteria and assessments
	Gymnastics	Wellness and corrective gymnastics,	CLO -3	16	individual, group work	criteria and assessments

		individual work on diseases				
44	Midterm - 1	1. Accelerated walking 1500 m - girls, 2000 m - boys. 2. medicine ball throw, gray legs apart	LO -1	2	individual and group work	criteria and assessments
58	Midterm -2	1. Throwing a tennis ball at a backboard with 5 possibilities 2. Showing exercises to correct your diagnosis	LO -1	2	individual work	criteria and assessments
60	Final control	1. Preparing sets of exercises to correct your diagnosis. 2. Performing sets of exercises prepared by students	CLO -3	2	individual work	criteria and assessments
Total 120 hours						

9.	Training and Teaching Methods				
9.1	Lectures	-			
9.2	Practical lessons	Individual, group, flow, communication technology /discussion/, role-playing games			
9.3	SIW / SIWT	-			
9.4	Midterm control	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				
№ LO	Learning result	Unsatisfactory	Satisfactory	Good	Excellent

LO 1	Uses practical skills to preserve and improve health, develop and improve physical qualities	Doesn't do many of the required exercises. Does not have physical fitness for the lesson and performs exercises with significant exercise.	Performs certain physical exercises. Correctly approaches the use of practical skills and exercises.	Correctly approaches the performance of certain physical exercises, the use of practical skills and exercises. Performs exercises independently	Correctly approaches the performance of certain physical exercises. Independently performs required actions during training. Correctly approaches the use of practical skills and exercises. Performs exercises independently.
LO 2	Applies methodological approaches to mastering physical exercises in the process of self-study using health-saving technologies	Does not know health-saving technologies, starts training without warming up	Performs a warm-up, does not use health-saving technologies, and develops physical qualities.	Does warm-up independently, uses health-saving technologies, develops physical qualities (agility, endurance)	Independently performs warm-up correctly, uses health-saving technology, develops physical qualities (agility, 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 exercise. Does not keep a 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

10.2 Criteria for assessing teaching methods and technology

	Checklist				
Practical lessons	"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%		The student regularly attends classes. Actively participates during classes. Conducts classes independently to correct his diagnosis, prepared 10-9 sets of exercises		
	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %		The student regularly attends classes. Actively participates during classes and conducts warm-ups. Conducts independent warm-up prepared 8-5 sets of exercises.		
	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % D+(1,33) 55-59 % D- (1,0) 50-54		The student regularly attends classes. Passively participates in classes, prepared 4-1 sets of exercises		

	%	
	"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %	The student attends classes irregularly. Passively participates in classes. Didn't prepare exercise sets
Midterm	"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%	1. Fast walking Women-1500m-12.30 13.00 Male-2000m-14.30 15.00 2. Medicine ball throw, sitting legs apart Women-1 kg-5.30 5.00 Male-2 kg-5.30 5.00
	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	Fast walking Women-1500m-13.30 -15.00 husband-2000m-15.30 -17.00 2. Medicine ball throw, sitting legs apart Women - 1 kg - 4.70-4.00 Husband - 2 kg - 4.70-4.00
	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	Fast walking Women-1500m-15.30 - 17.00 Male-2000m-17.30-19.30 2. Medicine ball throw, sitting legs apart Women - 1 kg - 3.70-3.00 Husband-2 kg-3.70-3.00
	"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %	Didn't complete assignment, absent from class
Final control	"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%	1. Preparing sets of exercises to correct your diagnosis. 2. Performing sets of exercises prepared by students Completed 10 -9 sets of exercises
	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	1. Preparing sets of exercises to correct your diagnosis. 2. Performing sets of exercises prepared by students Completed 8 -5 sets of exercises
	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 %	1. Preparing sets of exercises to correct your diagnosis. 2. Performing sets of exercises prepared by students Completed 4 -1 sets of exercises

	Д- (1,0) 50-54 % " Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 %	Didn't complete assignment, absent from class
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Multi-point knowledge assessment system

Grade by letter system	Numerical equivalent 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	
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/ «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 1.Тотенай Б.О. Дене тәрбиесі учебник- Астана: Фолиант, 2012; 2.Евсеев Ю.И. Физическая культура учебное пособие,- Рн/Д: Феникс, 2012 3.Сабинова, Р. Ш. Дене мәдениеті және спорт психологиясы: учебное пособие / Р. Ш. Сабинова, Д. А. Жансерикова, С. А. Смагулова. - 3-изд. - Караганда : АҚНҰР, 2019. 4.Виленский М.Я. Физическая культура и здоровый образ жизни студента: учебное пособие: - М.: КноРус, 2013 Additional:	

1. Краузе, Джерри В. Баскетбол навыки и упражнения. Арсель 2006
2. Тайжанов С. Спорт ойындары методическое пособие Алматы: Эверо, 2012

12 Discipline Policy

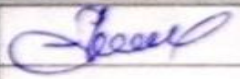

- Students should get acquainted with the tasks on the AIS Platonus module "Task" in a timely manner.
- Students must complete tasks daily according to the schedule of practical classes.
- Students should keep track of the final dates of assignments.
- Do not miss all types of classes without good reason.
- 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.	

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AKADEMIASY

«Оңтүстік Қазақстан медицина академиясы» АҚ



SOUTH KAZAKHSTAN

MEDICAL

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АО «Южно-Казахстанская медицинская академия»

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