

**Syllabus**  
**Physical Education Center**  
**Working curriculum of the discipline**  
**“Physical education” for students**  
**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 (sports department)	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: 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 physicalreadiness, 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 andpsychophysical 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 andself-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		
LO4	Participates in mass sports and physical culture and recreational activities during the training period, assists in organizing competitions and refereeing		
5.1	6B10115 “Medicine”		
LO	GP learning outcomes with which LO disciplines are associated		

disciplines						
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					
LO4	LO14. Conducts sanitary and educational activities to strengthen the health of the population, preserve health and prevent diseases.					
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.lessons	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	Zhumabekova Aziza Emzebekovna	Senior trainer-teacher	aziza15.10@mail.ru	Athletics	Candidate Master of Sports	
3	Zhuzzhigitov Alimzhan Amangeldievich	Senior trainer-teacher	Alimjan11.80@mail.ru	Казахша кыска	1st category	
4	Duisenbiev Gani Bazaralievich	Senior trainer-teacher	gani12.74@mail.ru	Football	1st category	
5	Shorayeva Nurila Balgabayevna	Senior trainer-teacher, master's degree	Shoraewa@mail.ru	Swimming	3-categor	

6	Tugelbai Almas Nurzhigituli	trainer-teacher master's degree	almas@mail.ru	Kickboxing	1-category
7	Amal Baglan Bakytuly	Trainer-teacher	Baglan1209@mail.ru	Football	1-category
8	Kilibaev Erzhan Adilbekovich	Trainer-teacher,	Kilibaev23@mail.ru	Athletics	1st category

8. Thematic plan							
Week	Class	Topic name	Summary	Course learning outcomes	Number of hours	Forms /methods / learning technologies	Forms / assessment 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	communication technologies	feedback (blitz survey)
	2	Rules and judging	Rules of the game, competition rules, refereeing basics.	LO-2	2	communication technologies / discussion /	evaluation criteria
	3-29	Physical training	General and special physical training (exercises for development, strength, speed, general and speed endurance, jumping ability, flexibility, speed reaction, exercises for developing orientation)	LO-4	6	Individual, group work	evaluation criteria

		Sport games	Volleyball/ basketball/minifootball / checkers/	LO-2	8	role- playing games	evaluation criteria
		Safety precautions	Basic safety precautions during sports activities	LO-2	2	Individua l, group work	evaluation criteria
		Tactical actions	Volleyball/basketball/ mini football/checkers/chess mastering the technique of movement, stopping and turning without and with the ball, passing the ball with one and two hands on the spot and in motion, catching the ball with one and two hands, dribbling the ball, dribbling the opponent, throwing the ball with places, in motion, with one and two hands. They master: deceptive movements (feints), a feint to pass, a feint to throw into a basket, a	LO-2	16	Individua l, group work	evaluation criteria

			feint to jerk. Improving skills in playing volleyball/basketball/m ini football/checkers/chess . General and special training: volleyball/basketball/m ini football/checkers/chess .				
	Playing technique	Volleyball/ basketball/ futsal/ checkers/ chess - defense technique; movement technique (basic, defensive stance and all types of movements of the defender), technique of mastering the ball, snatching and kicking the ball, interception; opposition to dribbling, passing, throwing to the basket; taking possession of a ball that has bounced off the backboard Volleyball/basketball/ mini football/checkers/chess - classes include: studying, mastering the basic techniques of volleyball (moving, receiving and passing the ball, serving, attacking strikes, blocking).	LO-2	16	Individua l, group work	evaluation criteria	
	Athletics	Basic safety precautions in athletics. Familiarization,	LO -3	4	Individua lwork	evaluation criteria	

		training and mastery of motor skills and techniques of athletics. Improving knowledge, skills, and development of physical qualities in athletics. Safety measures during athletics. Techniques for performing athletics exercises. Development of physical qualities and functional capabilities of the body through athletics. Special physical training in various types of athletics. Ways and methods of self-control during athletics. Features of organizing and planning athletics classes in connection with the chosen profession				
	Competitions	Participation in city and intra-university competitions	LO -4	2	group work	evaluation criteria
30	Final control	Results of participation in competitions	LO -1	2	individual work	evaluation criteria
<b>2 semester</b>						
31-60	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)
	Physical training	General and special physical training (exercises for	LO-4	6	Individual, group work	evaluation criteria

		development, strength, speed, general and speed endurance, jumping ability, flexibility, speed reaction, exercises for developing orientation)				
	Sport games	Volleyball/ basketball/minifootball / checkers/	LO-2	10	role-playing games	evaluation criteria
	Tactical actions	<p>Volleyball/basketball/ mini football/checkers/chess mastering the technique of movement, stopping and turning without and with the ball, passing the ball with one and two hands on the spot and in motion, catching the ball with one and two hands, dribbling the ball, dribbling the opponent, throwing the ball with places, in motion, with one and two hands. They master: deceptive movements (feints), a feint to pass, a feint to throw into a basket, a feint to jerk.</p> <p>Improving skills in playing volleyball/basketball/mini football/checkers/chess . General and special training: volleyball/basketball/mini football/checkers/chess</p>	LO-2	18	Individual, group work	evaluation criteria

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60	Playing technique	Volleyball/ basketball/ futsal/ checkers/ chess - defense technique; movement technique (basic, defensive stance and all types of movements of the defender), technique of mastering the ball, snatching and kicking the ball, interception; opposition to dribbling, passing, throwing to the basket; taking possession of a ball that has bounced off the backboard Volleyball/basketball/ mini football/checkers/chess - classes include: studying, mastering the basic techniques of volleyball (moving, receiving and passing the ball, serving, attacking strikes, blocking).	LO-2	16	Individual, group work	evaluation criteria
	Athletics	Basic safety precautions in athletics. Familiarization, training and mastery of motor skills and techniques of athletics. Improving knowledge, skills, and development of physical qualities in athletics. Safety measures during athletics. Techniques for performing	LO -3	4	Individual work	evaluation criteria



		athletics exercises. Development of physical qualities and functional capabilities of the body through athletics. Special physical training in various types of athletics. Ways and methods of self-control during athletics. Features of organizing and planning athletics classes in connection with the chosen profession				
	Final control	Results of participation in competitions	LO -1	2	individual work	evaluation criteria
<b>Total 120 hours</b>						

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 strengthen health, develop and improve physical qualities, observe safety rules in physical education	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

	classes				exercises. Performs exercises independently.
LO 2	Monitors and evaluates the level of physiological condition, physical and functional readiness	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 self-observation diary and does not use examples from the practice of his experience	Does independent physical exercise. Keeps a self-observation diary, uses examples from the practice of his experience	Works independently, learns various physical exercises, and demonstrates physical qualities such as strength, agility and speed. Keeps a self-observation diary, uses examples from the practice of his experience
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, 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)	Comes to class on Independently performs warm-up correctly, uses health-saving technology, develops physical qualities (agility, flexibility, endurance, coordination of movements)

LO 4	Participates in mass sports and physical culture and recreational activities during the training period, assists in organizing competitions and refereeing	The student attends training irregularly. Does not participate in city competitions.	The student regularly attends training. Did not participate in city competitions. But he knows how to conduct warm-up training.	The student regularly attends training. Do not do a warm-up workout. Participant in city competitions	The student regularly attends training. Participates in judging interfaculty competitions. Prize-winners at city competitions in sports (I-III places)
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<b>10.2</b>	<b>Criteria for evaluation</b>
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	Checklist for students of the main department				
Practical lessons	"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%		The student regularly attends training. Participates in judging interfaculty competitions. Prize-winners at city competitions in sports (I-II places)		
	"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 training. Do not do a warm-up workout. Participant in city competitions (III-VI places)		
	"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 training. Did not participate in city competitions. But he knows how to do warm-up training		
	"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %		The student attends training irregularly. Does not participate in city competitions.		

<b>Multi-point knowledge assessment system</b>
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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	

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	

<b>11.</b>	<b>Learning resources</b>
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Laboratory physical resources	Gym, gym hall, table tennis hall
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Special programs	-
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Journals (electronic journals)	Репозиторий ЮКМА <a href="http://lib.ukma.kz/repository/">http://lib.ukma.kz/repository/</a> Республикалық жоғары оқу орындары аралық электрондық кітапхана <a href="http://rmebrk.kz/">http://rmebrk.kz/</a> «Аknurpress» сандық кітапхана <a href="https://aknurpress.kz/login">https://aknurpress.kz/login</a> «Заң» нормативтік-құқықтық актілер базасы <a href="https://zan.kz/ru">https://zan.kz/ru</a> «Параграф Медицина» акпараттық жүйесі <a href="https://online.zakon.kz/Medicine/">https://online.zakon.kz/Medicine/</a>
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<b>Literature</b>	<b>Basic</b> 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 <b>Additional:</b> 1.Краузе, Джерри В. Баскетбол навыки и упражнения. Арсель 2006 2.Тайжанов С. Спорт ойындары методическое пособие Алматы: Эверо, 2012
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<b>12</b>	<b>Discipline Policy</b>
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-	Students should get acquainted with the tasks on the AIS Platonus module "Task" in atimely 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.

<b>13</b>	<b>Academic policy based on the moral and ethical values of the Academy</b>
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## 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.	

ОҢТҮСТІК ҚАЗАҚСТАН

**MEDISINA**

**AKADEMIASY**

«Оңтүстік Қазақстан медицина академиясы» АҚ



SOUTH KAZAKHSTAN

**MEDICAL**

**ACADEMY**

АО «Южно-Казахстанская медицинская академия»

Center for Physical Education

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**MEDISINA**

**AKADEMIASY**

«Оңтүстік Қазақстан медицина академиясы» АҚ



SOUTH KAZAKHSTAN

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**MEDISINA**

**AKADEMIASY**

«Оңтүстік Қазақстан медицина академиясы» АҚ



SOUTH KAZAKHSTAN

**MEDICAL**

**ACADEMY**

АО «Южно-Казахстанская медицинская академия»

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