




<p>ONTÜSTİK QAZAQSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ</p>		 <p>SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»</p>	
Center for Physical Education			64/11-2025
Working curriculum of the discipline (Syllabus) Physical education			1 page out of 16

Syllabus
Curriculum for the discipline
"Physical Education"
Educational program 6B10115 "Medicine"


1.	General information about the Course		
1.1	Course Code: FK 1(2)106	1.6	Academic year: 2025- 2026
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	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		
Formation of a competitive and self-improving personality through the development of skills to build a personal educational trajectory throughout life, aimed at self-development and career growth, oriented toward a healthy lifestyle to ensure full social and professional activity through methods and means of physical culture.			
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	Assessment of practical skills	3.8	Differentiated credit ✓
4.	Discipline objectives		
The goal of the program is to develop students' social and personal competencies and the ability to purposefully use the means and methods of physical education to maintain health, strengthen the body, and regularly balance physical activity.			
5.	Final learning outcomes (LO 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	LO disciplines	The learning outcomes of the EP, which are related to the LO of the course	
	LO 1	LO 14. Is capable of conducting health education and sanitary-awareness activities aimed at improving public health, maintaining health, and preventing diseases.	
	LO 2, LO 3	LO 1. Applies fundamental knowledge in biomedical, clinical, epidemiological, and social-behavioral sciences in practice.	
6.	Details of the course		
South Kazakhstan Medical Academy, Al-Farabi 1, academic building No. 1, Department of Physical Culture.			
6.1	Location (building, auditorium): sports halls		

<p>ONTUSTIK QAZAQSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ</p>			<p>SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»</p>
Center for Physical Education		044/64-16	
Working Curriculum of the Discipline (Syllabus)		2 page out of 20	


6.2	Number of hours	Lectures	Practical lessons	Lab.lesson s	SIW	SIWT	
		-	120	-	-	-	
7.	Information about teachers						
№	Full name		Degrees and title		Email address		
1.	Ashirbaev Orynbasar Atyrkhanovich		Head of the Department, master's degree		ashirbaev12.73 @mail.ru		
2.	Shoraeva Nurila Balgabayevna		Senior trainer-teacher, master's degree		Shoraewa@mail.ru		
3	Tugelbaev Daryn Erzhigituly		Trainer- teacher		Almas@mail.ru		
8	Thematic plan						
Week	Lesson №	Topic name	Summary	RO discipline	Number of hours	Methods Teaching technologies. / Forms / assessment t methods	
1	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-1	2	individual, group work	feedback
	2	Gymnastics. Build and rebuild training	learning to build in a column, line, rebuilding in columns, lines	LO - 1	2	individual, flow work	criteria and assessments for gymnastics
2	3	GPP	stretching exercises, flexibility	LO - 2	2	group work	criteria and assessments for gymnastics
	4	Preparing for the Presidential Tests	strength training, press	LO - 3	2	individual work	criteria and assessments for gymnastics
3	5	Acrobatic training	rolling training, stretching exercises	LO - 1	2	individual, group work	criteria and assessments for gymnastics
	6	Teach somersaults back and forth	teach starting positions, somersaults, grouping	LO - 1	2	individual, work	criteria and assessments for gymnastics

<p>ONTUSTIK QAZAQSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ</p>			<p>SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»</p>
Center for Physical Education			044/64-16
Working Curriculum of the Discipline (Syllabus)			3 page out of 20

4	7	Shoulder stand training	teach balance, stand on the shoulder blades, transition to half twine	LO - 1	2	individual work	criteria and assessments for gymnastics
	8	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
5	9	Acrobatic training	Somersaults forward, backward, stand on the shoulder blades, transition to half twine	LO - 1	2	Individual work	criteria and assessments for gymnastics
	10	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
6	11	Run-up training	teach takeoff run, jump onto the bridge.	LO - 1	2	individual work	criteria and assessments for gymnastics
	12	Goat crossing training	takeoff run, goat crossing, landing	LO - 1	2	Individual work	criteria and assessments for gymnastics
7	13	vault training - legs apart	Take-off run. Jump onto a gymnastic bridge. Jumping on a bridge with legs apart.	LO - 1	2	individual work	criteria and assessments for gymnastics
	14	Strength exercises	exercises with a gymnastic bench GPP	LO - 3	2	small group work	criteria and assessments for gymnastics
8	15	Preparation for the Presidential Fitness Tests	Standing long jump, pull-ups on the horizontal bar, abdominal (core) exercises.	LO- 1	2	individual work	criteria and assessments for gymnastics
	16	MT-1. 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


<p>ONTUSTIK QAZAQSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ</p>			<p>SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»</p>
Center for Physical Education			044/64-16
Working Curriculum of the Discipline (Syllabus)			4 page out of 20

9	17	Fundamentals of a healthy lifestyle	Health: basic concepts, essence, content, criteria, health factors that make up a healthy lifestyle	LO-1	2	individual, group work	criteria and assessments for volleyball
	18	Volleyball. General concepts about volleyball	a summary of the development of volleyball RK., the rules of the game	LO-1	2	individual, group work	criteria and assessments for volleyball
10	19	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
	20	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
11	21	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
	22	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
12	23	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
	24	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
13	25	Teaching the rules of the game	Rules of the game. Volleyball playing technique. Tactics of defense and attack.	LO-2	2	individual, group work	criteria and assessments for volleyball
	26	Receiving and passing the ball	Underhand receive and pass Overhand receive and pass	LO-1	2	individual, group work	criteria and assessments for volleyball
14	27	Submission of the ball from below	ball delivery from below, from the side	LO-3	2	group work	criteria and assessments for volleyball
	28	MT-2. Volleyball	Serving the ball from below. Receiving the	LO - 1	2	Individual work	criteria and marks

<p>ONTUSTIK QAZAQSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ</p>			<p>SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»</p>	
Center for Physical Education				044/64-16
Working Curriculum of the Discipline (Syllabus)				5 page out of 20

15	29	National Games	ball from below "Salk - hugs", "Kangaroo"	LO-1	2	role-playing games	criteria and assessments for volleyball
	30	Final control	Boys – push-ups (arm bending and extending in plank position), pull-ups on the bar Girls – sit-ups (raising the torso from lying on the back), squats	LO-1	2	individual, group work	criteria and assessments for volleyball
2nd semester							
16	31	Fundamentals of Healthy Lifestyle	Health: basic concepts, essence, content, criteria, health factors, components of a healthy lifestyle	LO-1	2	individual, group work	criteria and assessments
	32	Basketball. General Concepts	A brief summary of the development of basketball. Basketball rules	LO-3	2	individual, group work	feedback
17	33	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
	34	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	35	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
	36	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
19	37	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
	38	Relay races	basketball relay race	LO-2	2	small group work	Basketball criteria and assessments
20	39	Learning to throw	Execution in	LO-1	2	group work	basketball

		the ball into the basket with 3 steps	columns, from different points				criteria and
	40	Learning to catch, pass the ball on themove	teach catching - passing the ball in motion at chest level, from the shoulder, with a bounce	LO-1	2	individual, group work	basketball criteria and assessments
21	41	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	individuall work	basketball criteria and assessments
	42	One-sided educational game	dribbling, passing, throwing	LO-2	2	small group work	basketball criteria and assessments
22	43	Educational game	rules of playing basketball, safety precautions during the game	LO-1	2	group work	basketball criteria and assessments
	44	MT-1. Basketball	Throwing the ball into the basket. Dribbling the ball without visual control	LO-1	2	Individuall work	basketball criteria and assessments
23	45	Athletics. National games	"Hunters and Hares", "Ball in the Basket", "Shooter"	LO-1	2	work in small groups	criteria and assessments in athletics
	46	Training in special running exercises	teach running with high hip lifts, shin kicks, and jumping	LO - 1	2	individual, group work	criteria and assessments in athletics
24	47	Short distance running training	teach running with acceleration at 20m, finishing	LO - 1	2	individual, group work	criteria and assessments in athletics
	48	Low start and take off training	To teach the low start, correct hand and foot placement, and the take-off run	LO - 1	2	individual, group work	criteria and assessments in athletics
25	49	Short-distance running	Running for 100 m. 13.5 - boys, 16.5 - girls	LO - 1	2	individual, group work	criteria and assessments in athletics
	50	Cross training	teach long-distance running, proper breathing	LO - 1	2	individual, group work	criteria and assessments in athletics
26	51	Teaching the high start and finishing	Teach the correct positioning of hands and	LO - 1	2	individual, group work	criteria and assessments

<p>ONTUSTIK QAZAQSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ</p>			<p>SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»</p>	
Center for Physical Education				044/64-16
Working Curriculum of the Discipline (Syllabus)				7 page out of 20

		techniques	feet, and train finishing techniques.				in athletics
	52	Cross-country long-distance running	Running . girls 1000 m boys 3000 m,. with time consideration.	LO - 1	2	flow work	criteria and assessments in athletics
27	53	Relay running training.	teach teamwork, work in the "corridor"	LO - 1	2	group work	criteria and assessments in athletics
	54	Work with the relay baton.	Passing the relay baton in a column, while in motion.	LO - 1	2	individual, group work	criteria and assessments in athletics
28	55	Training in long jump.	teach the correct run-up, point, landing	LO - 1	2	Individual work	criteria and assessments in athletics
	56	Sports games	Mini-football, volleyball	LO - 2	2	work in small groups	criteria and assessments in athletics
29	57	National Games	national games: "Day-night", "Call the number", "Fishermen and fish"	LO - 1	2	role playing games	criteria and assessments in athletics
	58	MT-2 Athletics	Standing long jump, squats	LO - 1	2	Individual work	criteria and assessments in athletics
30	59	National Games	"Hunters and Hares", "Ball in the Basket", "Shooter"	LO - 1	2	role playing games	check list
	60	Final control	boys - Jumping Jacks (quantity/minute) - Pull-ups Girls - Squats Sit-ups	LO - 3	2	individual work	criteria and marks
9	Assessment teaching methods						
9.1	Lectures		-				
9.2	Practical lessons		Individual - completing tasks individually. Group and stream-based execution of tasks during team sports games. Work in small groups - group sports and outdoor games. Communication technology- / discussion / - question and answer during assignments, Role-playing games – students conduct the warm-up part and act as referees during the game.				
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				

<p> ONTUSTIK QAZAQSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ </p>		<p> SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия» </p>
<p>Center for Physical Education</p>		<p>044/64-16</p>
<p>Working Curriculum of the Discipline (Syllabus)</p>		<p>8 page out of 20</p>

		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	Name of learning outcomes	Unsatisfactory	Satisfactory	Good	Excellent
LO 1	Uses practical skills and abilities to maintain and improve health, develop and enhance physical qualities, and follows safety rules during physical education classes.	Does not perform many of the required exercises. Lacks physical fitness for the activity and performs the exercises with significant difficulty.	Performs certain physical exercises. Applies practical skills and exercises correctly	Correctly approaches the performance of specific physical exercises. Properly applies practical skills and exercises. Independently performs the exercises.	Correctly approaches the performance of specific physical exercises. Independently performs the required tasks during classes. Properly applies practical skills and exercises. Carries out the exercises independently.
LO 2	Monitors and evaluates the level of physiological condition, physical and functional fitness.	Does not engage in physical exercises. Does not keep a self-monitoring diary and does not use examples from personal practical experience.	Sometimes engages in physical exercises. Keeps a self-monitoring diary but does not use examples from personal practical experience.	Independently engages in physical exercises. Keeps a self-monitoring diary and uses examples from personal practical experience.	Independently practices various physical exercises, demonstrating physical qualities such as strength, agility, flexibility, and speed. Keeps a self-monitoring diary and uses examples from personal practical experience.
LO 3	Applies methodological approaches to mastering physical exercises during independent practice using	Does not know health-preserving technologies and does not perform body warm-up before physical	Performs body warm-up, does not use health-preserving technologies, develops physical qualities.	Independently performs body warm-up, uses health-preserving technologies, develops physical	Independently performs proper body warm-up, uses health-preserving technologies, develops physical

	health-preserving technologies.	exercises.		qualities (agility, flexibility).	qualities (agility, flexibility, endurance, coordination).
--	---------------------------------	------------	--	-----------------------------------	--

10.2 Criteria for assessing teaching methods and technologies

Check list for students of the main department

Role-playing games	"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94 %	Knows the rules of the game, has developed scenarios, and assigned roles. Demonstrates strong ability to switch focus and manage attention. Knows safety techniques, is knowledgeable about motor activity routines, knows special preparatory exercises, all independent forms of physical exercise, and the basics of competitive tactics. Evaluates the student's ability to apply their knowledge and skills in game situations, demonstrate strategic thinking, and make decisions. Knows and performs 10 special preparatory exercises. Knows and performs 9 preparatory track and field exercises.
	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	Knows and performs 8 special preparatory track and field exercises. Knows and performs 7 special preparatory exercises. Knows and performs 6 special preparatory exercises. Knows and performs 5 special preparatory exercises.
	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % D+(1,33) 55-59 % D- (1,0) 50-54 %	Knows and performs 4 special preparatory exercises. Knows and performs 3 special preparatory exercises. Knows and performs 2 special preparatory exercises. Knows and performs 1 special preparatory exercise.
	"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %	The student participates passively in classes and does not complete the assignments. Misses classes without a valid reason.
Team game	"Excellent" corresponds	Knowledge of the game rules, excellent technique, outstanding teamwork, high level of physical fitness, and ideal sportsmanship. Demonstrates strong collaboration in a team. Successfully meets physical fitness requirements, uses evaluation criteria to assess mastery of movement techniques and tactics.

	<p>A (4,0) 95-100 % A- (3,67) 90-94 %</p>	<p>Proficient in conducting assessment exercises to determine the level of endurance, speed, and flexibility in volleyball participants, and evaluates the performance of specially-preparatory exercises aimed at mastering volleyball techniques and tactics. Tasks are completed successfully. Tasks are completed successfully with one minor error.</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>Completes tasks successfully with 2 minor errors. Completes tasks successfully with 3 minor errors. Completes tasks successfully with 4 minor errors. Completes tasks successfully with 5 minor errors.</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>Completes tasks successfully with 6 minor errors. Completes tasks successfully with 7 minor errors. Completes tasks successfully with 8 minor errors. Completes tasks successfully with 9 minor errors</p>
	<p>"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %</p>	<p>The student participates passively in classes and does not complete tasks. Does not attend classes without a valid reason.</p>
Individual work	<p>"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94 %</p>	<p>Knowledge of game rules, excellent technique, high physical fitness, and ideal sportsmanship. Independently organizes the training area, selects equipment and tools, and applies them appropriately in specific conditions. Movements or individual elements are performed correctly, meeting all requirements without errors—freely, clearly, confidently, smoothly, and with excellent posture. Can analyze movements, explain how they are performed, and demonstrate them in non-standard conditions. Able to identify and correct mistakes of other students and confidently meets training standards.</p>
	<p>"Good" corresponds B+(3,33) 85-89 %</p>	<p>Organizes the training area mostly independently, with only minor assistance, makes slight errors in selecting equipment, monitors the progress of activities, and summarizes results. Performs similarly but made no more than</p>

	B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	1 minor error. Performs similarly but made no more than 2 minor errors. Performs similarly but made no more than 3 minor errors. Performs similarly but made no more than 4 minor errors.
	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	More than half of the types of independent activities are completed with the help of the coach-teacher or one of the tasks is not completed. The motor action is performed correctly. There is a lack of logical sequence, gaps in knowledge of the material, insufficient argumentation, and inability to apply knowledge in practice. Made 1 major mistake, feels constrained and uncertain. Made 2 major mistakes, feels constrained and uncertain. Made 3 major mistakes, feels constrained and uncertain. Made 4 major mistakes, feels constrained and uncertain.
	"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %	The student participates passively in classes and does not complete assignments. Does not attend classes without a valid reason.
Group work, work in small groups	"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94 %	The motor action is performed correctly (in the specified manner), precisely at the proper pace, easily and clearly. Completes tasks effortlessly and confidently, demonstrating a high level of fundamental skills and abilities in specialized physical training.
	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 %	The motor action is performed correctly but not quite easily or clearly, with some stiffness in movements. The task is completed with some tension and lack of confidence in using the material, demonstrating a developing level of basic skills in specialized physical exercises. - 1 minor error in the main phase or up to two significant errors in the preparatory and final phases - 2 minor errors in the main phase or up to two significant errors in the preparatory and final phases - 3 minor errors in the main phase or up to two significant errors in the preparatory and final phases

	<p>C+(2,33) 70-74 %</p> <p>"Satisfactory" corresponds</p> <p>C (2,0) 65-69 %</p> <p>C-(1,67) 60-64 %</p> <p>Д+(1,33) 55-59 %</p> <p>Д- (1,0) 50-54 %</p> <p>"Unsatisfactory" corresponds</p> <p>FX (0,5) 25-49 %</p> <p>F (0) 0-24 %</p>	<p>- 4 minor errors in the main phase or up to two significant errors in the preparatory and final phases</p> <p>The task is performed inaccurately, with great tension and minor errors, demonstrating a low level of mastery of basic skills in specialized physical training.</p> <p>- 1 major error in the main phase of the technique and several significant distortions in other phases; the motor action is executed with serious technical violations or numerous minor errors.</p> <p>- 2 major errors in the main phase of the technique and several significant distortions in other phases; the motor action is executed with serious technical violations or numerous minor errors.</p> <p>- 3 major errors in the main phase of the technique and several significant distortions in other phases; the motor action is executed with serious technical violations or numerous minor errors.</p> <p>- 4 major errors in the main phase of the technique and several significant distortions in other phases; the motor action is executed with serious technical violations or numerous minor errors.</p> <p>The student participates passively in classes and does not complete assignments.</p> <p>Does not attend classes without a valid reason.</p>
Autumn semester		
Midterm control	<p>"Excellent" corresponds</p> <p>A (4,0) 95-100 %</p> <p>A- (3,67) 90-94 %</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>Midterm control 1.</p> <p>Gymnastics</p> <p>1. Two forward somersaults, shoulder stand, bridge, half split - female, long forward somersault, back somersault, headstand with support - male,</p> <p>2. Vault with legs apart - female, jump over a goat without support, bending legs - male</p> <p>Completing the task without errors</p> <p>One error is allowed</p> <p>1. Two forward somersaults, shoulder stand, bridge, half split - female, long forward somersault, back somersault, headstand with support - male,</p> <p>2. Vault with legs apart - female,</p>

		vault over the goat without support, with legs bent - male. Two mistakes are allowed Three mistakes are allowed Four mistakes are allowed Five mistakes are allowed
"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %		1. Two forward somersaults, shoulder stand, bridge, half split - female, long forward somersault, back somersault, headstand with support - male. 2. Vault with legs apart - female, vault over the goat without support, with legs bent - male. Six errors are allowed Seven errors are allowed Eight errors are allowed Nine errors are allowed
"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %		1. Long jump from a place 2. Squats (number/min) Did not complete the task More than 10 errors are allowed Did not complete the task
"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94 %		Midterm control 2. Volleyball 1. Underhand serves 10 successful serves onto the court out of 10 attempts 9 successful serves onto the court out of 10 attempts 2. Underhand pass reception (within 10 seconds) 10 receptions/passes without losing the ball 9 receptions/passes without losing the ball
"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %		1. Underhand serves 8 successful serves out of 10 attempts 7 successful serves out of 10 attempts 6 successful serves out of 10 attempts 5 successful serves out of 10 attempts 2. Underhand pass reception (within 10 seconds) 8 receptions/passes without losing the ball 7 receptions/passes without losing the ball 6 receptions/passes without losing the ball 5 receptions/passes without losing the ball
"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %		1. Underhand serves 4 successful serves out of 10 attempts 3 successful serves out of 10 attempts 2 successful serves out of 10 attempts 1 successful serve out of 10 attempts 2. Underhand pass reception (within 10

	seconds) 4 receptions/passes without losing the ball 3 receptions/passes without losing the ball 2 receptions/passes without losing the ball 1 reception/pass without losing the ball
"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %	1. Underhand serves 0 successful serves out of 10 attempts 2. Underhand pass reception (within 10 seconds) No successful receptions/passes performed
Spring semester	
"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94 %	Midterm control 1. Basketball 1. Ball shots into the basket (out of 10 attempts) - 10 successful shots out of 10 attempts - 9 successful shots out of 10 attempts 2. Dribbling without visual control - Correct technique execution - One error allowed
"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	1. Ball shots into the basket - 8 successful shots out of 10 attempts - 7 successful shots out of 10 attempts - 6 successful shots out of 10 attempts - 5 successful shots out of 10 attempts 2. Dribbling without visual control - One error allowed
"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	- 4 successful shots out of 10 attempts - 3 successful shots out of 10 attempts - 2 successful shots out of 10 attempts - 1 successful shot out of 10 attempts 2. Dribbling without visual control - Two to three errors allowed
"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %	1. 0 successful shots out of 10 attempts, task not completed. 2. Dribbling without visual control Dribbling performed with errors.
"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94 % A (4,0) 95-100 % A- (3,67) 90-94 %	Midterm control 2 Athletics 1. Standing Long Jump Boys – 245 cm Girls – 190 cm Boys – 240 cm Girls – 185 cm 2. Squats (repetitions per minute) Boys – 60 times Girls – 37 times Boys – 55 times Girls – 37 times
"Good" corresponds	1. Standing Long Jump

Final control form	<p>B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %</p> <p>B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %</p>	<p>Boys – 235 cm Girls – 180 cm Boys – 230 cm Girls – 175 cm Boys – 225 cm Girls – 170 cm Boys – 220 cm Girls – 165 cm 2. Squats (repetitions per minute) Boys – 50 times Girls – 31 times Boys – 45 times Girls – 29 times Boys – 40 times Girls – 27 times Boys – 35 times Girls – 25 times</p>
	<p>"Satisfactory" corresponds</p> <p>C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %</p> <p>C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %</p>	<p>Standing Long Jump Boys – 215 cm Girls – 160 cm Boys – 205 cm Girls – 150 cm Boys – 195 cm Girls – 140 cm Boys – 185 cm Girls – 130 cm Squats (repetitions per minute) Boys – 30 times Girls – 20 times Boys – 25 times Girls – 15 times Boys – 20 times Girls – 10 times Boys – 10 times Girls – 5 times</p>
	<p>"Unsatisfactory" corresponds</p> <p>FX (0,5) 25-49 % F (0) 0-24 %</p>	<p>1. Standing Long Jump Did not complete the task</p> <p>2. Squats (repetitions per minute) Did not complete the task</p>
	<p>"Excellent" corresponds</p> <p>A (4,0) 95-100 % A- (3,67) 90-94 %</p> <p>"Good" corresponds</p>	<p>Autumn semester Boys: 1. Push-ups (elbow bending and extending in plank position) – 32 times 2. Pull-ups on the horizontal bar – 12 times Girls: 1. lifting the body (from lying position on the back) – 35 times 2. Squats (per minute) – 35 times</p> <p>Performance Levels – Semester I (Strength Tests) Boys:</p>

<p>B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %</p>	<p>- Push-ups – 29, Pull-ups – 10 - Push-ups – 26, Pull-ups – 9 - Push-ups – 23, Pull-ups – 8 - Push-ups – 20, Pull-ups – 7 Girls: - lifting the body– 30, Squats – 30 per min - lifting the body– 25, Squats – 25 per min - lifting the body– 20, Squats – 20 per min - lifting the body– 15, Squats – 15 per min</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>Performance Levels – Semester I (continued): Boys : - Push-ups – 17, Pull-ups – 6 - Push-ups – 16, Pull-ups – 5 - Push-ups – 15, Pull-ups – 4 - Push-ups – 15, Pull-ups – 3 Girls: - lifting the body– 13, Squats – 13 per min - lifting the body– 12, Squats – 12 per min - lifting the body– 11, Squats – 11 per min - lifting the body– 10, Squats – 10 per min</p>
<p>"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %</p>	<p>Did not complete the task. Was absent from the class.</p>
<p>"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94 %</p>	<p>Spring semester Boys: - Jumping Jack (reps per minute) – 85 times - Pull-ups – 15 times Girls: - Squats – 45 times - lifting the body– 45 times - Jumping Jack – 80 times - Pull-ups – 14 times - Squats – 40 times - lifting the body– 40 times</p>
<p>"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 %</p>	<p>- Jumping Jack – 75 times Pull-ups – 11 times Squats – 37 times lifting the body– 37 times - Jumping Jack – 70 times Pull-ups – 10 times Squats – 36 times lifting the body– 36 times - Jumping Jack – 65 times Pull-ups – 9 times Squats – 35 times lifting the body– 35 times</p>

C+(2,33) 70-74 %	- Jumping Jack – 60 times Pull-ups – 8 times Squats – 34 times lifting the body– 34 times
"Satisfactory" corresponds C (2,0) 65-69 %	- Jumping Jack – 45 times Pull-ups – 7 times Squats – 25 times lifting the body– 15 times
C-(1,67) 60-64 %	- Jumping Jack – 40 times Pull-ups – 6 times Squats – 20 times lifting the body– 20 times
D+(1,33) 55-59 %	- Jumping Jack – 35 times Pull-ups – 5 times Squats – 15 times lifting the body– 15 times
D- (1,0) 50-54 %	- Jumping Jack – 30 times Pull-ups – 4 times Squats – 10 times lifting the body– 4 times
" Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 %	- Did not complete the task - Did not attend the classes

Multi-point knowledge assessment system

Grade by letter system	Digital equivalent of	Percentage	Grade by traditional system
Letter Grading	Digital equivalent of	Percentage	Traditional assessment
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	

Electronic resources, including, but not limited to : databases, animation simulators, professional blogs, websites, other	JSC YUKMA electronic resources <ul style="list-style-type: none"> • Электронная библиотека ЮКМА - https://e-lib.skma.edu.kz/genres • Республиканская межвузовская электронная библиотека (РМЭБ) - http://rmebrk.kz/ • Цифровая библиотека «Акнурпресс» - https://www.aknurpress.kz/ • Электронная библиотека «Эпиграф» - http://www.elib.kz/ • Эпиграф - портал мультимедийных учебников https://mbook.kz/ru/index/ • ЭБС IPR SMART https://www.iprbookshop.ru/auth • информационно-правовая система «Зан» - https://zan.kz/ru • Medline Ultimate EBSCO • eBook Medical Collection EBSCO • Scopus - https://www.scopus.com/
electronic reference materials (for example: video, audio, digests)	https://mbook.kz/ru/index/ 6. ЭБС IPR SMART https://www.iprbookshop.ru/auth 7. информационно-правовая система «Зан» - https://zan.kz/ru 8. Cochrane Library - https://www.cochranelibrary.com/
Electronic textbooks	1. Jeroen Koekoek et al. Game-Based Pedagogy in Physical Education and Sports: Designing Rich Learning Environments. / Jeroen Koekoek, Ivo Dokman, Wytse Walinga.- NY: Routledge, 2023. - 335- ISBN 978-0367740283.// http://rmebrk.kz/book/1186180 2. Timothy Chandler et al. Sport and Physical Education: The Key Concepts. / Timothy Chandler, Mike Cronin, Wray Vamplew. - Second edition - USA: Routledge, 2007. -282- ISBN 978-0-415-41746-4.// http://rmebrk.kz/book/1186126 http://rmebrk.kz/book/1186126 3. Multiple Literacies for Dance, Physical Education and Sports. / Editors: Stephen G. Mogge, Shelly Huggins, Jaye Knutson, Elin E. Lobel, Pamela Segal. -Switzerland: Springer, 2023. - 355 - (Springer Texts in Education). - ISBN 978-3-031-20116-5.// http://rmebrk.kz/book/1186181 4. Английский язык для физкультурных специальностей = English for Students of Physical Education : Учебник для студ. вузов. / Е.А. Баженова, А.Ю.Гренлунд, Л.Я. Ковалева, А.В. Соколова. - 5-е изд., стереотип. - М.: Академия, 2012. - 352 с. - (Высшее профессиональное образование). - ISBN 978-5-7695-9370-3.// http://rmebrk.kz/book/1159216 5. Kanagatov, N., Siroka, L. Modern tendencies of physical education development for students. // Science and Education in XXI century. , 2014. - № 1. - С.107-109.// http://rmebrk.kz/book/1027653 6. Arkabayeva, S., Tuykbayeva, M. Current Approaches of Physical Education in Universities. // Seattle-2013: 4th International Academic Research Conference on Business, Education, Nature and Technology. № 1. - Almaty, 2013. - P.84-86. http://rmebrk.kz/book/1026822
Laboratory physical resources	Gymnastics hall, table tennis hall
Special programs	-
Journals (electronic journals)	-
Literature	1. Methodology of teaching subjects in the specialty "Physical education and

<p> ONTUSTIK QAZAQSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ </p>		<p> SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия» </p>
Center for Physical Education		044/64-16
Working Curriculum of the Discipline (Syllabus)		19 page out of 20

sports" Ақнұр, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, 2. Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024

12 Discipline Policy

Sports uniform - top - white T-shirt, bottom - sweatpants. Have a change of sports shoes with you. Listen carefully and follow safety instructions. Treat sports equipment with care and take it only with the permission of the trainer-teacher. You are not allowed to attend the class with loose hair. Nails must be cut short. Perform exercises without the permission of the trainer-teacher, take sports equipment independently. Behave correctly towards each other and do not disturb the order. Standing on benches and littering are prohibited. Jewelry and valuables should be handed over to the trainer-teacher. The use of mobile phones during classes is prohibited. Inform the trainer-teacher in advance about feeling unwell. Chewing gum, eating food, leaving the training area without the permission of the coach-teacher. Treat sports equipment with care and take it only with the permission of the trainer-teacher.




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, 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
- 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 Agreement, approval and revision

Date of approval with the Library and Information Center	Protocol № 7 25.06.2025	Head of the LIC Darbicheva R.I.	
Approval date by the AC GED	Protocol № 1 27.08.2025	Chairman AC GED Nurzhanbaeva Zh.O	
Date approved by the Center	Protocol № 1 27.08.2025	Head of the center Ashirbaev O.A.	

<p>ONTUSTIK QAZAQSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ</p>		<p>SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»</p>	<p>044/64-16 20 page out of 20</p>
<p>Center for Physical Education</p>			
<p>Working Curriculum of the Discipline (Syllabus)</p>			