



<p>ONTÜSTİK QAZAQSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ</p>			<p>SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»</p>
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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 education (main compartment)			1.7	Year: 2	
1.3	Prerequisites: Physical education			1.8	Semester: 3, 4	
1.4	Post-requisites: -			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 an individual educational trajectory throughout life for self-development and career growth, oriented toward a healthy lifestyle, in order to ensure full social and professional activity through the 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 competence and their ability to purposefully use the means and methods of physical education to maintain health, strengthen the body, and ensure regular physical activity.						
5.	Final learning outcomes (LO disciplines)					
LO1	Uses practical skills and abilities to maintain and improve health, develop and enhance physical qualities, and follows safety rules during 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 learning outcomes of the course			
	LO1		LO 14 - Able to conduct health education activities aimed at promoting public health, maintaining well-being, and preventing diseases.			
	LO2 LO3		LO 1 -Apply 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					
6.2	Number of hours	Lectures	Prac. lesson s	Lab.lessons	SIW	SIWT
		-	120	-	-	-
7.	Information about teachers					


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8. Thematic plan							
Week	Class №	Topic name	Summary	LO disciplines	Number of hours	Methods/ educational technologies	Forms / assessment methods
3 semester							
1	1	Modern health systems and principles of monitoring the physical condition of the body	characteristics of modern health systems and means, assessment of physical development and physical health, self-monitoring diary	LO - 1	2	individual, group work	feedback
	2	Gymnastics.	learning to build in a column, line, rebuilding in columns, lines	LO - 1	2	individual, group work	criteria and assessments for gymnastics
2	3	General physical preparation	GPT - strength, stretching and flexibility exercises	LO - 2	2	group work	criteria and assessments for gymnastics
	4	Rifles	rolling, stretching exercises	LO - 3	2	individual work	criteria and assessments for gymnastics
3	5	Forward somersault	swing, somersault forward, backward	LO - 1	2	individual, group work	criteria and assessments for gymnastics
	6	Shoulder stand	shoulder stand, transition to half split, bridge	LO - 1	2	individual, work	criteria and assessments for gymnastics
4	7	Backward somersaults	starting position, somersaults, body tuck	LO - 1	2	individual work	criteria and assessments for gymnastics
	8	Bridge and shoulder stand	teach balance, scapular stand,	LO - 1	2	individual work	criteria and assessments

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			transition to half-split				for gymnastics
5	9	Acrobatic training	forward somersault, backward somersault, shoulder stand, half split, bridge	LO - 1	2	Individual work	criteria and assessments for gymnastics
	10	Running training	teach running and jumping onto the bridge.	LO - 1	2	individual work	criteria and assessments for gymnastics
6	11	Goat crossing	Take-off run. Push from a gymnastic bridge. Crossing the gymnastic goat. Landing on a gymnastics mat	LO - 1	2	individual work	criteria and assessments for gymnastics
	12	Vault - legs bent	Take-off run. Jump onto a gymnastic bridge. Jumping on a bridge with your legs bent.	LO - 1	2	Individual work	criteria and assessments for gymnastics
7	13	Vault	Take-off run. jumping onto a gymnastic bridge. Crossing the gymnastic goat.	LO - 2	2	individual work	criteria and assessments for gymnastics
	14	Strength exercises	exercises with a gymnastic bench GPP	LO - 2	2	Small group work	criteria and assessments for gymnastics
8	15	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,	LO- 1	2	individual work	criteria and marks
	16	Preparing for the Presidential Tests	standing long jump, pull-ups, abdominal exercises	LO- 3	2	individual work	criteria and assessment for gymnastics
9	17	Volleyball. General concepts about volleyball	history of the development of volleyball in Kazakhstan	LO- 1	2	communication technologies	feedback (blitz survey)
	18	Volleyball player's stance, movement	stand, run, lunges	LO- 1	2	individual, group work	criteria and assessments

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							for volleyball
10	19	Serving the ball from above	feed from above	LO-1	2	individual, group work	criteria and assessments for volleyball
	20	Lower reception - transfers	correct placement of arms, legs, lower reception and pass of the ball in pairs	LO-1	2	individual, group work	criteria and assessments for volleyball
11	21	Upper reception - passing the ball	work in opposing columns, on the move	LO-1	2	individual, group work	criteria and assessments for volleyball
	22	Outdoor games	"potatoes", pioneer ball, relay races	LO-1	2	role-playing games	criteria and assessments for volleyball
12	23	Ball possession technique	serving the ball, receiving and passing the ball on the spot and in motion	LO-1	2	individual, group work	criteria and assessments for volleyball
	24	Rules of the game	Defense and attack techniques. Rules of playing volleyball	LO-1	2	communication technologies	feedback (blitz survey)
13	25	National Games	"Boyga darytpau", "Anshy men uyrekter", "Kazan extra".	LO-2	2	role-playing games	criteria and assessments for volleyball
	26	Receiving-passing the ball	receiving and passing the ball on the spot and in motion	LO-1	2	individual, group work	criteria and assessments for volleyball
14	27	One side educational game	Serving the ball, receiving and passing the ball. Games in threes	LO-2	2	small group work	criteria and assessments for volleyball
	28	MT-2. Volleyball	serving the ball from above, receiving and passing from above	LO-1	2	Individual work	criteria and marks
15	29	Preparing for the Presidential Tests	standing long jump, pull-ups, abdominal exercises	LO-3	2		Individual work
	30	Final control	boys - Burpees (minute) Pull-up on the bar girls- Squats Raising the body - press	LO-3	2	individual work	criteria and marks


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1	31	Basketball rules	rules of game refereeing basketball	LO-3	2	communication technologies	feedback (blitz survey)
	32	Movement techniques, jumping	running, jumping, breakaway, running backwards, running with cross steps	LO-1	2	individual, group work	basketball criteria and assessments
2	33	Ball dribbling	ball dribbling in a straight line, in a circle, with obstacles	LO-1	2	individual, group work	basketball criteria and assessments
	34	Catching - passing the ball	catching and passing the ball at chest level, from the shoulder, with a rebound	LO-1	2	individual, group work	basketball criteria and assessments
3	35	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
	36	Throw the ball into the basket	throw the ball from the chest, from the shoulder, in a jump	LO-1	2	individual, group work	basketball criteria and assessments
4	37	Relay races	relay races with basketballs	LO-2	2	small group work	basketball criteria and assessments
	38	Throw the ball into the basket with 3 steps	throwing the ball into the basket in columns from different points in the area.	LO-1	2	group work	basketball criteria and assessments
5	39	Catch, pass the ball on the move	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
	40	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
6	41	One-sided educational game	dribbling, passing, throwing	LO-2	2	small group work	Basketball criteria and assessments
	42	Ball possession technique	dribbling, catching and passing in motion, throwing the ball into the basket	LO-1	2	group work	Basketball criteria and assessments
7	43	Throwing the ball into the basket	throw the ball from the chest, from the shoulder, in a jump	LO-1	2	role-playing game	Basketball criteria and assessments


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8	44	MT-1. Basketball	dribbling /1 min/. Throwing the ball from 2 steps	LO-1	2	individual work	Basketball criteria and assessments
	45	Educational game	technique of defense, attack, rules of playing basketball	LO - 2	2	small group work	Basketball criteria and assessments


9	46	National Games	folk games: "Belbeu tastau", "Day and night"	LO - 1	2	small group work	criteria and assessments in athletics
	47	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
	48	Short running distance	teach running with acceleration at 20m, finishing	LO - 1	2	individual, group work	criteria and assessments in athletics
10	49	Low start and take off	low start, placement of arms and legs, starting run-up	LO - 1	2	individual, group work	criteria and assessments in athletics
	50	Running with time consideration	40m, 100m run, timed	LO-1	2	group work	criteria and assessments in athletics
11	51	Cross	long distance running, endurance.	LO-1	2	in-line work	criteria and assessments in athletics
	52	High start, finish	high start, hand work when running, finishing	LO-1	2	individual, group work	criteria and assessments in athletics
12	53	Cross	cross running	country	LO-1	2	in-line work
	54	Relay race	team work, work in the "corridor".	LO-1	2	group work	criteria and assessments in athletics
13	55	Receiving and passing the baton	passing the baton in a column, in motion	LO-1	2	individual, group work	criteria and assessments in athletics
	56	Long jump	correct takeoff, point, landing	LO-1	2	Individual work	criteria and assessments in athletics
14	57	Preparation for the "Presidential Tests"	100m, jumping, strength exercises	LO-1	2	Individual work	criteria and assessments in athletics
	58	MT-2 Athletics	standing long jump	LO-1	2	Individual work	criteria and marks

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15	59	Preparing for the Presidential Tests	standing long jump, pull-ups, abs exercises	LO -3	2	individual work	check list
	60	Final control	boys - Burpees (minute) Pull-up on the bar girls- Squats Raising the body - press	LO -3	2	individual work	criteria and marks
9. Assessment 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	Name of learning outcomes	Unsatisfactory	Satisfactory	Good	Excellent		

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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

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10.2 Criteria for assessing teaching methods and technologies		
Check list for students of the main department		
Role-playing games	<p>"Excellent" corresponds</p> <p>A (4,0) 95-100 % A- (3,67) 90-94%</p>	<p>Knows the rules of the game, has developed scenarios, and assigned roles. Demonstrates the ability to switch attention actively and manage focus. Understands safety techniques, has knowledge of motor activity regimes, and is familiar with specially-preparatory exercises, all independent forms of physical activity, and the basics of competitive tactics.</p> <p>Assesses the learner's ability to apply their knowledge and skills in game situations, demonstrate strategic thinking, and make decisions.</p> <p>Knows and performs 10 specially-preparatory exercises. Knows and performs 9 preparatory athletic (track and field) exercises.</p>
	<p>"Good" corresponds</p> <p>B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %</p>	<p>Knows and performs 8 specially-preparatory athletic exercises.</p> <p>Knows and performs 7 specially-preparatory exercises. Knows and performs 6 specially-preparatory exercises. Knows and performs 5 specially-preparatory exercises.</p>
	<p>"Satisfactory" corresponds</p> <p>C (2,0) 65-69 % C-(1,67) 60-64 % D+(1,33) 55-59 % D- (1,0) 50-54 %</p>	<p>Knows and performs 4 specially-preparatory exercises. Knows and performs 3 specially-preparatory exercises. Knows and performs 2 specially-preparatory exercises. Knows and performs 1 specially-preparatory exercise.</p>
	<p>"Unsatisfactory" corresponds</p> <p>FX (0,5) 25-49 % F (0) 0-24 %</p>	<p>The student participates passively in classes and does not complete assignments.</p> <p>Does not attend classes without a valid reason.</p>
	Team game	
	<p>"Excellent" corresponds</p> <p>A (4,0) 95-100 % A- (3,67) 90-94%</p>	<p>Knowledge of game rules, excellent technique, outstanding teamwork, high physical fitness, and ideal sportsmanship. Demonstrates strong team collaboration. Successfully meets physical training requirements, uses assessment criteria to evaluate the mastery of motor skills and tactical actions. Has knowledge of methods for conducting control exercises to determine levels of endurance, speed, and flexibility in volleyball players. Evaluates the performance of specially-preparatory exercises aimed at mastering volleyball techniques and tactics.</p> <p>Performs tasks successfully.</p> <p>Performs tasks successfully with one minor error.</p>
		<p>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</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>Performs tasks successfully with 2 minor errors. Performs tasks successfully with 3 minor errors. Performs tasks successfully with 4 minor errors. Performs 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>Performs tasks successfully with 6 minor errors. Performs tasks successfully with 7 minor errors. Performs tasks successfully with 8 minor errors. Performs 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 assignments. 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 the game rules, excellent technique, high physical fitness, and exemplary 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, 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 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %</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. Acts similarly but makes no more than 1 minor error. Acts similarly but makes no more than 2 minor errors. Acts similarly but makes no more than 3 minor errors. Acts similarly but makes no more than 4 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>More than half of the independent activities are performed with the help of the coach or instructor, or one of the tasks is not completed. The motor action is performed correctly. There is a lack of logical sequence, gaps in knowledge, insufficient argumentation, and inability to apply knowledge in practice. One major mistake was made; the student feels constrained and uncertain. Two major mistakes were made; the student feels constrained and uncertain. Three major mistakes were made; the student feels constrained and uncertain. Four major mistakes were made; the student feels constrained and uncertain.</p>

	"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %	The student participates passively in classes and does not complete tasks. Does not attend classes without a valid 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.
Group work, work in small groups	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	The motor action is performed correctly but not quite smoothly and clearly; some stiffness in movements is observed. Tasks are completed with some tension, showing insufficient confidence in using the material, demonstrating a basic level of skills and abilities in specialized physical exercises. - 1 minor error in the main phase or up to two significant errors in the preparatory and concluding phases - 2 minor errors in the main phase or up to two significant errors in the preparatory and concluding phases - 3 minor errors in the main phase or up to two significant errors in the preparatory and concluding phases - 4 minor errors in the main phase or up to two significant errors in the preparatory and concluding phases


	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % D+(1,33) 55-59 % D- (1,0) 50-54 %	The task was performed insufficiently accurately, with great effort, minor errors were made, demonstrating a low level of mastery of basic skills and abilities in specialized physical training. - 1 major error in the main phase of the technique and several significant distortions in other phases; the motor action was performed with serious technical violations or numerous minor errors. - 2 major errors in the main phase of the technique and several significant distortions in other phases; the motor action was performed with serious technical violations or numerous minor errors. - 3 major errors in the main phase of the technique and several significant distortions in other phases; the motor action was performed with serious technical violations or numerous minor errors. - 4 major errors in the main phase of the technique and several significant distortions in other phases; the motor action was performed with serious technical violations or numerous minor errors.
	"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %	The student participates passively in classes and does not complete tasks. Does not attend classes without a valid reason.

Midterm control	Autumn semester
<p>"Excellent" corresponds</p> <p>A (4,0) 95-100 % A- (3,67) 90-94%</p>	<p>Midterm control</p> <p>Gymnastics</p> <p>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 support, legs bent - boys Complete the task without errors One error allowed</p>
<p>"Good" corresponds</p> <p>B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %</p>	<p>1. Two forward rolls, shoulder stand, bridge, half split (female), long forward roll, backward roll, headstand with support (male). 2. Supported jump with legs apart (female), jump over the vault without support, with bent legs (male). Two mistakes allowed. Three mistakes allowed. Four mistakes allowed. Five mistakes allowed.</p>
<p>"Satisfactory" corresponds</p> <p>C (2,0) 65-69 % C-(1,67) 60-64 % D+(1,33) 55-59 % D- (1,0) 50-54 %</p>	<p>1. Standing long jump 2. Squats (reps/min)</p> <p>Did not complete the task More than 10 mistakes allowed Did not complete the task</p>
<p>"Unsatisfactory" corresponds</p> <p>FX (0,5) 25-49 % F (0) 0-24 %</p>	<p>1. Standing Long Jump 2. Squats (reps/min) - Task not completed - More than 10 errors allowed - Task not completed</p>
<p>"Excellent" corresponds</p> <p>A (4,0) 95-100 % A- (3,67) 90-94%</p>	<p>Midterm Control 2</p> <p>Volleyball</p> <p>1. Underhand Serve (out of 10 attempts): - 10 successful serves landing in the court - 9 successful serves landing in the court 2. Underhand Pass/Reception (within 10 seconds): - 10 successful passes without losing the ball - 9 successful passes without losing the ball</p>
<p>"Good" corresponds</p> <p>B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %</p>	<p>1. Underhand Serve (10 attempts): - 8 successful serves out of 10 - 7 successful serves out of 10 - 6 successful serves out of 10 - 5 successful serves out of 10 2. Bump Passes in 10 seconds: - 8 successful passes without losing the ball - 7 successful passes without losing the ball - 6 successful passes without losing the ball - 5 successful passes without losing the ball</p>
<p>"Satisfactory" corresponds</p> <p>C (2,0) 65-69 % C-(1,67) 60-64 % D+(1,33) 55-59 % D- (1,0) 50-54 %</p>	<p>1. Underhand Serve (10 attempts): - 4 successful serves out of 10 - 3 successful serves out of 10 - 2 successful serves out of 10 - 1 successful serve out of 10 2. Bump Passes in 10 seconds:</p>

	- 4 successful passes without losing the ball - 3 successful passes without losing the ball - 2 successful passes without losing the ball - 1 successful pass without losing the ball
"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %	1. Underhand Serve (10 attempts): - 0 successful serves landing in the court out of 10 2. Bump Passes in 10 seconds: - No successful passes were completed
Spring semester	
"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%	Midterm Control 1 – Basketball 1. Shooting (10 attempts): - 10 successful shots out of 10 - 9 successful shots out of 10 2. Dribbling Without Visual Control: - Correct technique execution - One error is allowed
"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	1. Shooting into the basket: - 8 successful shots out of 10 - 7 successful shots out of 10 - 6 successful shots out of 10 - 5 successful shots out of 10 2. Dribbling without visual control: - One error is allowed
"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % D+(1,33) 55-59 % D- (1,0) 50-54 %	1. Shooting into the basket: - 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 are allowed
"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %	1. Shooting into the basket: - 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%	Midterm Control 2 Athletics 1. Standing Long Jump: - Boys: 260 cm - Girls: 200 cm - Boys: 255 cm - Girls: 195 cm 2. Squats (quantity/minutes): - Boys: 60 times - Girls: 37 times - Boys: 55 times - Girls: 37 times
"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 %	1. Standing Long Jump: - Boys: 250 cm - Girls: 190 cm - Boys: 230 cm - Girls: 175 cm - Boys: 220 cm

Final control form	C+(2,33) 70-74 %	- Girls: 165 cm 2. Squats (quantity/minutes): - Boys: 50 times - Girls: 31 times - Boys: 45 times - Girls: 29 times - Boys: 40 times - Girls: 27 times - Boys: 35 times - Girls: 25 times
	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	1. Standing Long Jump: - Boys: 245 cm - Girls: 185 cm - Boys: 205 cm - Girls: 150 cm - Boys: 195 cm - Girls: 140 cm - Boys: 185 cm - Girls: 130 cm 2. Squats (quantity/minutes): - Boys: 30 times - Girls: 20 times - Boys: 25 times - Girls: 15 times - Boys: 20 times - Girls: 10 times - Boys: 10 times - Girls: 5 times
	"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %	1. Standing long jump Did not complete the task 2. Squats (quantity per minute) Did not complete the task
	"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%	Autumn semester 1. Boys – push-ups (bending and extending arms in the prone position) – 32 times 2. Boys – pull-ups on the horizontal bar – 12 times 1. Girls – sit-ups from lying on the back – 35 times 2. Girls – squats – 35 times per minute
	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	- Push-ups (bending and extending arms) – 29 times - Pull-ups on the horizontal bar – 10 times - Sit-ups from lying on the back – 30 times - Squats – 30 times per minute - Push-ups (bending and extending arms) – 26 times - Pull-ups on the horizontal bar – 9 times - Sit-ups from lying on the back – 25 times - Squats – 25 times per minute - Push-ups (bending and extending arms) – 23 times - Pull-ups on the horizontal bar – 8 times - Sit-ups from lying on the back – 20 times - Squats – 20 times per minute - Push-ups (bending and extending arms) – 20 times - Pull-ups on the horizontal bar – 7 times - Sit-ups from lying on the back – 15 times - Squats – 15 times per minute

	<p>"Satisfactory" corresponds 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>	<ul style="list-style-type: none"> - Push-ups (bending and extending arms) – 17 times - Pull-ups on the horizontal bar – 6 times - Sit-ups from lying on the back – 13 times - Squats – 13 times per minute - Push-ups (bending and extending arms) – 16 times - Pull-ups on the horizontal bar – 5 times - Sit-ups from lying on the back – 12 times - Squats – 12 times per minute - Push-ups (bending and extending arms) – 15 times - Pull-ups on the horizontal bar – 4 times - Sit-ups from lying on the back – 11 times - Squats – 11 times per minute - Push-ups (bending and extending arms) – 15 times - Pull-ups on the horizontal bar – 3 times - Sit-ups from lying on the back – 10 times - Squats – 10 times per minute
	<p>"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %</p>	<p>Did not complete the task. Was absent from the lesson.</p>
	<p>"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%</p>	<p>Spring semester</p> <p>Boys:</p> <ul style="list-style-type: none"> - Jumping Jacks (repetitions per minute): 85 times - Pull-ups on the bar: 15 times <p>Girls:</p> <ul style="list-style-type: none"> - Squats: 45 times - Sit-ups: 45 times - Jumping Jacks: 80 times - Pull-ups: 14 times - Squats: 40 times - Sit-ups: 40 times
	<p>"Good" corresponds 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>	<ul style="list-style-type: none"> - Jumping Jacks – 75 times - Pull-ups – 11 times - Squats – 37 times - Sit-ups – 37 times - Jumping Jacks – 70 times - Pull-ups – 10 times - Squats – 36 times - Sit-ups – 36 times - Jumping Jacks – 65 times - Pull-ups – 9 times - Squats – 35 times - Sit-ups – 35 times - Jumping Jacks – 60 times - Pull-ups – 8 times - Squats – 34 times - Sit-ups – 34 times
	<p>"Satisfactory" corresponds C (2,0) 65-69 %</p>	<ul style="list-style-type: none"> - Jumping Jacks – 45 times - Pull-ups – 7 times - Squats – 25 times - Sit-ups – 15 times

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C-(1,67) 60-64 %	- Jumping Jacks – 40 times Pull-ups – 6 times Squats – 20 times Sit-ups – 20 times
D+(1,33) 55-59 %	- Jumping Jacks – 35 times Pull-ups – 5 times Squats – 15 times Sit-ups – 15 times
D- (1,0) 50-54 %	- Jumping Jacks – 30 times Pull-ups – 4 times Squats – 10 times Sit-ups – 4 times
"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %	- Did not complete the task - Was not present at the lessons

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	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

Electronic resources, including, but not limited to : databases, animation simulators, professional blogs, websites, other electronic reference materials (for example: video, audio, digests)	-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 «Заң» - https://zan.kz/ru -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,

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	<p>Mike Cronin, Wray Vamplew. - Second edition - USA: Routledge, 2007. - 282- ISBN 978-0-415-41746-4.// 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.//</p>
	<p>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</p>
Laboratory physical resources	Gym (Fitness room), Gymnastics hall, Table tennis hall
Special programs	-
Journals (electronic journals)	-
Literature	<p>1. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, 2. Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024</p>
13	Academic policy based on the moral and ethical values of the Academy


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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	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>ONTÜSTİK QAZAQSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ</p>		<p>SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»</p>
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