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

	General information	on about the Course			10. 11 Ch. Wa
1.1	Course Code: FK 1	(2)106	1.6	Academic yo	ear: 2025- 2026
1.2	Course name: Phys compartment)	ical education (main	1.7	Year: 2	3. 60 dn. K1 3 ski
1.3	Prerequisites: Physic	al education	1.8	Semester: 3,	4 00 00 11
1.4	Post-requisites: -	19. 60 771-11 T	01.9		eredits (ECTS): 4
1.5	Cycle: GED	Vg. 60,114,1	1.10	Component:	IC V
2.	Description of the	discipline	S. Thu.	9. 300 / K	1 3 KLI 3: 090.
an inc	dividual educational to rd a healthy lifestyle, i neans of physical cultu	rajectory throughout life n order to ensure full so are.	e for self-d	evelopment an	elopment of skills to builed career growth, oriente ivity through the method
3.	Summative evalua	tion form	90. K	St. Miles	3:0-40. KT 34.14
3.1	Testing	90, 14, 2, My	3.5	Course work	5 /11. KJ 24
3.2	Writing	20, Kr 2, W.	3.6	Essay	We so Mills
3.3	Oral	J. 90. Kr 24	3.7	Project	100 60 M. M
3.4	Assessment of pract	tical skills	3.8	Differentiate	d credit √
4.	Discipline objective	es	5/1/10	3.6 YO. K	31, 100 CO 10.
5. LO1	Uses practical skill	comes (LO disciplines) s and abilities to mainta	in and imp	rove health, de	evelop and enhance
LO2 LO3	Monitors and evalureadiness Applies methodolo independent	and follows safety rules lates the level of physiol gical approaches to mas	logical con	dition, physica	on classes. al and functional
LO3	Monitors and evalureadiness Applies methodolo independent training using healt	ates the level of physiol gical approaches to mas h-saving technologies	logical con	dition, physica	on classes. al and functional in the process of
SO	Monitors and evalureadiness Applies methodolo independent	ates the level of physiol gical approaches to mas h-saving technologies	tering phys	dition, physica	on classes. al and functional in the process of
LO3	Monitors and evalureadiness Applies methodolo independent training using healt	gical approaches to mas h-saving technologies The learning outco outcomes of the cou LO 14 - Able to con promoting public he	tering physics of the urse duct health	dition, physica sical exercises EP, which are	on classes. al and functional in the process of re related to the learnin civities aimed at
LO3	Monitors and evalureadiness Applies methodolo independent training using healt LO disciplines LO1 LO2 LO3	gical approaches to mas h-saving technologies The learning outco outcomes of the cou LO 14 - Able to con promoting public he diseases. LO 1 - Apply fundam epidemiological and	mes of the duct health, maint	EP, which an education act aining well-be	on classes. al and functional in the process of re related to the learning civities aimed at eing, and preventing edical, clinical,
LO3	Monitors and evalureadiness Applies methodolo independent training using healt LO disciplines LO1 LO2 LO3 Details of the course South Kazakhstan M. Physical Culture.	rates the level of physiological approaches to mas h-saving technologies The learning outco outcomes of the cou LO 14 - Able to con promoting public he diseases. LO 1 -Apply fundam epidemiological and e edical Academy, Al-Far	mes of the duct health, maint nental know social-beha	EP, which are ducation act aining well-be delege in biome avioral sciences	on classes. al and functional in the process of re related to the learning civities aimed at eing, and preventing edical, clinical, is in practice.
LO3	Monitors and evalureadiness Applies methodolo independent training using healt LO disciplines LO1 LO2 LO3 Details of the course South Kazakhstan M. Physical Culture.	rates the level of physiological approaches to mas h-saving technologies The learning outco outcomes of the cou LO 14 - Able to con promoting public he diseases. LO 1 - Apply fundam epidemiological and	mes of the duct health, maint nental know social-beha	EP, which are ducation act aining well-be delege in biome avioral sciences	on classes. al and functional in the process of re related to the learnin civities aimed at eing, and preventing edical, clinical, is in practice.
LO3 5.1 6.	Monitors and evalureadiness Applies methodolo independent training using healt LO disciplines LO1 LO2 LO3 Details of the course South Kazakhstan M. Physical Culture.	rates the level of physiological approaches to mas h-saving technologies The learning outco outcomes of the country outcomes of the country public hediseases. LO 14 - Able to compromoting public hediseases. LO 1 - Apply fundame epidemiological and electron edical Academy, Al-Faruditorium): sports halls Lectures Property of the country of the country of the country outcomes of the c	mes of the durse duct health, maint hental know social-beharabi 1, acaderac.	EP, which are education act aining well-be evicated by ledge in biometrical sciences lemic building	in the process of re related to the learnin civities aimed at eing, and preventing edical, clinical, in practice.
5.1 6.	Monitors and evalureadiness Applies methodolo independent training using healt LO disciplines LO1 LO2 LO3 Details of the course South Kazakhstan Methodology Physical Culture. Location (building, a	rates the level of physiological approaches to mas h-saving technologies The learning outco outcomes of the cou LO 14 - Able to con promoting public he diseases. LO 1 - Apply fundam epidemiological and e edical Academy, Al-Far uditorium): sports halls Lectures Pr le s - 12	mes of the duct health, maint hental know social-beharabi 1, acac	EP, which are a education act aining well-be eviced by ledge in biomorphic by ledge in biomorphic by ledge by ledge in biomorphic by ledg	on classes. al and functional in the process of re related to the learning civities aimed at bing, and preventing edical, clinical, is in practice. No. 1, Department of

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Working curriculum of the discipline (Syllabus) Physical education

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Center for Physical Education

Working curriculum of the discipline (Syllabus) Physical education

2 page out of 20

No	Full	I name	90. KT 3	Degrees a	nd title	1	Email ad	dress
1.0	Ash	nirbayev Orynbasar At	yrhanovich	Head of the master's d		artme	nt, Ashirbae	v12.73 @mail.ru
2,		Shorayeva Nurila Balgabaevna Senior trainer- teacher, master's degree				Shoraewa	Shoraewa@ma il.ru	
3	Tug	elbaev Daryn Erzhigitt	ıly	Trainer-te	acher	SKII.	Almas@	mail7 ru
8.	1.4	1 3Ky Vs. 50,"		Thematic p	lan	15	141, 3. O	10. Kr 21.
Week	Class Nº	Topic name	Summary	1 SKUBY	LO disciplines	Number of hours	Methods/ educational technologies	Forms / assessment methods
9.	M	J. 90. K. 2		emester 🦠	L'W	, 6	40. K	Ch. Va. Co.
1200	1 3kg	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, selfmonitoring diary		LO -		individual, group work	feedback
1 SK	2	Gymnastics.	learning to build in a column, line, rebuilding in columns, lines		LO -	2	individual, group work	criteria and assessments for gymnastics
2	3	General physical preparation	GPT - streng stretching ar flexibility ex	nd C	LO - 2	2	group work	criteria and assessments for gymnastics
KUS Jai	4	Rifles	rolling, stret exercises	ching	LO-3	2 (individual work	criteria and assessments for gymnastics
35	5,5	Forward somersault	swing, somersault forward, backward		LO -		individual, group work	criteria and assessments for gymnastics
ug.e	6	Shoulder stand	shoulder stand, transition to half split, bridge		LO-	2 3	individual, work	criteria and assessments for gymnastics
400	No.	Backward somersaults	starting somersaults,	position, , body tuck	LO -	2	individual work	criteria and assessments for gymnastics
U.K.	8	Bridge and shoulder stand	teach balanc scapular star	~ X\X \	LO - 1	2	individual work	criteria and assessments

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Working curriculum of the discipline (Syllabus) Physical education

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64/11-2025

3 page out of 20

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2	3	A SI WAS	Yn. Kr 26 Wo	Les y	$O_{i,j}$	17 ch, wo	gymnastics
SKI	9	Acrobatic training	forward somersault, backward somersault, shoulder stand, half split, bridge	LO 3	2	Individual work	criteria and assessments for gymnastics
40.K	190	Running training	teach running and jumping onto the bridge.	LO 4	2	individual work	criteria and assessments for gymnastics
Wg.		Goat crossing	Take-off run. Push from a gymnastic bridge. Crossing the gymnastic goat. Landing on a gymnastics mat	LO -	2	individual work	criteria and assessments for gymnastics
, du. 4	12	Vault - legs bent	Take-off run. Jump onto a gymnastic bridge. Jumping on a bridge with your legs bent.	LO 1	SKIT SKIT	Individual work	criteria and assessments for gymnastics
KWg.	13	Vault sking	Take-off run. jumping onto a gymnastic bridge. Crossing the gymnastic goat.	LO -	2	individual work	criteria and assessments for gymnastics
1,17	14	Strength exercises	exercises with a gymnastic bench GPP	LO -	34	Small group work	criteria and assessments for gymnastics
1. K. 1. SK. 1.	15 A	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- Sking.	du.k du.k du.k du.k	individual work	criteria and marks
ig.ec	16	Preparing for the Presidential Tests	standing long jump, pull-ups, abdominal exercises	LO-3	2	individual work	criteria and assessment for gymnastics
9	NAT	Volleyball. General concepts about volleyball	history of the development of volleyball in Kazakhstan	LO-	2	communicati on technologies	feedback (blitz survey)
U.KZ	18	Volleyball player's stance, movement	stand, run, lunges	LO- 1	2	individual, group work	criteria and assessments

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Center for Physical Education

Working curriculum of the discipline (Syllabus) Physical education

64/11-2025

4 page out of 20

9.	3/17.	X SK. Wasin	901, 15 3K 200 15	egn.	11/1	1 2K1 13	for volleyball
10	19	Serving the ball from above	feed from above	LO- 1	2	individual, group work	criteria and assessments for volleyball
901.K	20	Lower reception - transfers	correct placement of arms, legs, lower reception and pass of the ball in pairs	LO-	200	individual, group work	criteria and assessments for volleyball
110	21	Upper reception - passing the ball	work in opposing columns, on the move	LO-	2 July	individual, group work	criteria and assessments for volleyball
1.17	22	Outdoor games	"potatoes", pioneer ball, relay races	LO-	2 CALL	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
KWO	24	Rules of the game	Defense and attack techniques. Rules of playing volleyball	LO- 1)2 - -	communicati on technologies	feedback (blitz survey)
13	25	National Games	"Boyga dop darytpau", "Anshy men uyrekter", "Kazan extra".	LO- 2	24 SKY	role-playing games	criteria and assessments for volleyball
Varia	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	20	small group work	criteria and assessments for volleyball
O.K.	28	MT-2. Volleyball	serving the ball from above, receiving and passing from above	LO -	2	Individual work	criteria and marks
15	29	Preparing for the Presidential Tests	standing long jump, pull-ups, abdominal exercises	LO -	Yn. Kr	2 Skinds	Individual work
CKU.	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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Center for Physical Education

Working curriculum of the discipline (Syllabus) Physical education

5 раде out of 20

	31	Basketball rules	rules of game refereeing basketball	LO-3	21	communic ation technologi es	feedback (blitz survey)
X1.	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	25	individual, group work	basketball criteria and assessments
KUS	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
3/1	35	Pass the ballon the move	Passing the ball in motion, in pairs, in columns	LO-2	2	individual, group work	basketball criteria and assessments
19.6g	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
41	37	Relay races	relay races with basketballs	LO-2	2	small group work	basketball criteria and assessments
edu.	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	SKI	group work	basketball criteria and assessments
Skus 29.	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
1.14	40	Throw the ball into the basket with 2 steps	teach to throw the ball from 2 steps, on the move	LO 2	20	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
SKIUS.	42	Ball possession technique	dribbling, catching and passing in motion, throwing the ball into the basket	P	2	group work	Basketball criteria and assessments
75	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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Center for	or Physical Education	64/11-2025
Working curriculum of the discipl	line (Syllabus) Physical education	6 page out of 20

Wg.	44	MT-1. Basketball	dribbling /1 min/. Throwing the ball from 2 steps	LO- 1	2	individual work	Basketball criteria and assessments
8	45	Educational game	technique of defense, attack, rules of playing basketball	LO -	2	small group work	Basketball criteria and assessments
GO'Y	46	National Games	folk games: "Belbeu tastau", "Day and night"	LO -	2	small group work	criteria and assessments in athletics
9.00	47	Special running exercises	"Day and night" teach running with high hips, throwing the lower leg back, jumping	LO -	2	individual, group work	criteria and assessments in athletics
KI	48	Short running distance	teach running with acceleration at 20m, finishing	LO-	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 -	2 34	individual, group work	criteria and assessments in athletics
IN B	50	Running with time consideration	40m, 100m run, timed	LO-1	2	group work	criteria and assessments in athletics
11,0	51	Cross	long distance running, endurance.	LO-1	2	in-line work	criteria and assessments in athletics
697.	52	High start, finish	high start, hand work when running, finishing	LO-1	200	individual, group work	criteria and assessments in athletics
12	53	Cross	cross running	cou ntry	LO- 1	2 skillion	in-line worl
1 54	54	Relay race	team work, work in the "corridor".	LO-1	200	group work	criteria and assessments in athletics
13	55	Receiving and passing the baton	passing the baton in a column, in motion	LO-1	25	individual, group work	criteria and assessments in athletics
SKIUS.	56	Long jump	correct takeoff, point, landing	LO-1	2	Individual work	criteria and assessments in athletics
145	57	Preparation for the "Presidential Tests"	100m, jumping, strength exercises	LO-1	2	Individual work	criteria and assessments in athletics
JU. T.	58	MT-2 Athletics	standing long jump	LO-1	2	Individual work	criteria and marks

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Ma.	60	Presidential T Final control	boys	ups, abs exercises - Burpees ute) Pull-up on the	LO -3	2	work individual work	criteria an marks
SKU,	Mai	siegnik KT	bar g Rais	girls- Squats ling the body - press	Tho S	Seg	WOLK	Harks
9. 5		essment teachi	ng methods	3: 411. K	51	10	S. 77. K	1 St. Vo.
9.1 9.2	1	tures	KY ST	V. S. YD. K	SK.	"U.O.	S. 11.	K St C
Wa.	3.edi	etical lessons	skliugiegn ugiegnik iegnik	Individual - comp Group, line-by-liteam games. Work in small gr Communication / discussion / - qu Role-playing gar warm- up / deleg	roups - g technolouestion a nes - con	ution roup ogy- and an nduct	of tasks dur sports and o nswer during ing the prep	ing sports and outdoor games. g assignments, aratory part /
9.3	SIW	//SIWT	55,100	15 YO. 17	J. 100		YU. KI	St. Vo.
		erm control	K1 2 5 KM	Passing standard skills	s for spo	orts. A	Assessing the	e knowledge ar
17	1	Hilly GOD	MIX 2 3	of students obtain				g sports: the
90.	KI	24 Wo 56	411.12	student must fulf				17 1 1 C
601	1. 1	1 SK KING	Yes gn. K	The student is all				
9.	900.	Kr 2 St KW	3.6290	attending practic in class.	ai ciasse	s and	i completing	g an assignmen
20	ed	1. 1. 2. V	The start	If a student misse	es practi	cal cl	lasses by 30	% or more or f
7, 4	19.	60,117,117 S	chi va.	to complete assign	gnments	durin	ng practical o	classes, the
<u> </u>	00	60-101-11	, gk1, va.	student is not allo	owed to	take	midterm cor	ntrol.
9.5	Fina	al control	KL 541, 1	Differentiated test physical fitness.	sting – a Passing	ccept the "I	ance of con Presidential	troi standards (Tests"
KI	5K	The Jier 40	1. KT 2K	The minimum sc	ore for a	a posi	tive IR in th	e discipline =
10.	<u>a</u> .	luation criteria	V 10 10 10 10 10 10 10 10 10 10 10 10 10	L'Us Ser M.		SF	Va. Go Y	V. 12 CK
10.1 №	Vrit Nan	eria for evaluat ne of learning	Ing the learning Unsatisfactor	ng outcomes of the ory Satisfactory	aisciplii	ne Good	1777	Excellent
TO O	Outo	omes	Unsaustacii	ny Saustaciory	9/11.1	0000	55 Mg	EXCERENT
LO	outc	comes	Unsatisfacto	ng outcomes of the ory Satisfactory	egn	0000	2 Stillo	Redukt Skina. edukt Skina. eduk

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Center for Physical Education 64/11-2025

Working curriculum of the discipline (Syllabus) Physical education

8 page out of 20

LO 1 e 2 km² e 3 km² e 4 km² e 4 km² e	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, use health- saving technology, develops physical qualities (dexterity, flexibility, endurance, coordination of movements).
LO 3 ed	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 safet regulations

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90, 1/h, 2,	Center fo	or Physica	l Education	64/11-2025
D. KI	Working curriculum of the discipl	line (Sylla	bus) Physical education	9 page out of 20

2014	Working curriculum of the discipl	ine (Syllabus) Physical education 9 page out of 20
	or assessing teaching me	
	t for students of the main	n 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 the ability to switch attention actively and manage focus. Understands safet techniques, has knowledge of motor activity regimes and is familiar with specially-preparatory exercises, a independent forms of physical activity, and the basics of competitive tactics. Assesses the learner's ability to apply their knowledge and skills in game situations, demonstrate strateging thinking, and make decisions. Knows and performs 10 specially-preparatory exercises. Knows and performs 9 preparatory athletic (track an field) exercises.
a.edu.kl skina.e	"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 specially-preparatory athletic exercises. Knows and performs 7 specially-preparatory exercises. Knows and performs 6 specially-preparatory exercises. Knows and performs 5 specially-preparatory exercises.
Kus. Kaskus. Edili. K	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	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.
13.edu. K1 5K	"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.
Feam game	"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%	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. Performs tasks successfully with one minor error.
1.KT ZKUS	· sqr rr kr skus	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

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 Center for Physical Education
 64/11-2025

 Working curriculum of the discipline (Syllabus) Physical education
 10 page out of 20

a.edu.kl. xl. skina.edu.kl. skina.edu.kl.	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 % "Satisfactory"	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.
edu.Kl. skina.	corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	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.
kusi egemik	"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.
Individual work	"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%	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.
J. K. K. S. SKU, K. SKU, S. SK	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	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.
L skina. edu.kl lu.kl skina. edu.kl skina. edu.kl skina. edu.kl skina. edu.kl skina. edu.kl skina. edu.kl skina. edu.kl skina. edu.kl skina. edu.kl	С (2,0) 65-69 % С-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	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.

ONTÚSTIK QAZAQSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ	SOUTH KAZAKHSTAN MEDICAL ACADEMY AO «Южно-Казахстанская и	медицинская академия»
Center fo	r Physical Education	64/11-2025
Working curriculum of the discipl	ne (Syllabus) Physical education	11 page out of 20

o.ededu.kk. s. s. ma.edu.kk. s. s.	"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.
L Sking eduk Sking eduk Kua eduk	acili.kl. s. skrivas.e. kna.edu.kl. s. skrivas.e. skria.edu.kl. kl. skrivas.e. skrivas.edu.kl. kl. skrivas.e. skrivas.edu.kl. kl. skrivas.e. skrivas.edu.kl. kl. skrivas.e. skrivas.edu.kl. kl. skrivas.e. skrivas.edu.kl. skrivas.e.	 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 main phase or up to two significant errors in the preparatory and concluding phases
11 ck, 00.	60 Mit 1 3 Hill	3. 30, 14, 2, 10, 3, 30, 14, 2, 10, 3;
J.F.K. SKI	"Satisfactory" corresponds С (2,0) 65-69 % С-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (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.
MYNY SKULGING	"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.

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901/Kr	Ońtústik Oazaostan MEDISINA AKADEMIASY Оңтүстік Қазақстан медицина академиясы» АҚ	кая академия»
3. 600	Center for Physical Education	64/11-2025
3.	Working curriculum of the discipline (Syllabus) Physical education	12 page out of 20
100	10. K 22 W 2 8 40. K 26 W 80 10. 11 86 W.	e 111. 12 ct
M	idterm control Autumn semester	60,111,12

Wo		r Physical Education ne (Syllabus) Physical education	12 page out of 2
Midterm control	KINO JEGO MIKAT	Autumn semester	9: 59111/KT
skina edu. ki skina edu. ki skina edu. ki skina edu. ki skina edu. ki skina edu. ki skina edu. ki	"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%	Midterm control Gymnastics 1. Two forward somersaults, shoulds half- split -girls, long forward somersault, back some with support - boys, 2. Vault jump legs apart-girls, jump over a goat without support, le Complete the task without errors One error allowed	rsault, headstand gs bent - boys
a.e. edu. kina edu. ki kina edu. kina edu. ki kina edu. kina edu. ki	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	1. Two forward rolls, shoulder stand (female), long forward roll, backward with support (male). 2. Supported jump with legs apart (for the vault without support, with bent Two mistakes allowed. Three mistakes allowed. Four mistakes allowed. Five mistakes allowed.	rd roll, headstand
sa equiki ki skur	"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 2. Squats (reps/min) Did not complete the task More than 10 mistakes allowed Did not complete the task	igiegniky 19. egniky 19. egniky
1 skulgi en Glingi eg	"Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 %	 Standing Long Jump Squats (reps/min) Task not completed More than 10 errors allowed Task not completed 	7.KT ZKWS'SO
edu.kl sk skno	"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%	Midterm Control 2 Volleyball 1. Underhand Serve (out of 10 attem - 10 successful serves landing in the - 9 successful serves landing in the c 2. Underhand Pass/Reception (withi - 10 successful passes without losing - 9 successful passes without losing	court court n 10 seconds): g the ball
1 ski kna. sedu 1. kl skna. edu edu. kl skna. edu. kl skna. na. edu. kl sk na. edu. kl	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	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 - 7 successful passes without losing - 6 successful passes without losing - 5 successful passes without losing	the ball the ball the ball
SKI, KY SKUG'EGO KY SKUG'EGO K	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	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:	MYNY Y SKUSISH

«Онтустік Қазақстан медицина академиясы» АК

Center for Physical Education

Working curriculum of the discipline (Syllabus) Physical education

SOUTH КАЗАКНЯТАР

MEDICAL

ACADEMY

AO «Южно-Казахстанская медицинская академия»

64/11-2025

13 page out of 20

90. Kr 2	26 40. K	36 40 60 M. M. 34 40. 60 M. 1 34
J. C. 411. KI	St. Wo Sec 411. 15	- 4 successful passes without losing the ball
0 60 M. K	1 2/2 WO 60 471.	- 3 successful passes without losing the ball
400 BO 471.	17 ch vs. 60 111.	- 2 successful passes without losing the ball
7. VS. 60."	WITT CO.	- 1 successful pass without losing the ball
TA, VS. 50,	" Unsatisfactory "	1. Underhand Serve (10 attempts):
2. 174.	corresponds	- 0 successful serves landing in the court out of 10
Sign	FX (0,5) 25-49 %	B. 70. 7 35 100. 6. 70. 17 . 96. 10. 6
KJ 24, Wa	F (0) 0-24 %	2. Bump Passes in 10 seconds:
1 de 2	19. 60, 11. 1	- No successful passes were completed
111. 12. 3/11	13. 60 11 1 3 X	Spring semester
100 1 K 1 3 7	KU. 3. 300 Kr 2.	Midterm Control 1 – Basketball
900 Kr 3	"Excellent"	Dr. Wo 3 6 40. 15 36 40 60 40. 15 34
5. M. Kr	corresponds	1. Shooting (10 attempts):
10, 50, YM. K	1 St. 40, 60 7/11,	- 10 successful shots out of 10
W.O. 60 111.	A (4,0) 95-100 %	- 9 successful shots out of 10
F1, VS. 600"	A- (3,67) 90-94%	1/4 2, 1/4, 3, 20, 1/1 2, 1/4, 3 in 4/1.
K11, 53. 00	(3,01) 30 3470	2. Dribbling Without Visual Control:
2, 14,00	40 Kr 24 Wo	- Correct technique execution
St. 100	6, 10. 15 et, 40.	- One error is allowed
I st no	"Good" corresponds	0, 60,11,11, 17, 18, 18, 60,11,1, 1 3, 171, 19,
1, 1, 16, 1	19. 60 11. 1 . VAII.	1. Shooting into the basket:
11. 1 3 W	B+(3,33) 85-89 %	- 8 successful shots out of 10
90 Kr 2,		- 7 successful shots out of 10
5. 90. Kr	B(3,0) 80-84 %	- 6 successful shots out of 10
10 ×11. 11	B-(2,67) 75-79 %	- 5 successful shots out of 10
Va. 60, 717.	C+(2,33) 70-74 %	2. Dribbling without visual control:
13. 00. 14	1 3 411 03. 000	- One error is allowed
KU, 35. 390	"Satisfactory"	1. Shooting into the basket:
5, 14,00	corresponds	- 4 successful shots out of 10 attempts
26 Wo 80	C (2,0) 65-69 %	- 3 successful shots out of 10 attempts
1 24 00	C-(1,67) 60-64 %	- 2 successful shots out of 10 attempts
11, 4, 20		- 1 successful shot out of 10 attempts
1.4 2 KII.	Д+(1,33) 55-59 %	2. Dribbling without visual control:
o. 1/1 2, 12	Д- (1,0) 50-54 %	- Two to three errors are allowed
90. Kr 26	" Unsatisfactory "	1. Shooting into the basket:
60 Yn. 15	corresponds	- 0 successful shots out of 10 attempts,
1111111	FX (0,5) 25-49 %	- Task not completed.
vs. eqn. Yr. KT	F (0) 0-24 %	2. Dribbling without visual control:
, vg. og, '	13(0) 021/0	- Dribbling performed with errors.
174, 3:0 290.	K 2, 14, 3: 41	Midterm Control 2
5, 14,00	"Excellent"	Athletics
St. Wo Er	corresponds	1. Standing Long Jump:
1 ch. vs.	60 77. 77. 76, 79.	- Boys: 260 cm
11, 14, 10	A (4,0) 95-100 %	- Girls: 200 cm
1 2. M.	A- (3,67) 90-94%	- Boys: 255 cm
n. Kr 22"	(3,07) 50 5470	- Ullis. 193 Cili
40. KJ 24	1. 40, 15 S	2. Squats (quantity/minutes):
60 YM. 11	ch 40, 60 111.	- Boys: 60 times
60,11,41	15/71, VS. 600 11/K	- Girls: 37 times
VS. 500 1/F	1 3 M. 3. 30, 14	- Boys: 55 times
1, 3:000	K 2, My 3 6 40.	- Girls: 37 times
11/10 2:00 1/1/	"Good" corresponds), M 26 40, 60 m. 15 56, 40, 60, 11/12
SL "Wo " 60";	B+(3,33) 85-89 %	1. Standing Long Jump:
SK. Was En		- Boys: 250 cm
Skyma.et		- Girls: 190 cm
1 2, M. 3	B(3,0) 80-84 %	- Boys: 230 cm
T SKULUS	2 1 2 1 1 1 2 1 1 1 1 1 1 1 1 1 1 1 1 1	- Girls: 175 cm
10, KT 24	B-(2,67) 75-79 %	- Boys: 220 cm
W. W. W.	5 40. 60 112 1	15, 53, 50, 74, 13, 171, 30, 20, 14, 12, 11

KY SKULUS GOOD KA SKULUS GOOD KA SKULUS GOOD KA	Klusi Siegninik
ONTÚSTIK OAZAOSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АК	ая академия»
Center for Physical Education	64/11-2025
Working curriculum of the discipline (Syllabus) Physical education	14 page out of 20

1 1 5 TU 3	едицина академиясы» АҚ Center for	AO «Южно-Казахстанская медицинская r Physical Education	64/11-2025
Work	king curriculum of the discipli	ne (Syllabus) Physical education	14 page out of 2
A. eduktiki ski kna eduktiki skina eduktiki skina eduktiki	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	J. edu. kdu. kd. kdu. kdu. kdu. kdu. kdu. kd
Siegniky skrug.	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 %	- Boys: 35 times - Girls: 25 times 1. Standing Long Jump: - Boys: 245 cm - Girls: 185 cm - Boys: 205 cm - Girls: 150 cm - Boys: 195 cm	a.edu.kl sky
Chasedriky skuasedriky skuased	Д- (1,0) 50-54 %	- 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	igiedniki Skrigsegniki Skrigsegniki
KI SKULI ELEMINIS ELLINIS	"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)	r skugiso
Final control form	"Excellent" corresponds	Did not complete the task Autumn semester 1. Boys – push-ups (bending and extended prone position) – 32 times 2. Boys – pull-ups on the horizontal bar	90, Kr 2
Way Soldniki	A (4,0) 95-100 % A- (3,67) 90-94% "Good" corresponds	 1. Girls – sit-ups from lying on the bacl 2. Girls – squats – 35 times per minute - Push-ups (bending and extending arm 	, 29. 500.11
1 skirna. a.edi	B+(3,33) 85-89 %	- Pull-ups on the horizontal bar – 10 tin - Sit-ups from lying on the back – 30 tin - Squats – 30 times per minute	nes
sedniki sekusi	B(3,0) 80-84 %	 Push-ups (bending and extending arm Pull-ups on the horizontal bar – 9 time Sit-ups from lying on the back – 25 time Squats – 25 times per minute 	es V
Kug's equipied equit	B-(2,67) 75-79 %	 Push-ups (bending and extending arm Pull-ups on the horizontal bar – 8 time Sit-ups from lying on the back – 20 time Squats – 20 times per minute 	es
Mr. Kr. Sking. Bol	C+(2,33) 70-74 %	 Push-ups (bending and extending arm Pull-ups on the horizontal bar – 7 time Sit-ups from lying on the back – 15 time Squats – 15 times per minute 	es

KT 3 SKULUSIS SQUINKY SKRULS	Segnin K	SK KNOWS SO SUNIKY S	skusi si squik
	MEDISINA SKMA	SOUTH KAZAKHSTAN MEDICAL ACADEMY AO «Южно-Казахстанская медицин	ская академия»
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Working curriculum of	the discipline (Sylla	bus) Physical education	15 page out of 20

W.T. A.		r Physical Education	64/11-2025
11 K 3.	Working curriculum of the discipli	ne (Syllabus) Physical education	15 page out of 2
Tugiedn'k	"Satisfactory" corresponds C (2,0) 65-69 %	- Push-ups (bending and extending - Pull-ups on the horizontal bar – 6 - Sit-ups from lying on the back – 1 - Squats – 13 times per minute	arms) – 17 times times 13 times
K SKUGISE	C-(1,67) 60-64 %	 Push-ups (bending and extending Pull-ups on the horizontal bar – 5 Sit-ups from lying on the back – 1 Squats – 12 times per minute 	arms) – 16 times times 12 times
ogiedniki sk	Д+(1,33) 55-59 %	- Push-ups (bending and extending - Pull-ups on the horizontal bar – 4 - Sit-ups from lying on the back – 1 - Squats – 11 times per minute	arms) – 15 times times 11 times
Kr skug.egn	Д- (1,0) 50-54 %	 Push-ups (bending and extending Pull-ups on the horizontal bar – 3 Sit-ups from lying on the back – 1 Squats – 10 times per minute 	arms) – 15 times times 10 times
97.KT 8KU	" Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 %	Did not complete the task. Was absent from the lesson.	Egn'n' Ky Zkur
Rugiednik	"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%	Spring semester Boys: - Jumping Jacks (repetitions per mi - Pull-ups on the bar: 15 times Girls: - Squats: 45 times	inute): 85 times
97.KT SKWO	igiedi niki si skura.	 Sit-ups: 45 times Jumping Jacks: 80 times Pull-ups: 14 times Squats: 40 times Sit-ups: 40 times 	M.K. SKING. SKING.
a eardu.Kl	"Good" corresponds B+(3,33) 85-89 %	- Jumping Jacks – 75 times Pull-ups – 11 times Squats – 37 times Sit-ups – 37 times	Tug-5-617.17 17 24
K Skusisoog	B(3,0) 80-84 %	- Jumping Jacks – 70 times Pull-ups – 10 times Squats – 36 times Sit-ups – 36 times	Ky zkwa egn
21.K1 SK1	B-(2,67) 75-79 %	- Jumping Jacks – 65 times Pull-ups – 9 times Squats – 35 times Sit-ups – 35 times	grednikt zeku
kus egen egn.	C+(2,33) 70-74 %	- Jumping Jacks – 60 times Pull-ups – 8 times Squats – 34 times Sit-ups – 34 times	Kus segnin K
1/1/KT 2/KUS	"Satisfactory" corresponds C (2,0) 65-69 %	- Jumping Jacks – 45 times Pull-ups – 7 times Squats – 25 times Sit-ups – 15 times	iky skusis

«Онт	ONTÚSTIK OAZAOSTAN MEDISINA AKADEMIASY TYCTİK Қазақстан медицина академиясы» АҚ	MEDICAL	нская академия»
1	Center for Physi	cal Education	64/11-2025
W.	Working curriculum of the discipline (Sv	llabus) Physical education	16 page out of 20

	Working curriculum of the disci	ipline (Syllabus) l	Physical education	10 page out of 20	
a square edn'y	C-(1,67) 60-64 %	Pull-up Squats	g Jacks – 40 ti s – 6 times – 20 times – 20 times	mes sking ediliki ki	
·KT ZKWa eq	Д+(1,33) 55-59 %	Pull-up Squats	g Jacks – 35 ti s – 5 times – 15 times – 15 times	imes	
3.640.K1 5K2	Д- (1,0) 50-54 %	Pull-up Squats	g Jacks – 30 ti s – 4 times – 10 times – 4 times	mes was squared and a skur	
klusis egnik	"Unsatisfactory "corresponds FX (0,5) 25-49 % F (0) 0-24 %	- Did not	t complete the present at the	task e lessons	
Multi-point kno	wledge assessment syst	tem	ut at a	o. 60 111, 15 ch, vs. 6	
Grade by letter		ivalent	Percentage	Grade by traditional system	
A	4,0	Kit. VO. 0	95-100	Excellent	
A	3,67	3.1/1, 29.	90-94	2, Kur 3'6 90, Kr 26	
B+	3,33	1. 3. 40.	85-89	Good	
B	3,0	K 1 3 KU	80-84	Kr 2 2 Kly 3 in 9/11. Kr	
Barrow	2,67	1/4 1 5	75-79	The service sie 40. K	
C +	2,33	20 Kr 2	70-74	m. Kr 26 Wo 360 M.	
CT VS. 60	2,0	300, K	65-69	Satisfactorily	
C - 12	1,67	1:0 90. K	60-64	160 47. AT 2K WO 60	
D+ 2	1,33	3:000	55-59	1 56 M. KJ 2K W.	
D- 3, 77,	1,0	410 3:00 91	50-54	40 50 Mi. 15 2K. Wa.	
FX	0,5	The second	25-49	Unsatisfactory	
E. 11 2	0 10 10	24 May 8	0-24	24 War 60 Mr. 15 94	
11. Learnir	ng resources		60, 411. K	8/2 War 60 7/7 1/2 9	
including, but n limited to: data animation simular professional blowebsites, other electronic referent materials (for evideo, audio, di	ot -Pеспубликанся bases, http://rmebrk.kz lators, -Цифровая биб -Электронная биб -Эпиграф https://mbook.kz ample: -ЭБС IPR SMA	кая межвузой блиотека «Ак библиотека « - породинительной породинительной породинительной породинительной породинительной поравовая по правовая по правовая по правовая по правовая по породинительной по	вская электро nurpress» - <u>htt</u> Эпиграф» - <u>h</u> тал мул ww.iprbooksho система «Зан	» - <u>https://zan.kz/ru</u>	
Electronic textb	Game-Based Pe Learning Envirous - NY: Routledgo http://rmebrk.kz	ek et al. edagogy in Phonments. / Jer e, 2023 335 //book/118618 ndler et al.	ysical Educati oen Koekoek, 5- ISBN 978-0	on and Sports: Designing Rich Ivo Dokman, Wytse Walinga.	

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3. 000	Center for Physical Education	64/11-2025
3.	Working curriculum of the discipline (Syllabus) Physical education	17 page out of 20
Way.	Mike Cronin, Wray Vamplew Second edition - USA: F	Routledge, 2007.

0, 00, 11, 1	Center for Physical Education	64/11-2025
2. C. F. S.	Working curriculum of the discipline (Syllabus) Physical education	17 page out of 20
40 6 10. KT	26 W. C. M. W. C. W. C. M. J. C. C.	· 60 1111 1 3 K
Skuly Jesign Nik	Mike Cronin, Wray Vamplew Second edition - USA - 282- ISBN 978-0-415-41746-4.//	: Routledge, 2007.
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1 2/4, Wg. 60, 11;	of Physical Education: Учебник для студ. вузов. / Е.	А. Баженова, А.Ю.
17 94, Wg. 600	Гренлунд, Л.Я. Ковалева, А.В. Соколова 5-е изд.,	стереотип М.:
in skilling sec	Академия, 2012 352 с (Высшее профессиональн ISBN	ное образование)
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KI skria edu. KI skria edu. KI	Science and Education in XXI century., 2014 № 1 C.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	Gym (Fitness room), Gymnastics hall, Table tennis hall
Special programs Journals (electronic journals)	Kugi seginik i skula seginik i skula seginik
Literature	1. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayul Onalbek, 2. Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
13 Academic poli	icy based on the moral and ethical values of the Academy

STUDENT'S CODE OF HONOR

https://translate.google.com/website?sl=kk&tl=ru&ajax=1&prev=search&u=http://base.ukgf~a.kz/wp-content/uploads/2021/05

- 1. The student strives to become a worthy citizen of the Republic of Kazakhstan, a professional in the chosen specialty, to develop the best qualities of a creative personality
- 2. The student respects the elders, does not allow rudeness towards others and shows empathy for socially vulnerable people and takes care of them as much as possible.
- 3. The student is a model of decency, culture and morality, is intolerant of immorality and does not allow discrimination on the basis of gender, nationality or religion
- 4. The student leads a healthy lifestyle and completely abandons bad habits...
- 5. The student recognizes the necessary and useful activities aimed at the development of creative activity (scientific and educational, sports, artistic, etc.), to improve the corporate culture and image of the university.

Outside the walls, the student always remembers that he is

- a representative of a higher school and makes every effort not to drop his honor and dignity.
- 6. The student respects the traditions of the university, protects its property, monitors the cleanliness and order in the hostel
- 7. The student considers all of the listed types of academic dishonesty as incompatible with obtaining a quality and competitive education worthy of the future economic, political and managerial elite of Kazakhstan

14 Agreement, approval and revision Date of approval with Protocol No. 2 Head of the			he LIC	
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