Center for Physical Education

64/11-2024

Working Curriculum of the Discipline (Syllabus)

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Syllabus Physical Education Center Working curriculum of the discipline "Physical Culture" Educational program 6B10115 "Medicine"

1.	General information about the Course	ck of	(y. 60, 1/4, 1 2, 1/4, 3, 39)
1.1	Course Code: FK 1(2)106	1.6	Academic year: 2024- 2025
1.2	Course name: Physical Culture (main compartment)	1.7	Year: 2
1.3	Prerequisites: Physical Culture	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	10 00 11	1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1

Physical culture, as an academic discipline, mandatory for all specialties, it provides profiled physical readiness, education of a conscious need for a healthy lifestyle, is one of the means of forming a comprehensively developed personality, a factor in strengthening health, optimizing the physical and psychophysical state of students in the process of professional training.

3.	Summative evaluation form	K 2	40 50 M. B. 20 60
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 $\sqrt{}$
4.	Discipline objectives	Us Sp M	· 1 2 2 00 00 11 1 3

The purpose of mastering the discipline "Physical culture" is the formation of physical culture of the individual and the ability to use a variety of means of physical culture and sports to maintain health and self-preparation for future professional activities.

5. (Final learning out	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 evalu	ates 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					
duit	LO1	LO 1 - Applies in practice fundamental knowledge in the field of biomedical, clinical, epidemiological and socio-behavioral sciences.					
vg. Egl	LO2	LO 2 - Provides patient-centered care in the field of biomedical, clinical, epidemiological sciences, aimed at the diagnosis, treatment and prevention of the most common diseases					
	LO3	LO 3 - Performs professional duties efficiently based on self-control and					

continuous improvement of his activities.

maintain health and prevent diseases.

LO 14 - Conducts sanitary and educational activities to improve public health,



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6.2		ation (building, auditorium) hber of hours	Lectures	Prac. lessons	La	b.lesso	on	SIW	SIWT
7	Info	Information about teachers		120	70.10-	90,	X	- 5	40, 60, Mil
7. Nº	Full name		· 3.60 /1/1.	Degrees an	nd title	SQI	7/	Email addr	ess
1.	Ashi	irbayev Orynbasar Atyr	rhanovich	Head of th		rtment	,,	Ashirbaev1	2.73 @mail.ru
2.	Balg	rayeva Nurila gabaevna	2 SKULIS	Senior trai master's de	ner-teac egree	SK	77.	Shoraewa@	11. 17 St
3	Tuge	elbay Almas Nұrzhigituly	1 3 3K	Trainer-tea degree	, 401.1	naster's	Ś	Almas@ma	ail7 ru
8.	Class №	Topic name	Summary	Thematic p	LO disciplines	Number of hours	ed	ethods/ lucational chnologies	Forms / assessment methods
5	Kulo	Sie gr. Kt 2		emester	5	Mo		CO YVIN	1 ckn 2
47 K	1,41	Modern health systems and the basics of monitoring the physical condition of the body	characteristic health system means, assess physical deve and physical control diary	ns and sment of elopment health, self-	LO -1	7.KZ	on tec	chnologies	feedback (blitz survey)
Wg	2	Athletics. National games	folk "Belbeu tasta and night"	games: nu", "Day	LO -1			nall group ork	criteria and assessments ir athletics

OŃTÚSTIK QAZAQSTAN MEDISINA AKADEMIASY



«Оңтүстік Қазақстан медицина академиясы» АҚ 💛 АО «Южно-Казахстанская медицинская академия»

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U.K.L	J. 2/1/2	exercises	high hips, throwing the lower leg back, jumping	901.KT	1 5K	group work	assessments in athletics
edu	4	Short distance running	teach running with acceleration at 20m, finishing	LO -1	2	individual, group work	criteria and assessments in athletics
30.	5	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
51°	16 16	Short distance running	40m, 100m run, timed	LO-1	2	group work	assessments in athletics
4	77	Cross training	long distance running, endurance.	LO-1	25	in-line work	criteria and assessments in athletics
a.edu	8	High start, finish training	high start, hand work when running, finishing	LO-1	2	individual, group work	criteria and assessments in athletics
5,0	9	Cross	cross country running	LO-1	2	in-line work	criteria and assessments in athletics
SK	10	Relay race	team work, work in the "corridor".	LO-1	2	group work	criteria and assessments in athletics
6	11	Receiving and passing the baton	passing the baton in a column, in motion	LO-1	2 5	individual, group work	criteria and assessments in athletics
s.edi	12	Long jump	correct takeoff, point, landing	LO-1	2	Individual work	criteria and assessments in athletics
700	13	Preparation for the "Presidential Tests"	100m, jumping, strength exercises	LO-1	2	Individual work	criteria and assessments in athletics
	14	MT-1. Athletics	standing long jump	LO-1	2	Individual work	criteria and marks
8	15	Basketball rules	rules of the game and refereeing of basketball	LO-3	2 50	communic ation technologi es	feedback (blit survey)



MEDICAL ACADEMY AO «Южно-Казахстанская медицинская академия» 044/64-16

Center for Physical Education Working Curriculum of the Discipline (Syllabus)

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SKUG.	16	Movement techniques, jumping	running, jumping, breakaway, running backwards, running with cross steps	LO-1	2	individual, group work	basketball criteria and assessments
95	1 sky was en might		ball dribbling in a straight line, in a circle, with obstacles	LO-1	12 K	individual, group work	basketball criteria and assessments
segn.	18	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
10	19	Pass the ballon the move	Passing the ball in motion, in pairs, in columns	LO-2	2	individual, group work	basketball criteria and assessments
KT ST	20	Throw the ball into the basket	throw the ball from the chest, from the shoulder, in a jump	LO-1	52 SKM	individual, group work	basketball criteria and assessments
11	21	Relay races	relay races with basketballs	LO-2	2	small group work	basketball criteria and assessments
KWG.	22	Throw the ball into the basket with 3 steps	throwing the ball into the basket in columns from different points in the zone.	LO-1	, and	group work	
12 5	23	on the move	catching - passing the ball in motion at chest level, from the shoulder, with a rebound	LO-1	2 SKN	individual, group work	basketball criteria and assessments
19.500	24	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
13	25	One-sided educational game	dribbling, passing, throwing	LO-2	2 00	small group work	Basketball criteria and assessments
7. KJ	26	Ball possession technique	dribbling, catching and passing in motion, throwing the ball into the basket	LO- 1	2 KM	group work	Basketball criteria and assessments
14	27	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
Ug.	28	MT-2. Basketball	dribbling /1 min/. Throwing the ball from 2 steps	LO- 1	2	individual work	Basketball criteria and assessments
15	29	Educational game	technique of defense, attack, rules of playing basketball	LO -2	200	small group work	Basketball criteria and assessments
311.KZ	30	Final control	boys - pull-ups, push-ups girls - press, squats	LO- 1	200	individual work	criteria and marks

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1	31	4 semester Basic methods of	tasks, forms of	LO- 1	2	gommunicati	foodback (blitz
SKW5		self-study.	tasks, forms of independent classes, content of independent physical exercises.	SKU SKU	7. 19. 19. 19. 19. 19. 19. 19. 19. 19. 19	on technologies	feedback (blitz survey)
JU.KI	32	Volleyball. General concepts about volleyball	history of the development of volleyball in Kazakhstan	LO-1	2	communicati on technologies	feedback (blitz survey)
2600	33	Volleyball player's stance, movement	stand, run, lunges	LO- 1	2	individual, group work	criteria and assessments for volleyball
	34	Serving the ball from above	feed from above	LO- 1	2 0	individual, group work	criteria and assessments for volleyball
33 3	35	Lower reception - transfers	correct placement of arms, legs, lower reception and pass of the ball in pairs	LO-1	200	individual, group work	criteria and assessments for volleyball
gui	36	Upper reception - passing the ball	work in opposing columns, on the move	LO- 1	2	individual, group work	criteria and assessments for volleyball
4	37	Outdoor games	"potatoes", pioneer ball, relay races	LO- 2	2	role-playing games	criteria and assessments for volleyball
	38	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
5 HU.	39	Rules of the game	Defense and attack techniques. Rules of playing volleyball	LO-1	25	communicati on technologies	feedback (blitz survey)
KWg 19.60	40	National Games	"Boyga dop darytpau", "Anshy men uyrekter", "Kazan extra".	LO-1	2	role-playing games	criteria and assessments for volleyball
6 54	41	Receiving-passing the ball	receiving and passing the ball on the spot and in motion	LO-1	20	individual, group work	criteria and assessments for volleyball
egn;	42	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
7 .8	43	Rules and refereeing in volleyball	refereeing during a training game	LO- 1	2	group work	criteria and assessments for volleyball
	44	MT-1. Volleyball	serving the ball from above, receiving and passing from above	LO -1	2	Individual work	criteria and marks
8	45	Gymnastics.	learning to build in a column, line, rebuilding in columns, lines	LO -1	2	individual, group work	criteria and assessments for gymnastics

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Сеnter for Physical Education

Онтустік Қазақстан медицина академиясы» АҚ
О «Южно-Казахстанская медицинская академиясы» АСАДЕМУ
АО «Образ АСАДЕМУ» АСАДЕМУ
АО АСАДЕМУ
АО

6 page out of 16 Working Curriculum of the Discipline (Syllabus) 46 General physical GPT - strength, 2 group work criteria and LO -1 stretching and assessments for preparation flexibility exercises gymnastics 47 Rifles rolling, stretching LO -3 individual criteria and exercises assessments for work gymnastics 48 Forward somersault swing, somersault LO -1 2 individual. criteria and forward, backward assessments for group work gymnastics individual. 49 Teach somersaults LO -1 2 criteria and teach starting assessments for back and forth work positions, gymnastics somersaults, grouping 50 Shoulder stand starting position, LO -2 2 individual criteria and assessments for somersaults, tuck work gymnastics 11 Bridge and teach balance, 51 LO -1 individual criteria and scapular stand. shoulder stand assessments for work gymnastics transition to half-split 52 Acrobatic training forward somersault, LO -2 Individual criteria and assessments for backward somersault, work gymnastics shoulder stand, half split, bridge individual 53 Running training teach running and LO -1 2 criteria and work assessments for jumping onto the gymnastics bridge. individual 54 Take-off Push LO -1 Goat crossing run. criteria and from gymnastic assessments for work bridge. Crossing the gymnastics gymnastic goat. Landing gymnastics mat Take-off run. Jump LO -1 Individual 55 Vault - legs criteria and onto a gymnastic assessments for bent work gymnastics bridge. Jumping on a bridge with your legs bent. LO -2 56 Vault Take-off individual criteria and run. assessments for jumping onto work gymnastics gymnastic bridge. Crossing gymnastic goat. 57 Strength exercises LO -2 criteria and exercises with a 2 small assessments for gymnastic bench group gymnastics **GPP** work LO- 1 58 MT-2. Gymnastics girls - two forward individual criteria and somersaults, shoulder marks work stand, bridge, half split. Vault with legs apart. boys - long forward somersault, back somersault. headstand with support. Jump over a goat without support,

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1,00	S.	117.	11 9/1 00.	legs bent	160, 30	90, 1	6 5 10	Un 3 60 711.	
SKIN	15	59	Preparing for the	standing long jur	np, LO -4	2	individual	check list	S

15) e	59 60	Preparing for Presidential Triple Final control	Tests pull-u exerci		LO -4	2	individual work individual	Spirit Si
1 5/4	SKI	Filial Collitor	(minu Pull-u girls-		LO -4	360	work	marks
9.			hing methods	1 4 00	· CON	J.H.	2 Kui	3. Op. Kr
9.1	Practical lessons SIW / SIWT		games. Work in small: Communication / discussion / -	-line exec groups - ¿ in technolo question o ames - co	rution of group sp ogy- and ansy onductin	f tasks during ports and outd wer during as g the prepara	7 29 1/10	
9.3			Passing standards for sports. Assessing the knowledge and sk of students obtained as a result of studying sports: the student must fulfill control standards. The student is allowed to take midterm control when attendin practical classes and completing all assignments in class. If a student misses practical classes by 30% or more or fails t complete assignments during practical classes, the student is				oorts: the student ol when attending ents in class. or more or fails to	
	- / -				Tal			
9.5	Fina	l control	7. KT 2 KKU	allowed to take Differentiated t physical fitness The minimum	testing – a s. Passing	acceptar the "Pr	nce of control esidential Tes	sts"
10.	Eva	luation criteri		Differentiated t physical fitness The minimum	testing – a s. Passing score for	acceptar the "Pr a positiv	nce of control esidential Tes	sts"
K1 3.	Eva Crite Nan	luation criteri eria for evaluat		Differentiated to physical fitness. The minimum segment of the	testing – a s. Passing score for e disciplir	acceptar the "Pr a positiv	nce of control esidential Tes	sts"

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90.	11 ST	Vorking	Center for Place Curriculum of the Dis	hysical Education cipline (Syllabus)	7:4 3K/10	044/64-16 8 page out of 16	
LO2	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).	
LO3			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	
10.2	Criteria for	asses	sing teaching me	thods and technol	ogies	10 60 YN: N	
Practic	Check list for students of the mail Practical lessons		95-100 %	the motor mode, kno exercises, knows the and 10-9 exercises, k Sports uniform meet participation in class given exercises, help	afety precautions and ows 10-9 special preportion of exercises in knows all independents the requirements of ses, correct execution os the trainer-teacher ry, using examples from the ses, correct execution of the trainer-teacher ry, using examples from the ses, correct execution of the trainer-teacher ry, using examples from the second control of the	aratory athletics the MHG complex t forms of PE the Center, active of the technique of in classes. Keeps a	
ig equi			3) 85-89 % 80-84 % 7) 75-79 % 3) 70-74 %	The student observed compliance with procedure for complex and perspecial preparator basic independent the basics of runni participates in ocompetitions, uses conditions	ves safety precautio the motor regime nducting exercises forms 8-5 exercises athletics exercise forms of physical tag, jumping, throw utdoor games, restactions	e, follows the s in the UGG es, applies 8-5 ses, applies the training, masters ring techniques; elay races and in competitive	
egn.V			sponds 65-69 % ') 60-64 % 3) 55-59 %	Systematically independently prepares and condu UGG complex of 4-1 exercises, technically comp performs elements of an athletics obstacle course running, jumping, throwing and elements of athle relay races, outdoor and national games.			
SKW9.	is egging	" Uns corres FX (0,	atisfactory " sponds 5) 25-49 % 0-24 %	not complete assign Does not attend cla	sses without good i	reason	
Volleyb	oall "	'Excel A (4,0)	lent" corresponds) 95-100 % 7) 90-94%	Successfully fulfills physical training requirements, uses assessment criteria to judge the mastery of technique and tactics of motor action. Knows the methodology of conducting control exercises to determine the level of development: endurance, speed and flexibility of those			

«Оңтүстік Қазақс	OŃTÚSTIK QAZAQSTAN MEDISINA AKADEMIASY тан медицина академиясы» АҚ	SOUTH KAZAKHSTAN SKMA -1979117. ACADEMY AO «Южно-Казахстанская медицинская академия»
90. Kr 3		Physical Education 044/64-16
10 × 10.	Working Curriculum of the Di	
us er egn k	1 K 2 Kwa secon K	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
ON THE SKING SKING	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	Fulfills physical training requirements, uses criteria to judge the mastery of motor action techniques. Knows the methodology of conducting control exercises to determine the level of development: endurance, speed and flexibility of those playing volleyball, evaluates the performance of special preparatory exercises aimed at mastering the technique and tactics of playing volleyball. Completes tasks with 2-5 minor errors.
skus egn; vos egn; secepti;	"Satisfactory" corresponds С (2,0) 65-69 % С-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	Fulfills physical training requirements, masters the methodology of conducting control exercises to determine the level of development: endurance, speed and flexibility of those playing volleyball, evaluates the performance of special preparatory exercises aimed at mastering the technique and tactics of playing volleyball The task was completed with 2-5 gross errors.
X1 SKING	" Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 %	The student passively participates in classes and does not complete assignments. Does not attend classes without good reason
Gymnastics	"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%	Independently organizes the place of classes, selects tools and equipment, and applies them in specific conditions. Monitors the progress of exercises and sums up the results. Movements or individual elements are performed correctly in compliance with all requirements without errors, freely, clearly, confidently, together, with excellent posture. Can understand the movement, explain how it is performed, and

	1 (0) 0-24 /0	
Gymnastics	"Excellent" corresponds	Independently organizes the place of classes, selects tools
	A (4,0) 95-100 %	and equipment, and applies them in specific conditions.
200 YOU 1	A- (3,67) 90-94%	Monitors the progress of exercises and sums up the results.
0. 60 (1) (1)	K. 33. 30. 1	Movements or individual elements are performed correctly in
VS. 500 / K	3. 14, 3:0 40.	compliance with all requirements without errors, freely,
14, 5: 40. K	St 100 80 y	clearly, confidently, together, with excellent posture. Can
L. W. S. 111.	11 94 00, 00	understand the movement, explain how it is performed, and
ch. vs. 60.	1 2 KIL 3.	demonstrate it in non-standard conditions. Can identify and
3 1/11 23. 20	1. Kr. 2, My	correct the mistakes of other students and confidently fulfills
2 2 Mg 2.00	40. KJ 24. W.	training standards.

"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	Organizes the place of study mainly independently, with only minor assistance, makes minor mistakes in the selection of funds, monitors the progress of activities and sums up the results. Acts in the same way, but made no more than 1-4 minor mistakes.
"Satisfactory" corresponds C (2,0) 65-69 %	More than half of the types of independent activities were completed with the help of a trainer-teacher or did not perform one of the points. The motor action was performed

feels constrained and insecure. Q+(1,33) 55-59 % There is no logical sequence, there are gaps in knowledge of Д- (1,0) 50-54 % the material, there is no proper argumentation and the ability to use knowledge in practice The student passively participates in classes and does not " Unsatisfactory '

complete assignments. corresponds Does not attend classes without good reason FX (0,5) 25-49 %

F (0) 0-24 %

C-(1,67) 60-64 %

'Excellent" corresponds

A (4,0) 95-100 %

'Good" corresponds

80-84 %

B+(3,33) 85-89 %

B-(2,67) 75-79 %

C+(2,33) 70-74 %

B(3,0)

A- (3,67) 90-94%

Basketball

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.

correctly, but one or 1-4 serious mistakes were made, and he

The motor action is performed correctly, but not easily and clearly enough, and some stiffness of movements is observed. 1-4 minor errors in the main phase or up to two significant ones in the preparatory and final phases The task is completed with some tension, does not have enough confidence in using the material, demonstrates the level of mastery of basic skills in specifically physical

C AUT II	Working Curriculum of the Di	scipline (Syllabus)	10 page out of 16
60,11,1	The St. Sop. H.	exercises	40 CP 717:
Соггеsponds С (2,0) 65-69 % С-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 % " Unsatisfactory " соггеsponds FX (0,5) 25-49 %		The motor action was performed mostly correctly, but one gross or several minor errors were made, leading to uncertain or tense execution. 1-4 gross errors in the main phase of the technique and several significant distortions in the remaining phases, the motor action was performed with gross violation of technique or numerous minor errors. The task was not completed accurately enough, with great stress, minor errors were made, and demonstrates a low leve of mastery of basic skills in special physical training. The student passively participates in classes and does not complete assignments. Does not attend classes without good reason	
Form of midterm	F (0) 0-24 % "Excellent" corresponds	Autumn semester	7, 00, 00,
control	A (4,0) 95-100 % A- (3,67) 90-94%	7 2 My 2 90 M 1 26 Mg 36	
L SKINARA J.K. SKINARA R. SKINARA SK	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	One error allowed Autumn semester M 1. Athletics 1. Standing long jump Boys -245-230 cm Girls -185-170 cm 2. Squats (number/min) Boys - 55-40 times Girls -34-26 times M 2.Basketball 1. Dribbling/1 min) 8 hits out of 10 opportunities 7 hits out of 10 opportunities 6 hits out of 10 opportunities 5 hits out of 10 opportunities 2. Dribbling the ball without visual control One error allowed Spring semester M1.Volleyball	ing edu. Kr. skrige skrige edu. Kr. skrige edu

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Working Curriculum of the	or Physical Education	11 page out of 1
Working Curriculum of the	1 Overhead serves out of 10 possibili	
" SE " WO SE " "	8 hits out of 10 opportunities	iles (1)
56 47. 15 St. Via. 60	7 hits out of 10 opportunities	1 3. 111, 3.0 %
10, 60 111-11 The SAL, 29, 60	6 hits out of 10 opportunities	
30 / 1 2. KU, 3.	5 hits out of 10 opportunities	
1, 5's 40, AT 26, We	2. Receiving the ball from below (in 1	10 seconds)
U & S. 17. 15 3/2 V.	8 receptions and passes without losing	
F. WO. 68, 11-1-17 YEV	7 receptions and passes without losing	
F1, -3. 300 / F1 2, 10	6 receptions and passes without losing	
14, 4° 90, 15 24	5 receptions and passes without losing	
SL "WA SO YOU, IN	M 2. Gymnastics	Sold Fr
8/2, Vo. 60, 11/6, 1	1. Two forward somersaults, shoulder	r stand, bridge, half-
1. 14, 29. 300 14	split - girls,	, , , , , , , , , , , , , , , , , , , ,
K 2 1/4, 5: 40.	Long forward somersault, back some	rsault, headstand with
10. AT 122 WO 62 M	support- boys.	
M. 17 % vs. 00	2. Vault jump legs apart-girls,	2, 11/1, 2:
80 111 1 121 20.	Jump over a goat without supports, be	ending vour legs - hov
7. 30, 1K, 2, 14, 2's	Two mistakes are allowed	
30 M. 1 84. Vo.	Three mistakes allowed	14 3 10
100 60 Mil. 15 CA, V	Four mistakes allowed	
F. VS. GO. "I'A" 2 TO.	Five errors allowed	M. M. &.
"Satisfactory"	Autumn semester	6 717. 17. 9
corresponds	M1. Athletics), 60, "Fr. 1 3
C (2,0) 65-69 %	Standing long jump	3. 300 . Kr
C-(1,67) 60-64 %	Boys -21\25-210 cm	412 YOU
С-(1,67) 60-64 % Д+(1,33) 55-59 %	Girls -165-150 cm	. Va. 60, "11.
Д+(1,33) 55-39 % Д- (1,0) 50-54 %	Squats (number/min)	9th. 39. 000.
μ- (1,0) 30-34 /0	Boys - 35-20 times	1/21. Jin 24
M. M. Ch. 29. 00,	Girls -23-14 times	2, 14,
0,11,1	M2. Basketball	
290 Kr 25 W	1. Dribbling/1 min)	·, 17 . 96, 29.
30 M. 1 84 W.	4 hits out of 10 opportunities	The same
00 60 717, 15 9A, 7	3 hits out of 10 opportunities	
VS. PO. 11/4 1 2 1/2	2 hits out of 10 opportunities	10.10 ch
KI, SI SON AN SI	1 hit out of 10 opportunities	E 111. 11.
2, 14, 50, 10, 10	2. Dribbling the ball without visual co	ontrol
St. 10 60 111. 11.	Two or three mistakes are acceptable	3. Mr. Kr
7 75 VS. 602 11/4	Spring semester	Un 3:02 417. 1
1 2 M. 3, 30, 19, 1	M1.Volleyball	L. Wa. 60 "11"
1. Kr 2. "W. 3 E. Yn.	1 Overhead serves out of 10 possibili	ties
40. 15 84. WO. 60 TO	4 hits out of 10 opportunities	3 1/11, 35, 29
× 7/1, 1 5/7, 79, 90	3 hits out of 10 opportunities	
50, 114, 1 3, 17U, V.	2 hits out of 10 opportunities	
" Sp. 16 22 " Wes	1 hit out of 10 opportunities	1. 1. 1. 1/2 VS
1, 20, M. T 24, WO	2. Receiving the ball from below (in	
40 6 7/1-11 SA	4 receptions and passes without losing	g the ball
Th. 3. 10, 14, 1 2, 10	3 receptions and passes without losing	g the ball
2 KU, 3 , 40, Kr 24	2 receptions and passes without losing	g the ball
2, W, E, Y), V	1 pass reception without losing the ba	W. O. 'A.
Ch. Vo. 60, "11/2"	M 2.Gymnastics	
1. 1. 14, vs. 30, 14.	1. Two forward somersaults, shoulder	r stand, bridge, half-
1/4 3. KU, Vio 40, 1	split - girls,	H. WO. 60, "1"
90. Kr 22. 400 × 600 ×100	Long somersault forward, somersault	back, headstand with
11. 11 ch vo. 60	support -boys.	1 2. My 5. S
80,111,11	2. Vault jump legs apart-girls,	1 3 WO 6
1. On the 2, My "in	Jump over a goat without support, be	nding your legs - boys
ar you was str you	Six errors allowed	1.4 3 1/11, 3
20 60 M. 17 34, 24	Seven errors allowed	
7. 3. 1. 1. 2. 1. 1.	Eight errors allowed	11. 11 ch
M. J. M. M. D. DE	Nine errors allowed	ev
"Unsatisfactory "	Autumn semester	· 000 / Fr 2,
corresponds	M1. Athletics	J. 10. K
	1. Standing long jump	
FX (0,5) 25-49 %	1. Standing long family	

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70 Kr 2,		Physical Education	044/64-16 12 page out of 16
-90, Ar 3	Working Curriculum of the Di		12 page dat of 10
10. M	F (0) 0-24 %	Boys - 200-190 cm Girls -145-140 cm	Tru, 3:000
, 60 Mi, 11	1 ch 20. 60.	2. Squats (number/min)	2, 14, 20, 11,
Vs. 80, "1'	1. 41 2. 00	Boys - 15-10 times	
1, 3, 000	7 2. My	Girls -11-9 times	
16, 3, 29	of the services	M2. Basketball	1. 1. All va.
	10. 15 St. Vio.	1. Dribbling/1 min)	
	6, 77. 15 et 2	0 hits out of 10 possibilities	
	. 60 "1'F" 1" 2 KI	2. Dribbling the ball without visual con	ntrol
	V. 600 1 Kr 23.	Dribbling the ball with errors	26 ×11. 11 G
	1, Joseph Kr 3	Spring semester	(a. 60, 11). L. 1.
	1 410 Sign 417. KJ	M1. Volleyball	Vg. 500 11/4
Yn. K	Sp. Wo. 60 717.	1. Overhead serves out of 10 possibilit	
60 YO. 11	ck, vs. 80, 11;	0 hits on the court out of 10 opportunit	les O secondo)
o. 60, "1'L	1 2/4, 29. 000	2. Receiving the ball from below (in 19 Failure to receive and pass the ball	o seconos)
Vg. 60, 11	1 3 160, 30, 39	b 2. Gymnastics	
71, 35, 390,	The similar	1. Two forward somersaults, shoulder	stand, bridge, half-
KU Zie ?	In. AT SL WO	split-girls,	17 1
	11. 17 ch 20	Long somersault forward, somersault l	oack, headstand with
	6 M. 1 96,	support - boys.	
) 60 "1'K" 1 3 M	2. Vault jump legs apart-girls,	5 M. M. SK
in I skill	3. 30, 1/ 2,	Jump over a goat without support, ben	ding your legs - boys.
	U. J. O. M. M.	More than 10 mistakes were made,	Va. 60, 11.1.
anl gontual factor	"Evgellest" severe	Didn't complete the tasks	, V3. 50, 17.
nal control form	"Excellent" corresponds	Autumn semester 1. Boys - flexion, extension of arms in	a lying position 10-25
260 M. 11	A (4,0) 95-100 %	times	a Tyllig position 40-55
10, 60, 111.	A- (3,67) 90-94%	Boys pull-up on the bar - 14-13 times	
, VS. 600	H 1 3 M. 3. 09	2. Girls - lifting the body from a supine position 45-40 times	
1711, 35, 390	Kr Si Mis	Girls -squats 45-40 times per minute	is at any
S. 1410 Sie	41), KT 24, Wo.	Spring semester	11,41, 38
	10. 11 ch vo	Boys - Burpees (number per minute) 2	9-27 times
	SO, 117. 17 SKI,	Pull-ups on the bar 17-16 times	
	91 802 11 1 2 M	Girls - Squats 50-45 times	10. 11 34
1.4. 1. 3. M.	100 100	Raising the body - press 50-45 times	20 10 11
	"Good" corresponds	Autumn semester 1. Boys - flexion, extension of arms in	a lying position 22 22
	B+(3,33) 85-89 %	times	a Tyring position 32-23
10. M	B(3,0) 80-84 %	Boys pull-up on the bar-12 - 8 times	The single
11, 11/4	B-(2,67) 75-79 % C+(2,33) 70-74 %	2. Girls - lifting the body from a supir	ne position 35-20 times
Vs. 80."1"	G (2,33) 70-74 70	Girlssquats 30-15 times per minute	, 2L W. Sp.
, vg. ogr.	A 2, 10, V.	Spring semester	T 34, 20, 6
16. 3: M	Mr 22 160 56	Boys - Burpees (number per minute) 2	5-18 times
2, 14, 2:	Mr. KT 24. Wa.	Pull-ups on the bar 14-11 times	11. 1 3 MU.
	10 11 CH 15	Girls Squats 40-33 times	
	"Cotiafa at a	Raising the body - press 40-33 times	Jan. Ar EL
	"Satisfactory"	Autumn semester 1. Boys - flexion, extension of arms in	a lying position 20 11
11. 1 3 10	corresponds	times	a tyring position 20-11
	C (2,0) 65-69 %	Boys pull-up on the bar-7 -4 times	VS. 602" 14
	C-(1,67) 60-64 % Д+(1,33) 55-59 %	2. Girls - lifting the body from a supi	ne position 15-5 times
10. M. V	Д+(1,33) 55-59 % Д- (1,0) 50-54 %	Girlssquats 15-5 times per minute	10, 30, 30
, 60 "11'L"	μ- (1,0) 50-54 /0	Spring semester	
Vs. 50, "17	1 3 46, 35, 29,	Boys - Burpees (number per minute)10	6-8 times
11. 55. Ogn.	The Similar	Pull-ups on the bar 9-3 times	11 24 20.
11/11/2 2:00 1/	DI KT 24 WO. 6	Girls - Squats 30-15 times	" NU 3
	10, 15 4, 20.	Raising the body - press 30-15 times	, A 2, W
		Autumn semester	1111 111 111 111
2, churasic	" Unsatisfactory "		Va. K. 2. "V
J. SKULD'S	corresponds	1. Boys - flexion, extension of arms in	a lying position 8-5
KT SKULDING			a lying position 8-5

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kus egnin K	Kr Zekusisegnik	Girls -squats -3-1 times Spring semester Boys - Burpees (number Pull-ups on the bar 2-1 t Girls - Squats 10-5 time Raising the body - press	r per minute) 4-1 times imes es
Multi-point knowledge a Grade by letter system	ssessment system Numeric equival	ent Percentage	Grade by traditional system
Oracle by letter system	of points	ent rercentage	Grade by traditional system
A	4,0	95-100	Excellent
A-) 1	3,67	90-94	1 26 Mg 3 60 M. M
B+	3,33	85-89	Good
В	3,0	80-84	D. Kr 24. Wo 60, 411.
B)-	2,67	75-79	1971, 15 2/2 Wa. 60,7
C+	2,33	70-74	B. M. T. H. W. E.
C	2,0	65-69	Satisfactorily
C-	1,67	60-64	40. 60 Mil. 1 5/1, 3
D+	1,33	55-59	1 Vs. 600 11 14 1 2 1/21.
D- FX	1,0 0,5	50-54 25-49	Unsatisfactory
F	0	0-24	Ulisatisfactory
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- 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

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