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

1.1	Course Code: FK 1(2)106	1.6	Academic year: 2024- 2025
1.2	Course name: Physical Culture (preparatory department)	1.7	Year:1
1.3	Prerequisites: Physical culture within the framework of educational programs of secondary, technical and vocational education	1.8	Semester: 1-2
1.4	Post-requisites: Physical Culture	1.9	Number of credits (ECTS): 4
1.5	Cycle: GED	1.10	Component: IC
2.	Description of the discipline	. 60	1 2 KU 3 90 K

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	-11	541, 50. 60, 1/4 1 2, My
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 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.

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5.	Learning outcomes (Course learning outcomes disciplines)
LO1	Uses practical skills to preserve and improve health, develop and improve physical
$\forall O$.	qualities
LO2	Applies methodological approaches to mastering physical exercises in the process of
	independent training using health-saving technologies
LO3	Uses safety rules in physical education and sports classes
LO4	Monitors and evaluates the level of physiological condition, physical and functional
SK, 1	readiness.

Sk. Wo	6B10115 "Medicine"
LO ST	GP learning outcomes with which LO disciplines are associated
disciplines	W. Se M. N. & W. Sp. W. Sp. 17. 17. 47. V3. Sp. 14. 2. 1
LO 1 9	LO1. Applies in practice fundamental knowledge in the field of biomedical,

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29.	70	clinical, epidem	- AV N. V.			K.) 1111.		3.00	
LO 2), o	LO2. Provides p							
	√9.	epidemiological sciences, aimed at the diagnosis, treatment and prevention of the most common diseases							
LOS	(1)		(\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	C I	1 5	10 (1 4	60, 77, 14	1-11-0	
LO 3	KU,	LO5. Demonstra			\		agnosis, pre	escribing a	
LO 4	2	treatment plan b			~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~		o ctrongthon	the bealth	
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6.2			Lectures	Prac.	SK)]	Lab.less	SIW	SIWT	
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7.	Info	ormation about teac	hers	0 20	70.1	W st	, Wa. 60	July 11	
No	Full name			Degrees and title			Email address		
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8.	7/7	Tonia mama		nemat	ic plan	977. K	Tooching	Forms	
	Son	Topic name	Summary		ii	er	Teaching technolog	Forms / assessme	
SK.	SSI		19. 600 11		LO disciplin	Number of hours	(L/ 9	nt	
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11	1	Physical culture as	History of	the	LO-3	2	communi	feedback	
J≠ 1	D. W.	an academic	developmen		10-5	5K1, X	cation	(blitz	
1.Kr	1 5	discipline in the	C. C		M. K	1 54	technolo	survey)	
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eori	6 C	Athletics.	requirement and str responsibilit	s udent ties.	LO -2	2 sking	small	criteria a	

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19.6	s.eqn	National games	"Belbeu tastau", "Hunters", Tyrnalar"	Kug.	go di	group work	assessments in athletics
2	3	Training in special running exercises	teach running with high hips, throwing the lower leg back, jumping	LO -4	2	individual , group work	criteria and assessments in athletics
egn	4	Short distance running training	teach running with acceleration at 20m, finishing	LO -4	2	individual , group work	criteria and assessments in athletics
SKU SKU	5	Low start and take off training	teach a low start, the correct placement of arms and legs, teach a takeoff run.	LO -1	2 e 0 e 4	individual , group work	criteria and assessments in athletics
s'eq	6	Short distance running	Running for 100 m. 13.5 - boys, 16.5 - girls	LO-1	20		criteria and assessments in athletics
40	7.0	Cross training	teach long- distance running, proper breathing	LO-1	2		criteria and assessments in athletics
147	8	High start and finish training	teach the correct placement of arms and legs, teach finishing	LO-1	2	individua l, group work	criteria and assessments in athletics
5	9	Long distance cross running	running for 1000 m, 3000 m - taking into account the time	LO-4	2	1 1 1 7	criteria and assessments in athletics
	10	relay race training	teach to work in a team, work in the "corridor"	LO-1	2		criteria and assessments in athletics
6.1	113	Working with a baton	passing the baton in a column, in motion	LO-1	2 50	individua l, group work	criteria and assessments in athletics
Ja. S.	12	Long jump training	teach the correct takeoff, point, landing	LO-1	2	Individu al work	criteria and assessments in athletics
700	13	National games	National games: "Day-night","Call number", Fishermen and fish"	LO-1	2 ed	role- playing games	criteria and assessments in athletics
17.	14	MT-1. Athletics	standing long	LO-1	2	Individu	criteria and

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Learning to throw

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2.6	70	C St. Vio.	jump, squats	·Vg. (0, "1,	al work	marks
8 1 1 1, km	15 4 na.	Basketball. General concepts about basketball	a summary of the development of basketball in the Republic of Kazakhstan. basketball rules	LO-3	2,0°0	communi cation technolog ies	feedback (blitz survey)
edi.	16	Teaching movement techniques, jumping	Running backwards, with cross steps, when running with your back, be sure to look over your shoulder	LO-1		individua l, group work	Basketball criteria and assessments
9	17	Ball dribbling training	teach ball dribbling in a straight line, in a circle, with obstacles	LO-1	25k	individua l, group work	Basketball criteria and assessments
	18	Training in catching - passing the ball	teach catching - passing the ball at chest level, from the shoulder, with a rebound	LO-1		individua l, group work	Basketball criteria and assessments
0	19	Learning to pass the ball on the move	Passing the ball in motion, in pairs, in columns	LO-2	256	individua l, group work	Basketball criteria and assessments
rus s.e.	20	Training to throw the ball into the basket	teach to throw the ball from the chest, from the shoulder, in a jump	LO-1	2	individua l, group work	Basketball criteria and assessments
1	21	relay races	relay races with basketballs	LO-2	2	small roup work	Basketball criteria and assessments
	22	Броски мяча в корзину с Зх шагов	Execution in columns, from different points	LO-1	2		Basketball criteria and assessments
2 2 1	23	Learning to catch, pass the ball on the move	teach catching - passing the ball in motion at chest level, from the shoulder, with a re bound	LO-1	2	individua l, group work	Basketball criteria and assessments

teach to throw the LO 2

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Individu

Basketball

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US.	g.edn	the ball into the basket with 2 steps	ball from 2 steps, on the move	KWg.	g.edl	al work	criteria and assessments
13	25	One-sided educational game	dribbling, passing, throwing	LO-2	2	small group work	Basketball criteria and assessments
iodi N.K	26	educational game	rules of playing basketball, safety precautions during the game	LO- 1	2	group work	Basketball criteria and assessments
14	27	National games with elements of basketball	"Hunters and Hares", "Ball in the Basket", "Shooter"	LO- 1	2	role- playing game	Basketball criteria and assessments
41. K	28	MT-2. Basketball	Throwing the ball into the basket. Dribbling the ball without visual control	LO-1	2	individu al work	criteria and marks
15	29	Sport games	Mini football, volleyball	LO -2	2	small group work	Basketball criteria and assessments
18 18 18 18 18 18 18 18 18 18 18 18 18 1	30	Final control	boys - flexion, extension of arms in a lying position, pull-up on the bar girls - lifting the body from a supine position, squatting	LO-1	SKUL SKUL SUL SUL SEGUL	individu al work	criteria and marks
<i>y</i> -	Vio.	60 M. T. T. Ch.	2 semestr	2. 11	1 20.	90. Kr	21/1/00 6
5917 1.157 1.634	31	Fundamentals of a healthy lifestyle	Health: basic concepts, essence, content, criteria, health factors that make up a healthy lifestyle	LO- 3	SKII	communicat ion technologi es	feedback (blitz survey)
SKU.	32	Volleyball. General concepts about volleyball	a summary of the development of volleyball RK., the rules of the	LO-1	2	communica tion technologie s	(blitz survey)

game

teach

volleyball stance,

jumping, running

running,

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Volleyball player

stance

movement

training,

LO- 1

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US. S.	s. equ	MYKT SKILLIS	backwards, running with cross steps	Kug.	g. egn.	MY SKU	rus es egn.
ST XX	34	Feeding training from below, from the side	serving the ball from below in the line, against the wall, near the net	LO-1	2 a. skrive	individua l, group work	criteria and assessments for volleyball
3	35	Training in lower reception - transmission	teach the correct placement of arms, legs,lower transmission and reception in a pair	LO- 1	2	individua l, group work	criteria and assessments for volleyball
W. K.	36	Learning to receive - pass the ball from above	in oncoming columns, on the move	LO-1		individua l, group work	criteria and assessments for volleyball
4 0	37	Outdoor games	"Protection of the town", "Don't give the ball to drop-well"	LO- 2	2	role- playing games	criteria and assessments for volleyball
3.12	38	Ball possession training	giving the ball, receiving-passing the ball on the spot and on the move.	LO- 1	2 Skring	individua l, group work	criteria and assessments for volleyball
20. E	39	Teaching the rules of the game	Rules of the game. Volleyball playingtechnique. Tactics of defense and attack.	LO-1	2.4	communica tion technologie s	(blitz survey)
1 3	40	National Games	"Salk hugs", "Kangaroo"	LO- 1	Skills	role- playing games	criteria and assessments for volleyball
6.	41	Receiving- passing the ball	receiving - passing the ball from below, receiving - passing the ball from above	LO-1	2 5	individua l, group work	criteria and assessments for volleyball
SKIS	42	One side educational game	serves,receptions, games in threes	LO- 2	2	small group work	criteria and assessments for volleyball
7	43	Submission of the ball from below	ball delivery from below, from the	LO- 1	2	group work	criteria and assessments

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6	9	Working Guirret	side	bus) i ilysica	di Guiture	1 5	for volleyball
SKU,	44	MT-1. Volleyball	Serving the ball from below. Receiving the ball from below	LO -1	2	Individual work	criteria and marks
8	45	Gymnastics. Build and rebuild training	learning to build in a column, line, rebuilding in columns, lines	LO -1	2	individua l, group work	criteria and assessments for volleyball
Wg.	46	GPP	stretching exercises, flexibility	LO -1	2	group work	criteria and assessments for volleyball
9	47	Preparing for the Presidential Tests	Strength training, press	LO -4	2	individual work	criteria and assessments for volleyball
90'K	48	Acrobatic training	rolling training. stretching exercises	LO -1	25	individual, group work	criteria and assessments for volleyball
10	49	Teach somersaults back and forth	Teach starting positions, somersaults, grouping	LO -1	2	individu al, work	criteria and assessments for volleyball
7.K7	50	Shoulder stand training	teach balance, stand on the shoulder blades, transition to half twine	LO -2	2 Sking	individu al work	criteria and assessments for volleyball
11	51	Training for the transition to half twine	stand on the shoulder blades, bending the leg transition to half twine	LO -1	2	individu al work	criteria and assessments for volleyball
1.47	52	Acrobatic training	Somersaults forward ,backward, stand on the shoulder blades, transition to half twine	LO -2	SKUL	Individu al work	check list
12	53	Goat jump training	Take-off run. Dismount onto a gymnastic bridge. Crossing the gymnastic goat. Landing.	LO -1		individu al work	check list
JU.K.	54	Takeoff training	teach takeoff run, jump onto the	LO -1	2 54	individu al work	check list

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	, YO	17 ch 20.	bridge.	~3·	,00	4 5 15	11. 15.
3	55	Goat crossing training	takeoff run,goat crossing, landing	LO -1	2	Individu al work	check list
17.17.17.17.17.17.17.17.17.17.17.17.17.1	56 5km	vault training - legs apart	Take-off run. Jump onto a gymnastic bridge. Jumping on a bridge with legs apart.	LO -2	2/0.	individu al work	check list
4	57	Strength exercises	exercises with a gymnastic bench GPP	LO -2	21.1	small group work	check list
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	58	MT-2. Gymnastics	girls - two forward somersaults, shoulder stand, bridge, half split. Vault with legs apart boys - long forward somersault, back somersault, headstand with support. Jump	LO-1	2. Krina 1.Kl edu.k	individu al work	criteria and marks

over a goat

legs bent

jump, pull-

ups,abs exercises

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Preparing for the

Presidential Tests

Final control

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boys - Burpees

(quantity/minute)

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	9.	Teaching and assessment	methods All All All All All All All All All Al
0	9.1	Lectures	11/4 1 2. Kur 3' 90, Kr 2 26 We 3' 50 M.
d	9.2	Practical lessons	Individual - completing tasks individually.
	, Wo	60 Mil 17 34, 43	Group, line-by-line execution of tasks during sports and
	SK. "	40 60 40. 1 5kg, 2	team games.
	St	1, Wish 60 40. 1 7 3 3/2	Work in small groups - group sports and outdoor
	1	5K 100 60 41. 11	games.
) 1	1	SK WO 60 41. 17	Communication technology-
	101.	J 34, Wg. 60, M.L.	/ discussion / - question and answer during assignments,
		. K1 2 kno. 3 60 911.	KT 2K1, Wg. 3 60 411 KT 2, 2KU, Wg. 6911 1K1 V

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9.3	SIW / SIWT		W. 12 gk	19. 600 // Kr	7 3. M. 3.
9.5	Midterm control Final control	and sport The atternation and sport atternation and sport atternation and sport atternation and sport atternation	ssing standards for a skills of students orts: the student me student is allowed and practical classifications in class. It is student misses proceeding to complete assifications and allowed assignments in class.	s obtained as a resust fulfill controlled to take midtern asses and complete asses and complete actical classes by gnments during towed to take mid a – acceptance of	sult of studying standards. m control when eting all y 30% or more of practical classes term control.
	skuig. eggnik	4 1/1 ///	physical fitness. P e minimum score	. // /	
10.	Evaluation criter	ia S	Wa 60 Mil	J 34, Va.	6001114
10.1	Criteria for evalu	uating the learni	ng outcomes of th	ne discipline	s. 60, 11.
№ LO	Learning result	Unsatisfactory	Satisfactory	Good	Excellent
LO	Uses practical skills to maintain and improve	Does not perform many required exercises. Does	Performs certain physical exercises. Correctly	Appropriate for certain physical activities	Appropriate for certain physical activities

9.5	Final control	of	fferentiated testing physical fitness. Post minimum score .	assing the "Presic	lential Tests"
10.	Evaluation criter	7	Ma So Min	17 3k Vs.	60111/1/2
10.1		177 T. 1	ing outcomes of tl		· 60, M.L. 1
№ LO	Learning result	Unsatisfactory	Satisfactory	Good	Excellent
LO I	Uses practical skills to maintain and improve health, development and improvement of physical qualities	Does not perform many required exercises. Does not have physical fitness for the lesson and performs exercises with significant exercises.	approaches the	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 action in the classroom. Correctly approaches the use of practical skills and exercises. Performs exercises independently.
LO 2	Applies methodical approaches to the development of physical exercises in the process of self- study using	Does not know health-saving technologies, does not warm up the body before physical exercises	warm- up of the body, does not use health- saving	Independently performs a warm- up of the body, uses health-saving technology, develops physical qualities	Independently performs a correct warm-up of the body uses health-saving technology, develops physical

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S 7/	Workii	ng Curriculum of the Dis	cipline (Syllabus) Physi	cal Culture	10 page out of 20
T Skills	health-saving technologies	KT ZKUJS EGITI K	oneself.	(dexterity, flexibility.)	qualities (dexterity, flexibility, endurance, coordination of movements).
LO3	Uses safety rules in physical culture and sports classes	Comes to class late. Has no sportswear.	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
LO 4 SKING SKI	Monitors and evaluates the level of physiological state, physical and functional fitness	Doesn't play sports. Self-ignorant the observation diary does not use examples from the practice of its experience	Sometimes he does physical exercises. Keeps a diary of self- observation, does not use examples from the practice of his experience	Independent ly engaged in physical exercises. Keeps a diary of self- observation, uses examples from the practice of his experience	Independent ly engaged in learning various physical exercises while showing physical qualities such as strength, agility, flexibility and speed. Keeps a diary of self- observation, uses examples from the practice of his experience

10.2 Evaluation methods and criteria

Checklist for practical training

	Athletics	"Excellent"
	et War Go.	corresponds
	T 34 Wg.	A (4,0) 95-100 %
4	17 34 W.	A- (3,67) 90-94%
1	W. 17 8/1 0	Vg. 600 11 1 3

The student knows safety precautions and has knowledge of the motor mode, knows 10-9 special preparatory athletics exercises, knows the order of exercises in the MHG complex and 10-9 exercises, knows all independent forms of PE

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skug egn kr skug egn kr	M.K. Skus skus edi.k	Sports uniform meets the required active participation in classes, conthe technique of given exercises, teacher in classes. Keeps a self-of using examples from the practice	rect execution of helps the trainer-oservation diary, of his experience
isquikt skus	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	Sports uniform meets the requester, active participation in classes the technique of given exercises whelps the trainer-teacher in classes technique of given exercises with	asses, performing with minor errors, es, performing the minor errors
Krus ednikr	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	Sports uniform meets the requirer passive participation in classes, petechnique of given exercises with	erforming the
a.edu.KI Siskin	" Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 %	Is not present in class without a g present without a sports uniform.	ood reason, or is
Small group wor	k"Excellent" corresponds A (4,0) 95-100 % A- (3,67) 90-94%	Active work in a team, demonstrated abilities, assists the coach and tead during practical classes	
in in it is	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	Active teamwork and demonstrate abilities. assistance to the coach and teacher game during practical lessons	60 M. KT 34
is sking ediriki	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	Passive teamwork, incorrect com	pletion of tasks.
edn'i Ky ek	"Unsatisfactory "corresponds FX (0,5) 25-49 % F (0) 0-24 %	Did not take part in the game or in the game.	n the discussion of
Form of midterm control		Autumn semester M 1. Athletics 1. Standing long jump Boys-235-230 cm Girls -180-175 cm 2. Squats (quantity/min)	gn'ky skug'egi

AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ	ACADEMY АО «Южно-Казахстанская медиц	инская академия»
	r Physical Education	64-11-2024 12 page out of 20
Working Curriculum of the	Discipline (Syllabus) Physical Culture	12 page out of 20
signature Starting Signature	Girls -31-29 times	ckli vs. ogr.
Signification of the second	M 2Basketball	. K. V. 601
15 90. KJ 24 W. S.	1. Throwing the ball into the bas	ket (out of 10
3:00 4/1. KJ 3K, Wo	possibilities)	K. 1 2 KU, 09.
My 2'60 411. 15 34 W.	10 hits out of 10 opportunities	With S. Kuis
2 W. J. W. 17 34	9 hits out of 10 opportunities	300 1/K 1 2, KU
24 Wa 362 M. 1 34	2. Dribbling the ball without visu	ial control
SK 100 60 401.11	Correct execution of the technique	16 / /
Kr 26 40, 60, 47, 15	Spring semester	Ja. Syn. Kr
V. M. 26 W. 60 Mig.	M1. Volleyball	KU, Signiff
41. KJ 34 Ws. 60 M	1.Ball serves from below out of	10 possibilities
Mr. Mr. 34, Ws. 600	10 hits on the court out of 10 opp	
"6, 47. T 2/1, 43. 6	9 hits out of 10 opportunities	1 2, My 560
6, 50, 47. 15 3h, 49.	2. Receiving the ball from below	(in 10 seconds)
1, 100, 60 M. 1, 1 , 541, W	10 receptions and passes without	
24 Wa. 60 M. L. V 3 5km	9 passes and receptions without	
St. Wo. 60 111. 11 3	M-2. Gymnastics	Some the bull
T 36, 43. 60, 11. 15. 13	1. Two forward somersaults, sho	ulder stand bridge
12 st 20 60 11.1	half-split -girls,	araci stana, briage,
11. 15 Et, 49. 60, "I'K		morequit headstan
, 11. 1 5 chi va. 600"	long forward somersault, back so	illersault, fleaustain
500 111 1 3 CKI, VS. OG	with support - boys,	
600 117 17 3 9KU VS.	2. Vault jump legs apart-girls,	Tr 34 Vio. 8,
13. 600 11. 1 3. 441, 23.	jump over a goat without suppor	
, vs. 60,11/4 1 2, 1/4,	Complete the task without errors	17. 15 34 W.
7, 3. 30 1/ 2, 10	One error allowed	W. 1 3k
"Good" corresponds	Autumn semester	60 M. 1 34
B+(3,33) 85-89 %	M 1. Athletics	, en 11.11
B(3,0) 80-84 %	1. Standing long jump	40, 60, 411. 11
B-(2,67) 75-79 %	Boys -225-210 cm	, Was Eggynigh
C+(2,33) 70-74 %	Girls -170-155 cm	SK, WS. 60, 111
500 11/4 2 x xug 3:00 91	2. Squats (number/min)	2/1, Ws. 600
(9. 00) The 2. My 3.60	Boys - 50-35 times	1 34 MB. 6
25. 690 Th 2 25 Mys 3	Girls -31-23 times	1 1 ch, wa.
M. 35. 90, 14 22 Mg	M 2.Basketball	10. 12 c/41 m
"KU, "Sid "An, "Kh " 26, "4	1. Throwing the ball into the bas	ket (out of 10
2. Kur Die gar Kr Zk	possibilities)	60 Mil. 12 5
1 2, the 3 : 90. K	8 hits out of 10 opportunities	9. 60 Mir. 1
1.K. 2, My 3' 29, 40. K	7 hits out of 10 opportunities	Ws. 60, "1'K"
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	6 hits out of 10 opportunities	H. Wg. 60,"14
Ego Tr Ser War Sec 40.	5 hits out of 10 opportunities	ch, wa. 600"
in application of the second	2. Dribbling the ball without visu	ial control
3:0 9n. Kr 2/ Wo S.	One error allowed	adi Contion
W. Jin My. KJ Sh. Wig.		1. 1. 3. Thurs. 3.
My 2' 90. 1 3/2 WG	Spring semester M1 Volloyball	1114 J. S. KUI
2 / W. 3 62 Yr. 15 34.	M1.Volleyball	O poocibilities
St. Wo " 60 40. 17 St	1Ball serves from below out of 1	o possibilities
1 40 00 15 1	8 hits out of 10 opportunities	and Mr. KIN
/ 2, "U, " N, M, M,	7 hits out of 10 opportunities	

АКАDEMI Оңтүстік Қазақстан медицина академиясы:		цинская академия»
	ter for Physical Education of the Discipline (Syllabus) Physical Culture	64-11-2024 13 page out of 20
Working Curriculum o	6 hits out of 10 opportunities 5 hits out of 10 opportunities 2. Receiving the ball from below 8 receptions and passes without 7 receptions and passes without 6 receptions and passes without M 2. Gymnastics 1. Two forward somersaults, sho half-split - girls, Long forward somersault, back sheadstand with support- boys. 2. Vault jump legs apart-girls, Jump over a goat without support legs - boys. Two mistakes are allowed Three mistakes allowed	(in 10 seconds) losing the ball losing the ball losing the ball losing the ball oulder stand, bridge
Mr.KT Skir Us sign of Kr	Four mistakes allowed	rase edu. Kr
"Satisfactory"	Five errors allowed Autumn semester	, KUO 360 4717
corresponds С (2,0) 65-69 % С-(1,67) 60-64 % Д+(1,33) 55-59 %	M1. Athletics Standing long jump Boys -200-170 cm Girls -150-135 cm	KI Skulgiedi
Д- (1,0) 50-54 %	Boys - 30-5 times Girls -14-7 times M2. Basketball	ing equity ski
ing equity sking educations	Throwing the ball into the baske possibilities) 4 hits out of 10 opportunities 3 hits out of 10 opportunities	t (out of 10
J.K. J. SKULG GOT KING SKULGOVIKI SKOVIKI SKOVIKI SKOVIKI SKOVIKI SKOVIKI SKOVIKI SKOVIKI SKOVIKI SKOVIKI SKOV	2 hits out of 10 opportunities 1 hit out of 10 opportunities 2. Dribbling the ball without visitive or three mistakes are acceptable.	
a.edu.kl ski kna.edu.kl	Spring semester M1.Volleyball 1Ball serves from below out of 1 4 hits out of 10 opportunities	10 possibilities
skusis egnik Ki skusis	3 hits out of 10 opportunities 2 hits out of 10 opportunities 1 hit out of 10 opportunities	7.KT ZKUS. SG
1. SK, KWy Goldnik, KJ 2, 3k	2. Receiving the ball from below4 receptions and passes without3 receptions and passes without2 receptions and passes without	losing the ball losing the ball

«Онтустік Казауст	MEDISINA AKADEMIASY ган медицина академиясы» АҚ	MEDICAL ACADEMY AO «Южно-Казахстанская меди	цинская акалемия»
WONTYCTIK (ASARCI	Center for	r Physical Education	64-11-2024 14 page out of 20
P 70. 11	Working Curriculum of the	Discipline (Syllabus) Physical Culture	70 70 75
19. SOD 14	24 Kly J. S. 471.	1 pass reception without losing t	ne ball
1, vg. 690.	The service significant	M 2.Gymnastics	ulder stand bridge
cky, vs. og	3. The services	1. Two forward somersaults, she	buider stalld, bridge,
3 41, 39.	Sylvith 2 Sylving	half-split - girls, Long somersault forward, some	regult back
1 3 ckn 03.	o go it is sire	headstand with support -boys.	isduit back,
11 cking	19. 500 1/K 2, K	2. Vault jump legs apart-girls,	EC 411. 12 SK
W. K. J. CKI	, 49. SQL 14. 2,	Jump over a goat without suppo	rt hending vour leg
11.01	X 73. 600 1.K	- boys.	it, bending your ieg
50 M.K.	1/4 VS. 600 1/4	Six errors allowed	1400 Jigg 411.
), 60, 411. L	1 ch vs. 60,"	Seven errors allowed	36 11/10 3:60 471.
419. 60 Mil	1 34 Mg. 60%	Eight errors allowed	2 Staller Jier 4
, Word Soy	1. 1 ch, w. 6	Nine errors allowed	T 26 100 500
	" Unsatisfactory "	Autumn semester	14 1 9 W
	corresponds	M1. Athletics	
Kr 24 Wo	FX (0,5) 25-49 %	1. Standing long jump	SQL I'K SIN
	F (0) 0-24 %	Boys - 150 cm	, o odp. 141 21
gn. Kr 2	100 J. 60 M. 1	Girls -130 cm	Vs. 600 11.Kr. 1
Squ. Kr	21 My 5 60 M. M	2. Squats (number/min)	1, Vg. 600 11/h
gio ago, Kr	24 140 360 411.	Boys – 0 times	CK1, Wg. 600"
~3.0 cgp. //	Kr 2 25 90	Girls -0 times	SKI, Wg. GOT
The said off	The service sie	M2. Basketball	T 3/1, Wa. 6
CKU, VS. O.	In the sixtures is	1. Throwing the ball into the bas	sket (out of 10
eki wa.	Spritt 2, this	possibilities)	111, 15 2K, W.
	3. 600 1. K. 1 2, KU	0 hits out of 10 possibilities	10. KT 24
14 CA	V3. 601 11/1 2, 9	2. Dribbling the ball without vis	ual control
N. 17 SY	7, 73. 60, 71/2 3	Dribbling the ball with errors	J. 60 911. 17
10. 11	24, Wy. 60, "1'K"	Spring semester	TU, J'E 411. K
J. E. M. L. M	et, 25. 60, 11/4	M1. Volleyball	10 possibilities
10 Sep 411.16	17 34 Ws. 600 11	1.Ball serves from below out of 0 hits on the court out of 10 opp	
My yier 41	1, 1 34, Wg. 60,	2. Receiving the ball from below	
of The view	90, KJ 24, Wa.	Failure to receive and pass the b	
25 TUO 56	Mr. KT 24 Wg.	b 2. Gymnastics	mi / 2 / 2/1/2
	3. July KJ 34, 14	1. Two forward somersaults, sho	oulder stand, bridge
1.Kr 1 21. M.	1. 3. C. A. B.	half-split-girls,	
W.K. Si	tu, 3:0,911. K	Long somersault forward, some	rsault back,
6011141 3	, Kursingh, Kr	headstand with support - boys.	W3. 60 Milk
. 60, "I'A	Takursi odni k	2.Vault jump legs apart-girls,	7, Wa. 60, 111.
Us. 60,"1'Y	My Skursingh.	Jump over a goat without suppo	rt, bending your leg
VS. COLL	1.4 1 3 Thurs. of	- boys.	
SK, Wg. 60,	11. 17 SKU 29:	More than 10 mistakes were ma	de, strain
et, vo.	50 Mix 1 3 AU, 3	Didn't complete the tasks	7. KJ 24, Wa
Final control	"Excellent"	Autumn semester	go. Kr Skily
form	corresponds	1. Boys - flexion, extension of a	rms in a lying
11. 15 SK	A (4,0) 95-100 %	position 29-26 times	3.0 gn. KJ
1 x1) 1 1	A- (3,67) 90-94%	Boys pull-up on the bar - 10-9 ti	mes

Оңтүстік Қазақстан медицина академиясы» АҚ Contor for	AO «Южно-Казахстанская медил Physical Education	цинская академия» 64-11-2024
	Discipline (Syllabus) Physical Culture	15 page out of 2
eredu. Kraskus egrika e	2. Girls - lifting the body from a 25 times Girls -squats 40-35 times per mi Spring semester Boys - Jumping jack (number petimes Pull-ups on the bar 9-8 times Girls - Squats 30-25 times Raising the body - press 30-25 times	nute er minute) 65-60
"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	Autumn semester 1. Boys - flexion, extension of a position 23-14 times Boys pull-up on the bar-8 - 5 times 2. Girls - lifting the body from a 7 times Girlssquats 30-15 times per not spring semester Boys - Jumping jack (number per times Pull-ups on the bar 7-4 times Girls Squats 25-10 times Raising the body - press 25-10 times	rms in a lying nes a supine position 20 ninute er minute) 55-40
"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	Autumn semester 1. Boys - flexion, extension of a position 17-8 times Boys pull-up on the bar-6 - 2 times 2. Girls - lifting the body from 10-3 times Girlssquats 10-3 times per mission semester Boys - Jumping jack (number per times Pull-ups on the bar 5-1 times Girls - Squats 5-1 times Raising the body - press 25-15 times	rms in a lying nes a supine position nute er minute) 35-10
" Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 %	Autumn semester 1. Boys - flexion, extension of a position 18-10 times Boys pull-up on the bar - 0 times 2. Girls - lifting the body from times Girls -squats -24 times per minus Spring semester Boys - Jumping jack (number per pull-ups on the bar 0 times Girls - Squats 0 times Raising the body - press 0 times	rms in a lying s a supine position 0 te er minute) 10 times

ONTÚSTIK QAZAQSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ	SOUTH KAZAKHSTAN MEDICAL ACADEMY AO «Южно-Казахстан	нская медицинская академия»
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Grade by letter syst			
Tidde of feeter of or	em Digital equivalent of points	Percentage	Grade by traditional system
A	4,0	95-100	Excellent
AST NO SO N	3,67	90-94	the var off. The service
B + 5	3,33	85-89	Good
B	3,0	80-84	1 3 ch. 39 6 90 11/1 2 21
B - 4 5	2,67	75-79	11 2 cku, vs. ogn /kr 1 c
C+ V 5	2,33	70-74	7:4 17 2 5kg, 28. 6gg, 1kg
C 90 1 5	2,0	65-69	Satisfactorily
C- 00 1	1,67	60-64	EQ 111/1/1 3/11/03. 697.
D+ 0	1,33	55-59	- 60 7/7 1 3 C/2/1, VS. 60
D	1,0	50-54	10, 60, 171, 17 9K1, 19.
FX	0,5	25-49	Unsatisfactory
F A CO	0 9	0-24	24 Wa. 60 Mig. 1 3 9KI.
11. Learning re	sources	2.6 Yr. Kr	St. 100 60 411.11 24
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Literature	1. Methodology of teaching subjects in the specialty "Physports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbay 2.Zharylkasyn Kerimbekuly Methodology of teaching suspecialty "Physical education and sports" 2024	yuly Onalbek,

Academic policy based on the moral and ethical values of the Academy

STUDENT'S CODE OF HONOR

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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

ONTUSTIK QAZAQSTAN MEDISIAN AKADEMIASY AND MEDISIAN AKADEMIASY AO «Южно-Казахстанская медицинская академия»

Center for Physical Education

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Working Curriculum of the Discipline (Syllabus) Physical Culture

14 Agreement, approval and revision

Date of approval with the Library and Information

Center

Date approved by the Center

Date approved by the Center

Ashirbaev Q A

SOUTH KAZAKHSTAN MEDICAL ACADEMY ACADEM

Library and Information Center	14.06.2024	Darbicheva R.I.	Comment
Date approved by the Center	Protect No. 11.	Head of the center Ashirbaev O.A	Lewy
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ski, kina a edi kini, ki sa skina a edi kini, ki sa skina a edi kini, ki sa skina edi ki	11, J. 911, KJ	
S. M. V. St. W. So. "14" J. Sty. VS. 90, 14 " 34	The Die Mills A	
2 60 40. 15 34, Way 60, 11. 1 2 Thu, Var. 90, 141	2, My J'S 47.	
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