

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

1.	General information about the Course		
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: 2
1.3	Prerequisites: Physical culture within the framework of educational programs of secondary, technical and vocational education	1.8	Semester: 3-4
1.4	Post-requisites: -	1.9	Number of credits (ECTS): 4
1.5	Cycle: GED	1.10	Component: IC
2.	Description of the discipline		
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		
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.			
5.	Learning outcomes (Course learning outcomes disciplines)		
LO1	Uses practical skills to preserve and improve health, develop and improve physical 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 readiness.		
6B10115 “Medicine”			
LO disciplines	GP learning outcomes with which LO disciplines are associated		
LO 1	LO1. Applies in practice fundamental knowledge in the field of biomedical,		

	clinical, epidemiological and socio-behavioral sciences.
LO 2	LO2. Provides patient-centered care in the field of biomedical, clinical, epidemiological sciences, aimed at the diagnosis, treatment and prevention of the most common diseases
LO 3	LO5. Demonstrates skills in formulating a clinical diagnosis, prescribing a treatment plan based on evidence-based practice
LO 4	LO14. Conducts sanitary and educational activities to strengthen the health of the population, preserve health and prevent diseases.

6.	<b>Details of the course</b> South Kazakhstan Medical Academy, Al-Farabi 1, academic building No. 1, Department of Physical Culture.					
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6.1	Location (building, auditorium): sports halls					
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6.2	Number of hours	Lectures	Prac. lesson s	Lab. less on s	SIW	SIWT
		-	120	-	-	-


7.	<b>Information about teachers</b>					
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№	Full name	Degrees and title	Email address
1.	Ashirbayev Orynbasar Atyrhanovich	Head of the Department, master's degree	ashirbaev12.73 @ mail.ru
2.	Shorayeva Nurila Balgabayevna	Senior trainer-teacher, master's degree	Shoraewa@ma il.ru
3	Tugelbay Almas Nurzhigituly	Trainer-teacher, master's degree	almas@mail7 ru

8.	<b>Thematic plan</b>					
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Week	Class	Topic name	Summary	LO discipline	Number of hours	Teaching technolog y methods	Forms / assessme nt methods
1	1	Physical culture as an academic discipline in the education system	History of the development of physical culture in the Republic of Kazakhstan Physical culture as an academic discipline. Credit requirements and student responsibilities. Safety precautions.	LO-3	2	communi cation technolo gies	feedback (blitz survey)




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	2	Athletics. National games	Folk games: "Belbeu tastau", "Hunters", Tyrnalar"	LO -2	2	small group work	criteria and 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
	4	Short distance running training	teach running with acceleration at 20m, finishing	LO -4	2	individual , group work	criteria and assessments in athletics
3	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	individual , group work	criteria and assessments in athletics
	6	Short distance running	Running for100 m. 13.5 - boys, 16.5 - girls	LO-1	2	group work	criteria and assessments in athletics
4	7	Cross training	teach long- distance running, proper breathing	LO-1	2	in-line work	criteria and assessments in athletics
	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	in-line work	criteria and assessments in athletics
	10	relay race training	teach to work in a team, work in the "corridor"	LO-1	2	group work	criteria and assessments in athletics
6	11	Working with a baton	passing the baton in a column, in motion	LO-1	2	individua l, group work	criteria and assessments in athletics
	12	Long jump training	teach the correct takeoff, point, landing	LO-1	2	Individu al work	criteria and assessments in athletics
7	13	National games	National games: "Day-night","Call number", Fishermen and fish"	LO-1	2	role- playing games	criteria and assessments in athletics


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	14	MT-1. Athletics	standing long jump, squats	LO-1	2	Individual work	criteria and marks
8	15	Basketball. General concepts about basketball	a summary of the development of basketball in the Republic of Kazakhstan. basketball rules	LO- 3	2	communication technologies	feedback (blitz survey)
	16	Teaching movement techniques, jumping	Running backwards, with cross steps, when running with your back, be sure to look over your shoulder	LO-1	2	individual, group work	Basketball criteria and assessments
9	17	Ball dribbling training	teach ball dribbling in a straight line, in a circle, with obstacles	LO-1	2	individual, group work	Basketball criteria and assessments
	18	Training in catching - passing the ball	teach catching - passing the ball at chest level, from the shoulder, with a rebound	LO-1	2	individual, group work	Basketball criteria and assessments
10	19	Learning to pass the ball on the move	Passing the ball in motion, in pairs, in columns	LO-2	2	individual, group work	Basketball criteria and assessments
	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	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
	22	Броски мяча в корзину с 3х шагов	Execution in columns, from different points	LO-1	2	group work	Basketball criteria and assessments
12	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 rebound	LO-1	2	individual, group work	Basketball criteria and assessments




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	24	Learning to throw the ball into the basket with 2 steps	teach to throw the ball from 2 steps, on the move	LO 2	2	Individual work	Basketball criteria and assessments
13	25	One-sided educational game	dribbling, passing, throwing	LO-2	2	small group work	Basketball criteria and assessments
	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
	28	MT-2. Basketball	Throwing the ball into the basket. Dribbling the ball without visual control	LO- 1	2	individual work	criteria and marks
15	29	Sport games	Mini football, volleyball	LO -2	2	small group work	Basketball criteria and assessments
	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	2	individual work	criteria and marks
<b>2 semester</b>							
1	31	Fundamentals of a healthy lifestyle	Health: basic concepts, essence, content, criteria, health factors that make up a healthy lifestyle	LO- 3	2	communication technologies	feedback (blitz survey)
	32	Volleyball. General concepts about volleyball	a summary of the development of volleyball RK., the rules of the game	LO- 1	2	communication technologies	feedback (blitz survey)
2	33	Volleyball player stance training,	volleyball stance, teach running,	LO- 1	2	individual, group	criteria and assessments

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		movement	jumping, running backwards, running with cross steps			work	for volleyball
	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	individual, 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	individual, group work	criteria and assessments for volleyball
	36	Learning to receive - pass the ball from above	train to work in oncoming columns, on the move	LO- 1	2	individual, group work	criteria and assessments for volleyball
4	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
	38	Ball possession training	giving the ball, receiving-passing the ball on the spot and on the move.	LO- 1	2	individual, group work	criteria and assessments for volleyball
5	39	Teaching the rules of the game	Rules of the game. Volleyball playing technique. Tactics of defense and attack.	LO- 1	2	communication technologies	feedback (blitz survey)
	40	National Games	"Salk hugs", "Kangaroo"	LO- 1	2	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	individual, group work	criteria and assessments for volleyball
	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 delivery from	LO- 1	2	group	criteria and



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		ball from below	below, from the side			work	assessments for volleyball
	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	individual, group work	criteria and assessments for volleyball
	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
	48	Acrobatic training	rolling training. stretching exercises	LO -1	2	individual, group work	criteria and assessments for volleyball
10	49	Teach somersaults back and forth	Teach starting positions, somersaults, grouping	LO -1	2	individual, work	criteria and assessments for volleyball
	50	Shoulder stand training	teach balance, stand on the shoulder blades, transition to half twine	LO -2	2	individual 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	individual work	criteria and assessments for volleyball
	52	Acrobatic training	Somersaults forward ,backward, stand on the shoulder blades, transition to half twine	LO -2	2	Individual work	check list
12	53	Goat jump training	Take-off run. Dismount onto a gymnastic bridge. Crossing the gymnastic goat. Landing.	LO -1	2	individual work	check list
	54	Takeoff training	teach takeoff run,	LO -1	2	individual	check list

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			jump onto the bridge.			al work	
13	55	Goat crossing training	takeoff run,goat crossing, landing	LO -1	2	Individu al work	check list
	56	vault training - legs apart	Take-off run. Jump onto a gymnastic bridge. Jumping on a bridge with legs apart.	LO -2	2	individu al work	check list
14	57	Strength exercises	exercises with a gymnastic bench GPP	LO -2	2	small group work	check list
	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 over a goat without support, legs bent	LO- 1	2	individu al work	criteria and marks
15	59	Preparing for the Presidential Tests	standing long jump, pull-ups,abs exercises	LO -4	2	individu al work	check list
	60	Final control	boys - Burpees (quantity/minute) Pull-up on the bar girls- Squats Raising the body - press	LO -4	2	individu al work	criteria and marks
<b>9. Teaching and assessment methods</b>							
9.1	Lectures		-				
9.2	Practical lessons		Individual - completing tasks individually. Group, line-by-line execution of tasks during sports and team games. Work in small groups - group sports and outdoor games. Communication technology-				



		/ discussion / - question and answer during assignments, Role-playing games - conducting the preparatory part / warm-up / delegation method for students.
9.3	SIW / SIWT	-
9.4	Midterm control	<p>Passing standards for sports. Assessing the knowledge and skills of students obtained as a result of studying sports: the student must fulfill control standards.</p> <p>The student is allowed to take midterm control when attending practical classes and completing all assignments in class.</p> <p>If a student misses practical classes by 30% or more or fails to complete assignments during practical classes, the student is not allowed to take midterm control.</p>
9.5	Final control	<p>Differentiated testing – acceptance of control standards of physical fitness. Passing the "Presidential Tests"</p> <p>The minimum score for a positive IR in the discipline = 50.</p>

## 10. Evaluation criteria

### 10.1 Criteria for evaluating the learning outcomes of the discipline

No LO	Learning result	Unsatisfactory	Satisfactory	Good	Excellent
LO 1	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.	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	Applies methodical approaches to the development of physical exercises in the process of self-	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	Independently performs a warm- up of the body, uses health-saving technology, develops physical	Independently performs a correct warm- up of the body, uses health-saving technology, develops


	study using health-saving technologies		qualities in oneself.	qualities (dexterity, flexibility.)	physical qualities (dexterity, flexibility, endurance, coordination of movements).
LO 3	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	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	Independently engaged in physical exercises. Keeps a diary of self-observation, uses examples from the practice of his experience	Independently 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" corresponds A (4,0) 95-100 % A- (3,67) 90-94%	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,
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		<p>knows all independent forms of PE</p> <p>Sports uniform meets the requirements of the Center, active participation in classes, correct execution of the technique of given exercises, helps the trainer-teacher in classes. Keeps a self-observation diary, using examples from the practice of his experience</p>
	<p>"Good" corresponds</p> <p>B+(3,33) 85-89 %</p> <p>B(3,0) 80-84 %</p> <p>B-(2,67) 75-79 %</p> <p>C+(2,33) 70-74 %</p>	<p>Sports uniform meets the requirements of the Center, active participation in classes, performing the technique of given exercises with minor errors, helps the trainer-teacher in classes, performing the technique of given exercises with minor errors</p>
	<p>"Satisfactory" corresponds</p> <p>C (2,0) 65-69 %</p> <p>C-(1,67) 60-64 %</p> <p>Д+(1,33) 55-59 %</p> <p>Д- (1,0) 50-54 %</p>	<p>Sports uniform meets the requirements of the Center, passive participation in classes, performing the technique of given exercises with gross errors.</p>
	<p>"Unsatisfactory" corresponds</p> <p>FX (0,5) 25-49 %</p> <p>F (0) 0-24 %</p>	<p>Is not present in class without a good reason, or is present without a sports uniform.</p>
Small group work	<p>"Excellent" corresponds</p> <p>A (4,0) 95-100 %</p> <p>A- (3,67) 90-94%</p>	<p>Active work in a team, demonstrates leadership abilities, assists the coach and teacher in refereeing during practical classes</p>
	<p>"Good" corresponds</p> <p>B+(3,33) 85-89 %</p> <p>B(3,0) 80-84 %</p> <p>B-(2,67) 75-79 %</p> <p>C+(2,33) 70-74 %</p>	<p>Active teamwork and demonstrates leadership abilities.</p> <p>assistance to the coach and teacher in counting the game during practical lessons</p>
	<p>"Satisfactory" corresponds</p> <p>C (2,0) 65-69 %</p> <p>C-(1,67) 60-64 %</p> <p>Д+(1,33) 55-59 %</p> <p>Д- (1,0) 50-54 %</p>	<p>Passive teamwork, incorrect completion of tasks.</p>
	<p>"Unsatisfactory" corresponds</p> <p>FX (0,5) 25-49 %</p> <p>F (0) 0-24 %</p>	<p>Did not take part in the game or in the discussion of the game.</p>
Form of midterm control	<p>"Excellent" corresponds</p> <p>A (4,0) 95-100 %</p> <p>A- (3,67) 90-94%</p>	<p><b>Autumn semester</b></p> <p>M 1. Athletics</p> <p>1. Standing long jump</p> <p>Boys-235-230 cm</p> <p>Girls -180-175 cm</p> <p>2. Squats (quantity/min)</p>


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	<p>Boys - 50-45 times Girls -31-29 times M 2. .Basketball 1. Throwing the ball into the basket (out of 10 possibilities) 10 hits out of 10 opportunities 9 hits out of 10 opportunities 2. Dribbling the ball without visual control Correct execution of the technique</p> <p><b>Spring semester</b> M1. Volleyball 1.Ball serves from below out of 10 possibilities 10 hits on the court out of 10 opportunities 9 hits out of 10 opportunities 2. Receiving the ball from below (in 10 seconds) 10 receptions and passes without losing the ball 9 passes and receptions without losing the ball M-2. Gymnastics 1. Two forward somersaults, shoulder stand, bridge, half-split -girls, long forward somersault, back somersault, headstand with support - boys, 2.Vault jump legs apart-girls, jump over a goat without support, legs bent - boys Complete the task without errors One error allowed</p>	
	<p>"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %</p>	<p><b>Autumn semester</b> M 1. Athletics 1. Standing long jump Boys -225-210 cm Girls -170-155 cm 2. Squats (number/min) Boys - 50-35 times Girls -31-23 times M 2.Basketball 1. Throwing the ball into the basket (out of 10 possibilities) 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</p> <p><b>Spring semester</b> M1.Volleyball 1Ball serves from below out of 10 possibilities 8 hits out of 10 opportunities</p>



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	<p> 7 hits out of 10 opportunities  6 hits out of 10 opportunities  5 hits out of 10 opportunities  2. Receiving the ball from below (in 10 seconds)  8 receptions and passes without losing the ball  7 receptions and passes without losing the ball  6 receptions and passes without losing the ball  5 receptions and passes without losing the ball  M 2. Gymnastics  1. Two forward somersaults, shoulder stand, bridge, half-split - girls,  Long forward somersault, back somersault, headstand with support- boys.  2.Vault jump legs apart-girls,  Jump over a goat without supports, bending your legs - boys.  Two mistakes are allowed  Three mistakes allowed  Four mistakes allowed  Five errors allowed </p>	
<p> <b>"Satisfactory"</b>  corresponds  C (2,0) 65-69 %  C-(1,67) 60-64 %  Д+(1,33) 55-59 %  Д- (1,0) 50-54 % </p>	<p> <b>Autumn semester</b>  M1. Athletics  Standing long jump  Boys -200-170 cm  Girls -150-135 cm  Squats (number/min)  Boys - 30-5 times  Girls -14-7 times  M2. Basketball  Throwing the ball into the basket (out of 10 possibilities)  4 hits out of 10 opportunities  3 hits out of 10 opportunities  2 hits out of 10 opportunities  1 hit out of 10 opportunities  2. Dribbling the ball without visual control  Two or three mistakes are acceptable  <b>Spring semester</b>  M1.Volleyball  1Ball serves from below out of 10 possibilities  4 hits out of 10 opportunities  3 hits out of 10 opportunities  2 hits out of 10 opportunities  1 hit out of 10 opportunities  2. Receiving the ball from below (in 10 seconds)  4 receptions and passes without losing the ball  3 receptions and passes without losing the ball </p>	

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		2 receptions and passes without losing the ball 1 pass reception without losing the ball <b>M 2. Gymnastics</b> 1. Two forward somersaults, shoulder stand, bridge, half-split - girls, Long somersault forward, somersault back, headstand with support -boys. 2. Vault jump legs apart-girls, Jump over a goat without support, bending your legs - boys. Six errors allowed Seven errors allowed Eight errors allowed Nine errors allowed
	<p>" Unsatisfactory "</p> corresponds FX (0,5) 25-49 % F (0) 0-24 %	<p><b>Autumn semester</b></p> M1. Athletics 1. Standing long jump Boys - 150 cm Girls -130 cm 2. Squats (number/min) Boys – 0 times Girls -0 times M2. Basketball 1. Throwing the ball into the basket (out of 10 possibilities) 0 hits out of 10 possibilities 2. Dribbling the ball without visual control Dribbling the ball with errors <p><b>Spring semester</b></p> M1. Volleyball 1. Ball serves from below out of 10 possibilities 0 hits on the court out of 10 opportunities 2. Receiving the ball from below (in 10 seconds) Failure to receive and pass the ball <b>B 2. Gymnastics</b> 1. Two forward somersaults, shoulder stand, bridge, half-split-girls, Long somersault forward, somersault back, headstand with support - boys. 2. Vault jump legs apart-girls, Jump over a goat without support, bending your legs - boys. More than 10 mistakes were made, Didn't complete the tasks
Final control form	<p>"Excellent" corresponds</p> A (4,0) 95-100 %	<p><b>Autumn semester</b></p> 1. Boys - flexion, extension of arms in a lying position 29-26 times



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A- (3,67) 90-94%	Boys pull-up on the bar - 10-9 times 2. Girls - lifting the body from a supine position 30-25 times Girls -squats 40-35 times per minute <b>Spring semester</b> Boys - Jumping jack (number per minute) 65-60 times Pull-ups on the bar 9-8 times Girls - Squats 30-25 times Raising the body - press 30-25 times	
"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	<b>Autumn semester</b> 1. Boys - flexion, extension of arms in a lying position 23-14 times Boys pull-up on the bar-8 - 5 times 2. Girls - lifting the body from a supine position 20-7 times Girls --squats 30-15 times per minute <b>Spring semester</b> Boys - Jumping jack (number per minute) 55-40 times Pull-ups on the bar 7-4 times Girls - - Squats 25-10 times Raising the body - press 25-10 times	
"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	<b>Autumn semester</b> 1. Boys - flexion, extension of arms in a lying position 17-8 times Boys pull-up on the bar-6 - 2 times 2. Girls - lifting the body from a supine position 10-3 times Girls --squats 10-3 times per minute <b>Spring semester</b> Boys - Jumping jack (number per minute) 35-10 times Pull-ups on the bar 5-1 times Girls - Squats 5-1 times Raising the body - press 25-15 times	
" Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 %	<b>Autumn semester</b> 1. Boys - flexion, extension of arms in a lying position 18-10 times Boys pull-up on the bar - 0 times 2. Girls - lifting the body from a supine position 0 times Girls -squats -24 times per minute <b>Spring semester</b> Boys - Jumping jack (number per minute) 10 times Pull-ups on the bar 0 times Girls - Squats 0 times	

## Raising the body - press 0 times


### Multi-point knowledge assessment system




Grade by letter system	Digital equivalent of points	Percentage	Grade by traditional system
A	4,0	95-100	Excellent
A -	3,67	90-94	Good
B +	3,33	85-89	
B	3,0	80-84	
B -	2,67	75-79	
C +	2,33	70-74	Satisfactorily
C	2,0	65-69	
C -	1,67	60-64	
D+	1,33	55-59	
D-	1,0	50-54	Unsatisfactory
FX	0,5	25-49	
F	0	0-24	

### 11. Learning resources

Electronic resources, including, but not limited to : databases, animation simulators, professional blogs, websites, other electronic reference materials (for example: video, audio, digests)	1.Электронная библиотека ЮКМА - <a href="https://e-lib.skma.edu.kz/genres">https://e-lib.skma.edu.kz/genres</a> 2.Республиканская межвузовская электронная библиотека (РМЭБ) – <a href="http://rmebrk.kz/">http://rmebrk.kz/</a> 3.Цифровая библиотека «Акнурпресс» - <a href="https://www.aknurpress.kz/">https://www.aknurpress.kz/</a> 4.Электронная библиотека «Эпиграф» - <a href="http://www.elib.kz/">http://www.elib.kz/</a> 5.Эпиграф - портал мультимедийных учебников <a href="https://mbook.kz/ru/index/">https://mbook.kz/ru/index/</a> 6.ЭБС IPR SMART <a href="https://www.iprbookshop.ru/auth">https://www.iprbookshop.ru/auth</a> 7.информационно-правовая система «Заң» - <a href="https://zan.kz/ru">https://zan.kz/ru</a> 8.Cochrane Library - <a href="https://www.cochranelibrary.com/">https://www.cochranelibrary.com/</a>
Electronic textbooks	1.Jeroen Koekoek et al. Game-Based Pedagogy in Physical Education and Sports: Designing Rich Learning Environments. / Jeroen Koekoek, Ivo Dokman, Wytse Walinga. - NY: Routledge, 2023. - 335- ISBN 978-0367740283.// <a href="http://rmebrk.kz/book/1186180">http://rmebrk.kz/book/1186180</a> 2. Timothy Chandler et al. Sport and Physical Education: The Key Concepts. / Timothy Chandler, Mike Cronin, Wray Vamplew. - Second edition - USA: Routledge, 2007. - 282- ISBN 978-0-415-41746-4.// <a href="http://rmebrk.kz/book/1186126">http://rmebrk.kz/book/1186126</a> 3. Multiple Literacies for Dance, Physical Education and Sports. / Editors: Stephen G. Mogge, Shelly Huggins, Jaye Knutson, Elin E. Lobel, Pamela Segal. - Switzerland: Springer, 2023. - 355 - (Springer Texts in Education). - ISBN 978-3-031-20116-5.// <a href="http://rmebrk.kz/book/1186181">http://rmebrk.kz/book/1186181</a> 4. Английский язык для физкультурных специальностей = English for Students of Physical Education : Учебник для студ. вузов. / Е.А. Баженова, А.Ю. Гренлунд, Л.Я. Ковалева, А.В. Соколова. - 5-е изд., стереотип. - М.: Академия, 2012. - 352 с. - (Высшее профессиональное образование). - ISBN 978-5-7695-9370-3.//



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	<a href="http://rmebrk.kz/book/1159216">http://rmebrk.kz/book/1159216</a> 5. Kanagatov, N., Siroka, L. Modern tendencies of physical education development for students. // Science and Education in XXI century. , 2014. - № 1. - C.107-109.// <a href="http://rmebrk.kz/book/1027653">http://rmebrk.kz/book/1027653</a> 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. <a href="http://rmebrk.kz/book/1026822">http://rmebrk.kz/book/1026822</a>	
Laboratory physical resources	-	
Special programs	-	
Journals (electronic journals)	-	
Literature	1. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, 2.Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024	
13	Academic policy based on the moral and ethical values of the Academy	
STUDENT'S CODE OF HONOR <a href="https://translate.google.com/website?sl=kk&amp;tl=ru&amp;ajax=1&amp;prev=search&amp;u=http://base.ukgf.a.kz/wp-content/uploads/2021/05">https://translate.google.com/website?sl=kk&amp;tl=ru&amp;ajax=1&amp;prev=search&amp;u=http://base.ukgf.a.kz/wp-content/uploads/2021/05</a> 1.The student strives to become a worthy citizen of the Republic of Kazakhstan, a professional in the chosen specialty, to develop the best qualities of a creative personality 2.The student respects the elders, does not allow rudeness towards others and shows empathy for socially vulnerable people and takes care of them as much as possible. 3.The student is a model of decency, culture and morality, is intolerant of immorality and does not allow discrimination on the basis of gender, nationality or religion 4.The student leads a healthy lifestyle and completely abandons bad habits.. 5.The student recognizes the necessary and useful activities aimed at the development of creative activity (scientific and educational, sports, artistic, etc.), to improve the corporate culture and image of the university. Outside the walls, the student always remembers that he is a representative of a higher school and makes every effort not to drop his honor and dignity. 6.The student respects the traditions of the university, protects its property, monitors the cleanliness and order in the hostel 7.The student considers all of the listed types of academic dishonesty as incompatible with obtaining a quality and competitive education worthy of the future economic, political and managerial elite of Kazakhstan		

14	Agreement, approval and revision		
Date of approval with the Library and Information Center	Protocol № 9 14.06.2024	Head of the LIC Darbicheva R.I.	
Date approved by the Center	Protocol № 11 10.06.2024	Head of the center Ashirbaev O.A.	
Date approved by the AC EP «Medicine»	Protocol № 11 14.06.2024	Chairman AC EP Kalmenov N.Zh.	
Date revised by the Center	Protocol №	Head of the center Ashirbaev O.A.	
Date of revision by the AC EP «Medicine»	Protocol №	Chairman AC EP Kalmenov N.Zh.	





