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

1.	General information about the Course	90	1. K 24 Wo Sp 11. V
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	i. CO	1 2 No. 30 YO. 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.

Summative evaluation form	-11	The way con life I si the
Testing	3.5	Course work
Writing	3.6	Essay
Oral	3.7	Project
Assessment of practical skills	3.8	Differentiated credit √
	Testing Writing Oral	Testing 3.5 Writing 3.6 Oral 3.7

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.

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.

SK Wa	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,

«Оңт	үстік қа	азақстан медицина академ	лиясы» АҚ Center for Physi			азахстанска	я медицинская	я академия» 64-11-2024	
ر ''	U.	Working Curric	V V V	Discipline (Syllabus) Physical Culture 2 page out of 2					
2°C)	7/1	clinical, epidem	- 7 W W		-0.0	V/ 111		3.00	
LO 2	<i>Ug</i> . 6	epidemiological	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 LO5. Demonstrates skills in formulating a clinical diagnosis, prescribing a treatment plan based on evidence-based practice						
LO 3	3 KW	'\' - ()							
LO 4	VI.	LO14. Conducts the population,	7				strengthen	the health	
6.	Sou	ails of the course th Kazakhstan Medic partment of Physical		Al-Fa	abi 1, a	cademic	building No	.1,	
6.1	Loc	ation (building, audit	orium): sport	s halls	St. W	3. 60.7	J. T. J.	K11, V9.	
6.2	Nur	nber of hours	Lectures -	Prac. lesso s	1	Lab.less on s	SIW	SIWT	
7.	Information about teachers							411.11	
Nº Full name		Degrees and title		Email address					
1.	Ashirbayev Orynbasar Atyrhanovich		Head of the Department, master's degree		ashirbaev12.73 @ mail.ru				
2.	1	Shorayeva Nurila Balgabayevna		Senior trainer-teacher, master's degree		Shoraewa	ı@ma il.ru		
3	Tug	elbay Almas Nurzhi	gituly	Trainer-teacher, master's degree		almas@mail7 ru			
8.), \	J 24 Wo 560	7/1, T	hemat	ic plan	WHI	- CKIN	9. 600	
Week	Class	Topic name	Summary		LO discipline	Number of hours	Teaching technolog y methods	Forms / assessment methods	
1 sknig	L SKI	Physical culture as an academic discipline in the education system	in the Rep of Kazak Physical cu as an acad discipline. O requirement	t of alture ablic hstan alture lemic Credit s	LO-3	Serrice Serric	communi cation technolo gies	feedback (blitz survey)	

vs.eqn

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AKADEMIASY
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3 page out of 20 Working Curriculum of the Discipline (Syllabus) Physical Culture 2 Athletics. Folk games: LO -2 small criteria and National games "Belbeu tastau". group assessments "Hunters", work in athletics Tyrnalar" Training in individual 3 teach running with LO -4 2 criteria and 2 special running high hips, , group assessments exercises throwing in athletics work the lower leg back, jumping teach running LO -4 individual Short 9 distance criteria and with acceleration running training , group assessments at 20m, finishing work in athletics Low start and take LO -1 individual 3 5 teach a low start, criteria and , group off training the correct assessments placement of work in athletics arms and legs, teach a takeoff run. distance Running for 100 LO-1 2 Short group criteria and 6 m. 13.5 - boys, running work assessments 16.5 - girls in athletics Cross training LO-1 2 in-line criteria and 4 7 teach longdistance running, work assessments proper breathing in athletics High start teach the correct LO-1 2 individua 8 and criteria and finish training placement of arms l, group assessments and legs, teach work in athletics finishing Long distance running for 1000 9 LO-4 2 in-line criteria and cross running m, 3000 work assessments m taking in athletics into account the time LO-1 2 10 relay race training teach to work in a group criteria and team, work in work assessments the "corridor" in athletics Working with a 2 individua 11 passing the baton LO-1 criteria and baton in a column, in l, group assessments motion work in athletics 12 Long jump training teach the correct LO-1 2 Individu criteria and takeoff, al work assessments point, landing in athletics National games: LO-1 13 National games 2 rolecriteria and "Day-night","Call playing assessments number", in athletics games Fishermen and fish"

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64-11-2024

4 page out of 20 Working Curriculum of the Discipline (Syllabus) Physical Culture Individu MT-1. Athletics standing long LO-1 criteria and 14 al work jump, squats marks Basketball. a summary of the feedback 15 LO- 3 2 communi 8 General concepts development cation (blitz about basketball basketball in technolog survey) the Republic of ies Kazakhstan. basketball rules 16 Teaching Running LO-1 2 individua Basketball backwards, with l, group movement criteria and techniques, cross steps, when work assessments jumping running with your back, be sure to look over your shoulder 17 teach Ball dribbling ball LO-1 individua Basketball training dribbling l, group criteria and in straight line, in a work assessments circle. with obstacles **Training** teach catching LO-1 2 individua Basketball 18 catching - passing passing the ball at criteria and l, group work chest level, from the ball assessments the shoulder, with a rebound Learning to pass Passing the ball individua Basketball 19 LO-2 2 10 the ball on the in motion, in pairs, l, group criteria and work move in columns assessments Training to throw individua teach to throw the LO-1 Basketball 20 the ball into the ball from the l, group criteria and work basket chest, from the assessments shoulder, in a jump relay races 21 relay races with LO-2 2 Basketball 11 small basketballs group work criteria and assessments group Basketball Execution LO-1 2 22 Броски мяча in columns, from work criteria and корзину с 3xшагов different points assessments Learning to catch, 12 23 teach catching LO-1 individua Basketball 2 pass the ball passing the ball in l, group criteria and work the move motion at chest assessments level, from the shoulder, with a re bound

J.	, s. tie,	азақстан медицина академ	Center for Physical Educat	ion	. 1.	кая медицинская	64-11-2024
5	701		ılum of the Discipline (Syllat		1447. 1	/ / / A	5 page out of 20
KW.	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	Individu al work	Basketball criteria and assessments
35	25	One-sided educational game	dribbling, passing, throwing	LO-2	Skin	small group work	Basketball criteria and assessments
eq ₁	26	educational game	rules of playing basketball, safety precautions during the game	LO- 1	2	group work	Basketball criteria and assessments
4 5/47	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
in K	28	MT-2. Basketball	Throwing the ball into the basket. Dribbling the ball without visual control	LO-1	25	individu al work	criteria and marks
50	29	Sport games	Mini football, volleyball	LO -2	2	small group work	Basketball criteria and assessments
147 1977 1977 1977 1977 1977 1977 1977 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		individu al work	criteria and marks
51	107		2 semester	10 0	1		6 11 6
. K1	31	Fundamentals of a healthy lifestyle	Health: basic concepts, essence, content, criteria, health factors that make up a healthy lifestyle	LO- 3	201	communicat ion technologi es	teedback (blitz survey)
	32	Volleyball. General concepts about volleyball	a summary of the development of volleyball RK., the rules of the game	LO-1		communica tion technologie s	feedback (blitz survey)

volleyball stance, teach running,

LO- 1

2

individua

l, group

criteria and

assessments

l player training,

33

Volleyball

stance

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«Южно-Казахстанская медицинская акаде

Center for Physical Education 64-11-2024 6 page out of 20 Working Curriculum of the Discipline (Syllabus) Physical Culture jumping, running work for volleyball movement backwards, running with cross steps 34 Feeding training serving the ball LO- 1 2 individua criteria and from below, from from below in l, group assessments the side the line, work for volleyball against the wall, near the net 35 Training in lower teach the correct individua LO-1 criteria and l, group reception placement of assessments transmission arms, legs,lower work for volleyball transmission and reception in a pair LO-1 2 individua 36 Learning to receive train to work criteria and - pass the ball l, group assessments in from above for volleyball oncoming work columns. on the move LO-2 Outdoor games "Protection of the role-37 criteria and 2 town", "Don't playing assessments give the ball to for volleyball games drop-well" LO-1 individua 38 Ball possession giving the ball, 2 criteria and receiving-passing training l, group assessments the ball on the work for volleyball spot and on the move. Teaching the 39 Rules of the LO-1 communica feedback 2 rules of the game game. Volleyball (blitz survey) tion playingtechnique. technologie Tactics of defense and attack. 2 40 **National Games** "Salk hugs", LO-1 rolecriteria and playing "Kangaroo" assessments for volleyball games Receivingreceiving -LO-1 individua criteria and 41 passing the ball passing the ball l, group assessments from below, work for volleyball receiving passing the ball from above 42 One serves, receptions, LO-2 small criteria and side educational game games in threes assessments group work for volleyball Submission of the ball delivery from LO-1 43 criteria and group

OŃTÚSTIK QAZAQSTAN MEDISINA Онтустік Казакстан медицина академиясы» АК «Южно-Казахстанская медицинская акаде Center for Physical Education 64-11-2024 7 page out of 20 Working Curriculum of the Discipline (Syllabus) Physical Culture ball from below below, from the work assessments side for volleyball MT-1. Volleyball Serving the ball Individual criteria and LO -1 from below. marks work Receiving the ball from below 45 Gymnastics. learning to build LO -1 individua criteria and Build and rebuild in a column, line, l, group assessments training rebuilding in work for volleyball columns, lines **GPP** 46 stretching LO -1 2 criteria and group exercises, work assessments flexibility for volleyball Preparing for the LO -4 individual 47 Strength training, criteria and **Presidential Tests** work assessments press for volleyball Acrobatic training rolling training. individual, criteria and 48 LO -1 2 stretching group assessments exercises work for volleyball LO -1 49 Teach Teach starting individu criteria and 10 2 somersaults back positions, al, work assessments and forth somersaults, for volleyball grouping LO -2 Shoulder individu criteria and 50 teach balance, 2 stand training stand the al work assessments on shoulder blades, for volleyball

transition to half twine Training for the stand on the LO -1 individu

51

54

11

transition to shoulder blades, al work assessments bending the leg for volleyball half twine transition to half twine LO -2 Individu check list 52 Acrobatic training Somersaults 2 forward al work ,backward, stand

on the shoulder

blades, transition to half twine Goat jump training Take-off run. LO -1 individu 53 check list 12 Dismount onto a al work gymnastic bridge. Crossing the

> gymnastic goat. Landing. Takeoff training teach takeoff run. LO -1 individu check list

criteria and

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90	, XI	азақстан медицина академ Working Currici	Center for Physical Edu ılum of the Discipline (Sy	ication	1. 1	ге	64-11-2024 8 page out of 20
19.E	edu	WAY SKINDS	jump onto the bridge.	AT C	300	al work	Mais equi
13	55	Goat crossing training	takeoff run,goat crossing, landing	LO -1	2	Individu al work	check list
10.KJ	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
si shi		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	d LO-1	2ho Sking edu eking sking	individu al work	criteria and marks
15	Presidential Tests jump ups,		standing long jump, pull- ups,abs exercises	LO -4	2	individu al work	check list
1 SK	60	Final control	boys - Burpees (quantity/minute) Pull-up on the ba girls- Squats Raising the body press	r du K	SKI	individu al work	criteria and marks
9.0	Tea	ching and assessme		Mr 20.	901	KI 5 1	40, 60, My
9.1	-17	etures	60,-14,73	141,00	o di	7. Kr 24	1/40 Sign 41
9.2	Pra	ctical lessons	Group, line team game	e-by-line e s.	xecuti	ks individual on of tasks do oup sports and	uring sports and

Communication technology-

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)	Worki			sical Education ipline (Syllabus) Physic	al Culture	64-11-2024 9 page out of 20
19.0	egn. KT Sk	Charles of the charle	/ discussion / - question and answer during assignment Role-playing games - conducting the preparatory part warm-up / delegation method for students.			
9.3			-60	W. 12 ct	V3. 500 14	3. 10.
9.4 Midterm control 9.5 Final control		Passing standards for sports. Assessing the knowledge and skills of students obtained as a result of studying sports: the student must fulfill control standards. The student is allowed to take midterm control when attending practical classes and completing all assignments in class. If a student misses practical classes by 30% or more or fails to complete assignments during practical classes, the student is not allowed to take midterm control. Differentiated testing – acceptance of control standards of physical fitness. Passing the "Presidential Tests" The minimum score for a positive IR in the discipline				
10.	Evaluation criter	ria XV	50.	Wa. 60 11).	11 24 00	, 600 1.K
- 11	1 11 10	$-$ 0 \vee $+$ 1 $-$ 1	rnin	g outcomes of th	e discipline	V3. 69,"/
10.1	Learning result	Unsatisfacto		Satisfactory	Good	Excellent
10.1 № LO	SON KI SI	141 -2: -0		Performs	Appropriate	Appropriate

10.1	Criteria for evalu	lating the learnin	ng outcomes of th	ne discipline	VS. 60, "I'F.
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 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-	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

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Working Curriculum of the Discipline (Syllabus) Physical Culture

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LO 3	health-saving technologies Uses safety rules in physical culture and	Comes to class late. Has no sportswear.	Comes to class late. Has a sports uniform	(dexterity, flexibility.) Comes to class late. Has a sports uniform	qualities (dexterity, flexibility, endurance, coordination of movements). Comes to class on time. Has a sports uniform
Wa's gray	sports classes	skus eqniki grus eqniki grus eqniki grus eqniki	that does not meet the requirements.	that meets the requirements. Complies with discipline, does not violate safety regulations	that meets the requirements. Follows all the commands of the teacher's trainer correctly, observes discipline, does not violate safety regulations
LO4 KUA KUA KUA KUA KUA KUA KUA KU	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

Checklist f	or	practical	training

Athletics	"Excellent"
	corresponds
	A (4,0) 95-100 %
W. 17 SK. 8	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,

Онтустік Казакстан медицина академиясы» «Южно-Казахстанская медицинская акаде Center for Physical Education 64-11-2024 11 page out of 20 Working Curriculum of the Discipline (Syllabus) Physical Culture knows all independent forms of PE Sports uniform meets the requirements of the Center, active participation in classes, correct execution of the technique of given exercises, helps the trainerteacher in classes. Keeps a self-observation diary, using examples from the practice of his experience 'Good" corresponds Sports uniform meets the requirements of the B+(3,33) 85-89 % Center, active participation in classes, performing 80-84 % the technique of given exercises with minor errors, B(3,0)75-79 % B-(2,67)helps the trainer-teacher in classes, performing the technique of given exercises with minor errors C+(2,33) 70-74 % "Satisfactory" Sports uniform meets the requirements of the Center, corresponds passive participation in classes, performing the C (2,0) 65-69 % technique of given exercises with gross errors. C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 % Is not present in class without a good reason, or is " Unsatisfactory " corresponds present without a sports uniform. FX (0,5) 25-49 % F (0) 0-24 % Small group work "Excellent" Active work in a team, demonstrates leadership abilities, assists the coach and teacher in refereeing corresponds A (4,0) 95-100 % during practical classes A- (3,67) 90-94% 'Good" corresponds Active teamwork and demonstrates leadership B+(3,33) 85-89 % abilities. B(3,0)80-84 % assistance to the coach and teacher in counting the B-(2,67) 75-79 % game during practical lessons C+(2,33) 70-74 % "Satisfactory" Passive teamwork, incorrect completion of tasks. corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 % Did not take part in the game or in the discussion of " Unsatisfactory " corresponds the game. FX (0,5) 25-49 % F (0) 0-24 % "Excellent" Form of midterm **Autumn semester** control M 1. Athletics corresponds

1. Standing long jump

2. Squats (quantity/min)

Boys-235-230 cm Girls -180-175 cm

A (4,0) 95-100 %

A- (3,67) 90-94%

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	Physical Education scipline (Syllabus) Physical Culture	64-11-2024 12 page out of 20
Working Curriculation the Di	Boys - 50-45 times	3.1.00
2. Kur 3. 6 90.	Girls -31-29 times	Wa. Sor
600 1/4 2 5 My 3 6 90	M 2Basketball	F. Wg. 60,
edr. 1/2 2 Kur Sie	1. Throwing the ball into the basket (or	ut of 10
20. 601 11/ 1 21 1/4 25.	possibilities)	ut of to
Jan Oggith 1 2, Mile	10 hits out of 10 opportunities	
KI, 28. 600 11/ 2, 1KU	9 hits out of 10 opportunities	7. 1 St.
KI, 20. 69, 1/4, 2, 1	2. Dribbling the ball without visual con	ntrol 1
3 ch 25. ogg 11. Kr 1 3	Correct execution of the technique	Huoi 1
J. 2611. V3. COD 1761		56 471. K
11 5kg, 23. 9gg, 7k	Spring semester M1. Volleyball	10, 60, 411. K
11. 1 3 cku, vs. ogn.	1.Ball serves from below out of 10 pos	ecibilities
177. 4 17 2 chu, vs. og		
60, 11 x 1 2 x x 1, 23.	10 hits on the court out of 10 opportunities	THES
19. 60 11/4 1 2. 1841 VS	9 hits out of 10 opportunities 2. Possiving the ball from below (in 1)	() coconda)
43. 800" 1.K. J. 2, My	2. Receiving the ball from below (in 10 receptions and passes without losing	
7, 43, 60, 11/4, 1 2, 10	10 receptions and passes without losing	
5/7, 13. 80, "I'A 2,	9 passes and receptions without losing	me Dall
1 24 20. 600 114	M-2. Gymnastics	stand bridge
12 24 23. 00	1. Two forward somersaults, shoulder	stand, bridge,
1, 1, 5k, 3, 90, 17	half-split -girls,	ault baadataa
Mir 1 841, 43. 691	long forward somersault, back somersa	auit, neaustant
10, 40. L. J. St. Va. 00	with support - boys,	
60 Mil 1 SKII VS.	2. Vault jump legs apart-girls,	hont borre
D. 6 771. 1 The VS	jump over a goat without support, legs	Dent - Doys
Ws. 60, 117, 15 5KU.	Complete the task without errors One error allowed	
"Cood" corresponds	Autumn semester	m. Krigh
"Good" corresponds	M 1. Athletics	gn. Kr
B+(3,33) 85-89 %		7.6.90.KJ
B(3,0) 80-84 %	1. Standing long jump	3.62 900.
B-(2,67) 75-79 % C+(2,33) 70-74 %	Boys -225-210 cm	الله عن و الله
GT(2,33) 70-74 %	Girls -170-155 cm	Thursday
3.65 411, 15 3K, Wa. 6	2. Squats (number/min) Boys - 50-35 times	2, Kur 4.6
10 56 Mr. 15 34, Wa.	Girls -31-23 times	
100 2 10 10 10 10 10 10 10 10 10 10 10 10 10	M 2.Basketball	Kr 2 S. My
2, 140 " 60 YII. 15 . CK.	1. Throwing the ball into the basket (or	ut of 10
St. 100 2 50 40. 17 3	possibilities)	ut of 10
7 36 WO " 50 YM. 1 1	8 hits out of 10 opportunities	San Kr
Kr 32, 400 500 111, 17	7 hits out of 10 opportunities	9. Ogn 1. K
n. Kr 22, Wo 56, 417.	6 hits out of 10 opportunities	Na. odb
"911. 15 St. "WO, " 67 11)	5 hits out of 10 opportunities	41, vs. og
3.0. 9n. KT 34 W.O. 50	2. Dribbling the ball without visual con	ntrol
3. Cy. 1 3/2 W. W.	One error allowed	nuoi
W. J. S. M. 15 34 W.		
My 25 40. 17 34 4	Spring semester M1 Volloyball	1.K. 1. 2, KU
CL VA 67 "1", V , Y7,	M1.Volleyball	
2 M. V. M. D.	1Ball serves from below out of 10 poss	aibilitiaa

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	for Physical Education e Discipline (Syllabus) Physical Culture	13 page out of 2
60 181 11 EXT 28. 60 11	7 hits out of 10 opportunities	11/10 50 40.
i continue stri var ego	6 hits out of 10 opportunities	
19. 60 111 1 3 ct. 13. 0	5 hits out of 10 opportunities	
13. 600 11 14. 1 3. Thu. 3.	2. Receiving the ball from below	(in 10 seconds)
143. 60, "114. 1 2, 40, V	8 receptions and passes without 1	
", "s. " SON" I'M " 2" TRU	7 receptions and passes without 1	
841, VS. 600 11/4 1 2, 4	6 receptions and passes without l	
H, 49. 600 11/1 2	5 receptions and passes without l	
12 24 23. 000 1.14	M 2. Gymnastics	osing the buil
17 KI, VS. OG, IK	1. Two forward somersaults, sho	ulder stand bridg
Mir. 1 5KU 48. 690.	half-split - girls,	aracı stana, bindg
, 171. 15 SKU, 18. Og	Long forward somersault, back s	omercault
60 717:415 SKU, VS.	headstand with support- boys.	omensaum,
Us. 60, 114, 1 3, 7ku, vs.		
", "3. 60," I'A" 2, "KUL	2. Vault jump legs apart-girls,	te bonding your
84, Us. 60, "14, 1 2, 19	Jump over a goat without suppor legs - boys.	is, bending your
2/4, V3, 60, (1/4, V 2,)	Two mistakes are allowed	10. KT 3
7 34, 43, 60, "IA"	Three mistakes allowed	J. S. M. KJ
1 1 4, War og "I'A		Un Jien 411., K
17. 15 KA, VS. 500 "14	Four mistakes allowed Five errors allowed	Mus Jier Mil
"Satisfactory"		31 Wo 560 41
"Satisfactory"	Autumn semester M1. Athletics	2 SLING YER
corresponds		
C (2,0) 65-69 %	Standing long jump	
C-(1,67) 60-64 %	Boys -200-170 cm	n. Kr 24.14
Д+(1,33) 55-59 %	Girls -150-135 cm	gn. Kr ck,
Д- (1,0) 50-54 %	Squats (number/min)	10. KJ (
34, Ws. 60 7174 1	Boys - 30-5 times	3. 5 M. KJ
17 34, Wg. 60, 11. 14.	Girls -14-7 times	We die Mill
V. 1 2/1, W.S. 60, ""	M2. Basketball Throwing the hall into the backet	Court of 10
10.11 34, vs. 600	Throwing the ball into the basket	Lout of 40
	possibilities)	2 My 56
60 Mig 17 9th 43. 68	1 L:42 L 4 - C 1 O	
iso anin 1 3 skirus. sis	4 hits out of 10 opportunities	
us egn m. KT skus eg	3 hits out of 10 opportunities	
ugiedniky skirugied	3 hits out of 10 opportunities 2 hits out of 10 opportunities	MY SKULL
ing edu in ky sking ek	3 hits out of 10 opportunities 2 hits out of 10 opportunities 1 hit out of 10 opportunities	An'KI Sirakus
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«Оңтустік Казакст	MEDISINA AKADEMIASY ган медицина академиясы» АҚ	АСАДЕМУ АО «Южно-Казахстанская меди	цинская акалемия»
90. KT 3	Center for	r Physical Education	64-11-2024 14 page out of 20
POLITICA	Working Curriculum of the	Discipline (Syllabus) Physical Culture	// // // // //
19. 6gr.17.	S. Kulo J. C. 911.	2 receptions and passes without 1 pass reception without losing	
Jan Sopri	1. 4 2, KU1, 3.0.9	M 2.Gymnastics	the ball
KI, Wa. Sol	11/4 2 KUI 3.	1. Two forward somersaults, she	oulder stand bridge
cki, wa.	50111/41 2 1/4/11/2	half-split - girls,	ouract stand, bridge
	600 11 14 1 2. Thu	Long somersault forward, some	rsault back.
	19. 600 11 14 1 2, c/t	headstand with support -boys.	3
7.1 17 SK	143. 60111111 3	2. Vault jump legs apart-girls,	3.60 gn. KJ
111.12 C	4 43. 60 111/4 1	Jump over a goat without suppo	ort, bending your leg
50, 111, 12	24. Ws. 60, 11.4	- boys.	Kill of Signature
J. Sp. 411., K	1 34 Was 60 M	Six errors allowed	S. Kulo Sign 9/1.
Jo. J. 60 M.	1 3k Wg. 60	Seven errors allowed	1 2, KU10 3.00
Mus vier 4	n. 1 3, ws. 6	Eight errors allowed	F. 1 2, My 3.
2, 12,00	90. KJ 24, Wa.	Nine errors allowed	11/4 2 KU
	" Unsatisfactory "	Autumn semester	2 / 1/4 2 3 /KU
	corresponds	M1. Athletics	60,111,411 3, 9A
1.K 1 5 W	FX (0,5) 25-49 %	1. Standing long jump	3. 60 Mily 3
70. Kr 2.	F (0) 0-24 %	Boys - 150 cm	Us. 60, 111. K. 1
6001111111	2. Kur Sic 90. K	Girls -130 cm	1. Us. 60, 11'K
· Con I'H	1 3. Kur vs. 901.	2. Squats (number/min)	24, Wg. 60, 11)
US. SOL."	1 2 Kur 3: 90	Boys – 0 times	er, War En
Vs. Son	11. 1. 3. Kur 3.	Girls -0 times	
41, Wg. 6	20 11/4 1 2 /41, V3:	M2. Basketball	in the sky way
ck, wo.	60 111 1 3 CKU, V	1. Throwing the ball into the ba	sket (out of 10
	9. 60 "11. K" 3 CKU	possibilities)	2 917. KT 2K
	Wy. 60 111/12 5	0 hits out of 10 possibilities2. Dribbling the ball without vis	yual control
1 5	1, Wg. 60, Mr. 1	Dribbling the ball with errors	sual Control
90.1	24, Wa. 60, Mir.	Spring semester	FU. Singly, K
10.90. KJ	er, War En Mik	M1. Volleyball	Ku, Sin gar.
J. C. 411.	KJ 24, Wo. 60, 41	1.Ball serves from below out of	10 possibilities
Mis Sies Mi	1. KJ 24, Wo. 60	0 hits on the court out of 10 opp	
Kursin	gn. Kr 24 Wo	2. Receiving the ball from below	
2. Thy	gn. Kr 26 Wo	Failure to receive and pass the b	
	9. 9n. Kr 25 14	Ь 2. Gymnastics	SO 111.11 94
	, vo. ogn. Kr 2 de	1. Two forward somersaults, she	oulder stand, bridge
111/4 17 3. 9	K1 3: 901 K1	half-split-girls,	10, 60, 111.
30111111	The said of the	Long somersault forward, some	rsault back,
60, 111.K	1 941, VS. Ogg. 14	headstand with support - boys.	24. MO 560 411.
10. 60, 111.	17 941, War ago.	2. Vault jump legs apart-girls,	25 140 year
Wa. Sor	7. 15 of was of	Jump over a goat without support	ort, bending your leg
er, Wo. 60	M. I Sky wa.	- boys.	Kr 25 Mg
	En 117. 17 34, 49	More than 10 mistakes were ma	de, Kr St Mo
1 3K, Wa.	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Didn't complete the tasks	Sp. Kr SL
inal control	"Excellent"	Autumn semester	in ogni Kr 26
form	corresponds	1. Boys - flexion, extension of a	irms in a lying
10.1	A (4,0) 95-100 %	position 29-26 times	4. Jin 90, Kr

	AO «Южно-Казахстанская меди r Physical Education	64-11-2024
	Discipline (Syllabus) Physical Culture	15 page out of 20
A- (3,67) 90-94%	Boys pull-up on the bar - 10-9 times 2. Girls - lifting the body from a supine position 3 25 times Girls -squats 40-35 times per minute Spring semester 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	Autumn semester	3,144, 3:0,40.
B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	1. Boys - flexion, extension of arms in a lying position 23-14 times Boys pull-up on the bar-8 - 5 times	
"Satisfactory"	Autumn semester	WILL SKILL
corresponds C (2,0) 65-69 % C-(1,67) 60-64 %	1. Boys - flexion, extension of a position 17-8 times Boys pull-up on the bar-6 - 2 times	EC 471.12 3
Д+(1,33) 55-59 % Д- (1,0) 50-54 %	2. Girls - lifting the body from 10-3 times	
acquire 15 sky war squy	Girlssquats 10-3 times per mi Spring semester	inute
skugiegnikr skugiege	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	SANTIN SKUS.
"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 minu Spring semester Boys - Jumping jack (number per Pull-ups on the bar 0 times Girls - Squats 0 times	rms in a lying s a supine position 0 te

ONTUSTIK QAZAQSTAN

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Оңтүстік Қазақстан медицина академиясы» АҚ

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Multi-point knowledge	710		, 600 11 1 2 1 1 1 3 1 1 1 1 3 1 9 1 9 1 1 1 1 1 1 1	
Grade by letter system	Digital equivalent of points	Percentage	Grade by traditional system	
ASP NO SER AU.	4,0	95-100	Excellent	
A - 5 (1)	3,67	90-94	SKI, 39. 090 1/1 2 1/2	
B+ 5	3,33	85-89	Good	
B	3,0	80-84	1 2 KIL V3. 500 1 KIL 2	
B	2,67	75-79	11. 11 ski va. squ'ik	
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13 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

OŃTÚSTIK QAZAQSTAN SOUTH KAZAKHSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ MEDICAL ACADEMY AO «Южно-Казахстанская медицинская академия: Center for Physical Education 64-11-2024 18 page out of 20 Working Curriculum of the Discipline (Syllabus) Physical Culture Agreement, approval and revision 14 Head of the LIC Protocal No Date of approval with the Darbicheva R.L. Library and Information 14.06.2024 Center Protecol NO 11 Head of the center Date approved by the Ashirbaev O.A 10.06.2024 Center. Chairman AC EP Protocol Ne Date approved by the AC Kalmenov N.Zh 14.06.2024 EP «Medicine» Head of the center Protocol Ne Date revised by the Center

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Chairman ACEP

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ONTÚSTIK QAZAQSTAN MEDISINA AKADEMIASY «Онтустік Қазақстан медицина академиясы» АҚ

Center for Physical Education

Working Curriculum of the Discipline (Syllabus) Physical Culture

SOUTH KAZAKHSTAN MEDICAL ACADEMY AC «Южно-Казахстанская медицинская академия»

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