

**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 (special medical 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		
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 strengthen health, develop and improve physical qualities, observe safety rules in physical education classes		
LO2	Monitors and evaluates the level of physiological condition, physical and functional readiness		
LO3	Applies methodological approaches to mastering physical exercises in the process of independent training using health-saving technologies		
5.1	6B10115 “Medicine”		
LO disciplines		GP learning outcomes with which LO disciplines are associated	
LO1	LO 1- Applies in practice fundamental knowledge in the field of biomedical, clinical, epidemiological and socio-behavioral sciences.		
LO2	LO 2 -Provides patient-centered care in the field of biomedical, clinical, epidemiological sciences, aimed at the diagnosis, treatment and prevention of the		

	most common diseases						
LO3	LO 5- Demonstrates skills in formulating a clinical diagnosis, prescribing a treatment plan based on evidence-based practice. Conducts sanitary and educational activities to strengthen the health of the population, preserve health and prevent diseases. LO 14 -Conducts sanitary and educational activities to improve public health, maintain health and prevent health diseases.						
	<b>Details of the course</b> South Kazakhstan Medical Academy, Al-Farabi 1, academic building No. 1, Department of Physical Culture.						
6.1	Location (building, auditorium): sports halls						
6.2	Number of hours	Lectures	Prac. lessons	Lab.lesson s	SIW	SIWT	
		-	120	-	-	-	
7.	<b>Information about teachers</b>						
№	Full name		Degrees and title		Email address		
1.	Ashirbaev Orynbasar Atyrkhanovich		Head of the Department, master's degree		ashirbaev12.73 @mail.ru		
2	Shoraeva Nurila Balgabaevna		Senior trainer-teacher, master's degree		Shoraewa@mail.ru		
3	Tugelbay Almas Nurzhigituly		Trainer- teacher, master's degree		Almas@mail.ru		
8.	<b>Thematic plan</b>						
Week	Class	Topic name	Summary	LO discipline	Number of hours	Teaching technology methods	Forms / assessment methods
1-30	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	communication technologies	feedback (blitz survey)
	2-13, 14-27, 29	Corrective and health-improving gymnastics	Compositions of health-improving aerobic gymnastics, including stylized methods of walking, running and	LO-1 LO-3	10	individual work	Evaluation criterion



		jumping, general developmental and breathing exercises (girls). Athletic gymnastics complexes: exercises with a locally differentiated focus, including on training devices (boys). Exercises from exercise therapy: sets of exercises developed in accordance with the recommendations of a doctor and exercise therapy methodologist (taking into account the individual state of health and the nature of the disease).				
	Athletics	Outdoor games - active games in the fresh air, recreational walking, outdoor switchgear complexes, running, jumping from place	LO -3	14	role-playing games	Evaluation criterion
	Sport games	Basketball, mini-football, technical and tactical actions with and without the ball, playing according to simplified rules Improving technique: previously learned exercises.	LO -3	16	individual, group work	feedback (blitz survey)

		Complexes of general developmental exercises: for the selective development of basic physical qualities.				
	Gymnastics	health and corrective gymnastics, individual work on diseases	LO -3	12	individual work	feedback (blitz survey)
14	Midterm - 1	1. Accelerated walking 1500 m - girls, 2000 m - boys. 2. medicine ball throw, gray legs apart	LO -1	2	individual and group work	criteria and assessments
28	Midterm -2	1. Throwing a tennis ball at a backboard with 5 possibilities 2. Showing exercises to correct your diagnosis	LO -1	2	individual work	criteria and assessments
30	Final control	1. Showing exercises to correct your diagnosis 2. Performing sets of exercises prepared by students	LO -1	2	individual work	criteria and assessments
<b>Spring semester</b>						
31	Basics of a healthy lifestyle.	Health: basic concepts, essence, content, criteria, health factors, components of a healthy lifestyle.	LO -3	2	role-playing games	feedback (blitz survey)
32-59	Corrective and health-improving gymnastics	Compositions of health-improving aerobic gymnastics, including stylized	LO -3	12	individual, group work	criteria and assessments

		<p>methods of walking, running and jumping, general developmental and breathing exercises (girls). Athletic gymnastics complexes: exercises with a locally differentiated focus, including on training devices (boys). Exercises from exercise therapy: sets of exercises developed in accordance with the individual state of health and the nature of the disease.</p>				
	Board games	Checkers, chess, toguz-kumalak, table tennis.	CLO -2	10	individual, group work	criteria and assessments
	Sport games	<p>Volleyball, handball, technical and tactical actions with and without the ball, playing according to simplified rules</p> <p>Improving technique: previously learned exercises.</p> <p>Complexes of general developmental exercises: for the selective development of basic physical</p>	CLO -2	18	individual, group work	criteria and assessments



		qualities.				
	Gymnastics	Wellness and corrective gymnastics, individual work on diseases	CLO -3	16	individual, group work	criteria and assessments
44	Midterm - 1	1. Accelerated walking 1500 m - girls, 2000 m - boys. 2. medicine ball throw, gray legs apart	LO -1	2	individual and group work	criteria and assessments
58	Midterm -2	1. Throwing a tennis ball at a backboard with 5 possibilities 2. Showing exercises to correct your diagnosis	LO -1	2	individual work	criteria and assessments
60	Final control	1. Preparing sets of exercises to correct your diagnosis. 2. Performing sets of exercises prepared by students	CLO -3	2	individual work	criteria and assessments
<b>Total 120 hours</b>						

9.	Teaching and assessment methods				
9.1	Lectures	-			
9.2	Practical lessons	Individual, group, flow, communication technology /discussion/, role-playing games			
9.3	SIW / SIWT	-			
9.4	Midterm control	Passing standards for sports			
9.5	Final control	Passing the "Presidential Tests"			
10.	Evaluation criteria				
10.1	Criteria for evaluating the learning outcomes of the discipline				
№ LO	Learning result	Unsatisfactory	Satisfactory	Good	Excellent
LO 1	Uses practical skills to preserve and improve health, develop and	Doesn't do many of the required exercises. Does not have physical fitness	Performs certain physical exercises. Correctly approaches the use of practical	Correctly approaches the performance of certain physical exercises, the	Correctly approaches the performance of certain physical exercises. Independently

	improve physical qualities	for the lesson and performs exercises with significant exercise.	skills and exercises.	use of practical skills and exercises. Performs exercises independently	performs required actions during training. Correctly approaches the use of practical skills and exercises. Performs exercises independently.
LO 2	Applies methodological approaches to mastering physical exercises in the process of self-study using health-saving technologies	Does not know health-saving technologies, starts training without warming up	Performs a warm-up, does not use health-saving technologies, and develops physical qualities.	Does warm-up independently, uses health-saving technologies, develops physical qualities (agility, endurance)	Independently performs warm-up correctly, uses health-saving technology, develops physical qualities (agility, 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	Doesn't exercise. Does not keep a self-observation diary, does not	Sometimes he does physical exercises. Keeps a diary	Independently engaged in physical exercises.	Independently engaged in learning various physical



of physiological state, physical and functional fitness	use examples from the practice of his experience	of self-observation, does not use examples from the practice of his experience	Keeps a diary of self-observation, uses examples from the practice of his experience	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
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## 10.2 Evaluation methods and criteria

### Checklist for practical training

Practical lessons	"Excellent" corresponds A (4,0) 95-100 % A-(3,67) 90-94%	The student regularly attends classes. Actively participates during classes. Conducts classes independently to correct his diagnosis, prepared 10-9 sets of exercises
	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	The student regularly attends classes. Actively participates during classes and conducts warm-ups. Conducts independent warm-up prepared 8-5 sets of exercises.
	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	The student regularly attends classes. Passively participates in classes, prepared 4-1 sets of exercises
	"Unsatisfactory" corresponds FX (0,5) 25-49 % F (0) 0-24 %	The student attends classes irregularly. Passively participates in classes. Didn't prepare exercise sets
Midterm	"Excellent" corresponds A (4,0) 95-100 % A-(3,67) 90-94%	1. Fast walking Girls-1500m-12.30 13.00 Boys-2000m-14.30 15.00 2. Medicine ball throw, sitting legs apart Girls -1 kg-5.30 5.00 Boys -2 kg-5.30 5.00
	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	Fast walking Girls-1500m-13.30 -15.00 Boys -2000m-15.30 -17.00 2. Medicine ball throw, sitting legs apart Girls -1 kg -4.70-4.00



Final control	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д-(1,0) 50-54 %	Boys - 2 kg - 4.70-4.00 Fast walking Girls -1500m-15.30 - 17.00 Boys -2000m-17.30-19.30 2. Medicine ball throw, sitting legs apart Girls - 1 kg - 3.70-3.00 Boys -2 kg-3.70-3.00
	" Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 %	Didn't complete assignment, absent from class
	"Excellent" corresponds A (4,0) 95-100 % A-(3,67) 90-94%	1. Preparing sets of exercises to correct your diagnosis. 2. Performing sets of exercises prepared by students Completed 10 -9 sets of exercises
	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	1. Preparing sets of exercises to correct your diagnosis. 2. Performing sets of exercises prepared by students Completed 8 -5 sets of exercises
	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д-(1,0) 50-54 %	1. Preparing sets of exercises to correct your diagnosis. 2. Performing sets of exercises prepared by students Completed 4 -1 sets of exercises
	" Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 %	Didn't complete assignment, absent from class

### 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	
B +	3,33	85-89	Good
B	3,0	80-84	
B -	2,67	75-79	
C +	2,33	70-74	
C	2,0	65-69	Satisfactorily
C -	1,67	60-64	
D+	1,33	55-59	
D-	1,0	50-54	
FX	0,5	25-49	Unsatisfactory
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 «Aknurpress» - <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.// <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. - С.107-109.// <a href="http://rmebrk.kz/book/1027653">http://rmebrk.kz/book/1027653</a> 6. Arkabayeva, S., Tuykabayeva, 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)	-
<b>Literature</b>	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

## 12 Discipline Policy




- Students should get acquainted with the tasks on the AIS Platonus module "Task" in a timely manner.
- Students must complete tasks daily according to the schedule of practical classes.
- Students should keep track of the final dates of assignments.
- Do not miss all types of classes without good reason.
- Students are required to study in sports uniforms, white T-shirt, bottom-sweatpants.
- During the execution of tasks, it is necessary to keep a distance, avoid unauthorized falls, collisions with furniture and household appliances.

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

### STUDENT'S CODE OF HONOR


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

- 1.The student strives to become a worthy citizen of the Republic of Kazakhstan, a professional in the chosen specialty, to develop the best qualities of a creative personality
- 2.The student respects the elders, does not allow rudeness towards others and shows empathy for socially vulnerable people and takes care of them as much as possible.
- 3.The student is a model of decency, culture and morality, is intolerant of immorality and does not allow discrimination on the basis of gender, nationality or religion
- 4.The student leads a healthy lifestyle and completely abandons bad habits..
- 5.The student recognizes the necessary and useful activities aimed at the development of creative activity (scientific and educational, sports, artistic, etc.), to improve the corporate culture and image of the university. Outside the walls, the student always remembers that he is a representative of a higher school and makes every effort not to drop his honor and dignity.
- 6.The student respects the traditions of the university, protects its property, monitors the cleanliness and order in the hostel
- 7.The student considers all of the listed types of academic dishonesty as incompatible with obtaining a quality and competitive education worthy of the future economic, political and managerial elite of Kazakhstan


<b>14 Agreement, approval and revision</b>			
Date of approval with the Library and Information Center	Protocol № <u>9</u> <u>14.06.2024</u>	Head of the LIC Darbicheva R.I.	
Date approved by the Center	Protocol № <u>11</u> <u>10.06.2024</u>	Head of the center Ashirbaev O.A	
Date approved by the AC EP «Medicine»	Protocol № <u>11</u> <u>14.06.2024</u>	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	






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