ONTUSTIK QAZAQSTAN MEDISINA AKADEMIASY AKADEMIASY ACADEMY AO «Южно-Казахстанская медицинская академия»

Center for Physical Education

Working Curriculum of the Discipline (Syllabus) Physical Culture

SOUTH КАZАКНЯТАН MEDICAL ACADEMY AO «Южно-Казахстанская медицинская академия»

64-11-2024

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

1.	General information about the Course	eq.	,"1'1 2, chu, vs. c. 91," 1K			
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: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: Physical Culture	1.9	Number of credits (ECTS): 4			
1.5	Cycle: GED	1.10	Component: IC			
2.	Description of the discipline	2.00	41. 15 St. Was 60 111.			
	h, optimizing the physical and psychophysic essional training. Summative evaluation form	cal sta	ate of students in the process of			
3.1	Testing	3 5	Course work			
3.2	Writing	11/10	Essay			
3.3	Oral	W/ \	Project			
3.4	Assessment of practical skills	3.8	11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1			
4.	Discipline objectives	7	Siller march creat V			
cultu	purpose of mastering the discipline "Physica re of the individual and the ability to use a ve s to maintain health and self-preparation for for	ariety	of means of physical culture and			
5.	Learning outcomes (Course learning outcomes	VL V				
LO1	Uses practical skills to preserve and strength qualities, observe safety rules in physical ed					
LO2	Monitors and evaluates the level of physioloreadiness	ogical	condition, physical and functional			
LO3	Applies methodological approaches to mastering physical exercises in the process of independent training using health-saving technologies					
5.1	6B10115 "M	[edici	ne**			
LO	GP learning outcomes with which	LO	lisciplines are associated			
disci	plines	VI	St. Wo. 60 M. 1 T St.			
LO1	LO 1- Applies in practice fundamental clinical, epidemiological and socio-behavi					
LO2		30				

ONTÚSTIK QAZAQSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ ОНТОТІК ҚАЗАҚСТАН МЕДИЦИНА АКАДЕМИЯСЫ» АҚ	инская академия»
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KING	20.6	epidemiological scie most common diseas	es	90. KJ	Sh. "W	S. So.	λÚ	1	chill was	
LO3	K1 3	LO 5- Demonstrate treatment plan bas educational activities and prevent diseases. LO 14 -Conducts san maintain health and prevent plants and prevent plants and prevent plants are prevent plants.	ed on s to strer hitary and	evidence-basongthen the he	ed pra alth of activition	ctice. (the pop	Con ulat	ducts s	sanitary and eserve health	
. O. C.	Det	rails of the course th Kazakhstan Medic	egn. 1	KI SKIM	3.00	ademic l	ouil	ding No	0. 1, 0 edu	
		oartment of Physical (10. Kg 2,	- Ma	2:00 /	7.,	1	ex 20. 6	
6.1	Loc	ation (building, audit	orium): s	sports halls	STIN	Un Vien	A	7. KT	St. Wa.	
6.2	Nur	nber of hours	Lectures	Prac. lesso	ons L	ab.lesso	n s	SIW	SIWT	
	2,	KU, 50: 90, K	- 5	120	11-	SK, 10	V.O.	- 60	1. 1 c	
7.	Info	ormation about teac	hers 9	My Jen	Yn., M	1 54	,,,	vo. 6	11. 11	
No	Full	name	, Kr	Degrees and	title	V	Er	nail add	lress	
1.00		irbaev Org rkhanovich	ynbasar	Head of the master's degr	() = O\	nent,	ashirbaev12.73 @ mail.ru			
2	Sho	raeva Nurila Balgab	2.	Senior trainer-teacher, master's degree			Shoraewa@ma il.ru			
3	Tug	gelbay Almas Nurzhig	gituly	ituly Trainer- teacher, m degree			19, 18, 100 15 1 2 1411			
8.		Un 500 971. 1	St. W	Thematic	plan	ch, 03	9. On 14 2, M.			
Week	Class	Topic name	Summa	ary Arra ed	LO discipline	Number of hours	tec y	aching hnolog thods	Forms / assessme nt methods	
1-30	1. 647 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 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		LO-3	Sedink Skusk	cat tec gie	ina.edu.iskina.	feedback (blitz survey)	
1 34	2- 13, 14- 27, 29	Corrective and health-improving gymnastics	precautions. Compositions of health-improving aerobic gymnastics, including stylized methods of walking,		LO-1 LO-3	10		lividual work	Evaluation criterion	

о́нти́sтік qazaqstan мерізіна академиясы» Ақ Сеnter for Physical Education South каzакнятан медицинская академия» Селем базақстан медицинская академия» Селем базақстан медицинская академия» Селем базақстан базақстан медицинская академия» Селем базақстан базақстан медицинская академия» Селем базақстан баз

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Sking ed ski	Allin K. L. Skinsky Sk	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 recommendations of a doctor and exercise therapy methodologist (taking into account the individual state of health and the nature of the	Skulas Sko Skulas Ska Ska Ska Ska Ska Ska Ska Ska Ska Ska	September 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	ikh si s	skina.edu.k skina.edu.k a.edu.k skina.edu	
Skulg Skulg	Athletics	disease). Outdoor games - active games in the fresh air, recreational walking, outdoor switchgear complexes, running, jumping from place	LO -3	141 Redukt	role- playing games	Evaluation criterion	14. V.
Skus eqniki	Sport games	Basketball, minifootball, technical and tactical actions with and without the ball, playing according to simplified rules Improving technique: previously learned	LO -3	16 sking	individual, group work	feedback (blitz survey)	37.77

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Skull Skull	Ky zkusiegnyky wskusiegnyky wskusiegnyky wskusiegnyky	exercises. Complexes of general developmental exercises: for the selective development of basic physical qualities.	skino L skino	KT KT KT SKUL	John Klasking edu Skrig edu kl Skrig edu kl	skna.edu du.kl skna.e du.kl skna.e
KUS.	Gymnastics	health and corrective gymnastics, individual work on diseases	LO -3	12	individual work	feedback (blitz survey)
14	Midterm - 1	 Accelerated walking 1500 m - girls, 2000 m - boys. medicine ball throw, gray legs apart 	LO -1	25 cdu.K	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	Z Kra 1 Kra	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	SKUS SKUS	individual work	criteria and assessments
1	24, Way 60, M.	Spring sen	iester	1	Thy 3: 0	10. Kr 2.
31	Basics of a healthy lifestyle.	Health: basic concepts, essence, content, criteria, health factors, components of a healthy lifestyle.	LO -3	dedu Andre	role- playing games	feedback (blitz survey)
32- 59	Corrective and health-improving gymnastics	Compositions of health-improving aerobic gymnastics,	LO -3	12	individual, group work	criteria and assessments

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11,00	10. Kr 26 KU	including stylized	Mo.	60, 71	1.1.0	71 VS. 600	
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2. 11,	9.0 90. Kr 2	walking, running	SK	Wo.	EC 411. 1/1	CKI, VS.	
1 3. 10	13:0 SQD, 141	and jumping,	1 5	- Mo	60 Mile	12 at 1	0
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D. Kr	1 2, KUI 3:00 91)	breathing exercises	701.	VI.	2/4, Wg. 6	0 11:11	
000	1 2, My 3.60	(girls).	Sp. 41)	1	ch. Wa.	600111.4	
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3 111.	9.0 900 Kr	differentiated	SK.	Wo.	SC. 471.1	P 24, Wg.	
12 3/4	1, 35. 390 Kr	focus, including on	VI C	Je, Wi	, 60, 411.	12 gk 2	(
1 3	Ku, vs. ogg, ik	training devices	" KI	SK	WO. 50, 41	1. 17 ch	
111.1	eku, vs. ogp.	(boys).	90. K	5	ino sec	N1. 12 6	N
00 11/4	1. 3. 4KU, VS. 691	Exercises from	901.	KI	ex Wo	20 11.11	
60,777	11 3 HU VS.	exercise therapy:	3.00	7. 1	St. Wo.	260 YN. K	1
9. 800	1. 1. 3 KU. 3.	sets of exercises	0.00	401.	P 54 1	10, 60 Mil	
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11 34	1, Wg. 600 // Kr	nature of the	K	2/1/1	J. 60 411.	KJ 5K "	(
1.	71, Vg. 60, "1,	disease.	y, Kr	5	400 Jier 4	1. 1 3kg	
11. 12	Board games	Checkers, chess,	CLO	10	individual,	criteria and	Ç
Sp. My.	1 3/1, Wg. 60	toguz-kumalak,	-2	Kr	group work	assessments	
a el au	· 17 9/20.	table tennis.	3.	D. K	5 100	2:60-971.1	
10, 260	Sport games	Volleyball,	CLO	18	individual,	criteria and	
1400 36	10.10 St.	handball, technical	-2	· . O.	group work	assessments	
Dr. Mo.	16, 41., KT 34.	and tactical actions	CKII.	V3.	go. Kr	2, Thus Sign	
Shin	3.60 111.15	with and without	1 X	1, 3	OGO, KI	1 S. Will -3	
5	100 JES 111. 1	the ball, playing	11	CKIII.	(g. odl)	Kr 2 SI TRUE	Ĺ
KJ 5	1, Wo 5 60 411.	according to	1.1.	3 CHI	3. 500	1 5 X	5
D. 1	24. Way 50, 41.	simplified rules	1111	11	KII. 39. 0	M. Kr 2	
9n. K	24. Wa Ser	Improving	SOL 7/1		CKIII VS.	ogo, Kr	
6, 90.	Kr 24, Wo 36,	technique:	, GO	111.10	1 skill of	J. Odo Kr	
3.00	KI SKINO	previously learned	Us. G	0,717.	11 settin	3. odp.	Ņ
1100	Mr. Kr 24 W	exercises.	, , , ,	600 7	J. 1. 2	71. VS. Ogp	
1/4, 3;	9n. Kr 24,	Complexes of	Shi W	y. Go	111:11	chi, vs. 0	Ç
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1 2, 1/1	1. 3. On. K	developmental	1 3	7. 40	. 60, 111 K	11 skn ~	0
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Dr. Kr	2, W. 26 Y	development of	7/1/2	11	Th. Vs. 0	0, 14, 3	ĺ

3.0	Jii. KI SK	basic physical qualities.	Skug.	y. G	30.12 3	ekwara ed
1 Skill	Gymnastics	Wellness and corrective gymnastics, individual work on diseases	CLO -3	16	individual, group work	criteria and assessments
AA AA	Midterm - 1	1. Accelerated walking 1500 m - girls, 2000 m - boys. 2. medicine ball throw, gray legs apart	LO -1		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	25,77	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	2. SKN 3	individual work	criteria and assessments

9.	Teaching and assessment methods						
9.1	Lectures					SE MO	
9.2	Practical lesson	51 34 KM	Individual, group, flow, communication technological discussion, role-playing games				
9.3	SIW / SIWT -					go. Kr	
9.4	Midterm control Passing standards for sports					go, K	
9.5	Final control	60 YV. K	Pas	sing the "Presider	ntial Tests"	S. 590, 14	
10.	Evaluation cri	teria	n. 1 %. 3. co. 14 1 3 kg, 3. gp.				
10.1	Criteria for ev	aluating the l	earn	ning outcomes of	the discipline	41, 25. 00	
№ LO	Learning result	Unsatisfact	ory	Satisfactory	Good	Excellent	
LO1	Uses practical skills to preserve and improve	Doesn't do many of the required exercises. D		Performs certain physical exercises. Correctly	Correctly approaches the performance of certain	Correctly approaches the performance	

SOUTH KAZAKHSTAN

MEDICAL

ACADEMY

AO «Южно-Казахстанская медицинская академия»

64-11-2024 ONTUSTIR CAZAQSTAN MEDISINA AKADEMIASY Оңтүстік Қазақстан медицина академиясы» АҚ

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skna. Skna. Skna. Skna.	develop and improve physical qualities	physical fitness for the lesson and performs exercises with significant exercise.	use of practical skills and exercises.	exercises, the use of practical skills and exercises. Performs exercises independently	physical exercises. Independent ly performs required actions during training. Correctly approaches the use of practical skills and exercises. Performs exercises independent ly.
LO 2	Applies methodologica l 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)	Independent ly performs warm-up correctly, uses health- saving technology, develops physical qualities (agility, 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 requirement s. Follows all the commands of the

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LO 4 Sking Ski	physical a functional fitness	diary, does not use examples from the practice of his experience	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	Indepen dently 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		n methods and crite	ria	TIKA SI SKUI	Sic Squily
00	cal lessons	ctical training "Excellent"	The student regul	arly attends class	es Activaly
riacul	ar ressoris	corresponds A (4,0) 95-100 % A-(3,67) 90-94%	participates durin independently to 10-9 sets of exerc	g classes. Conduc correct his diagno cises	cts classes osis, prepared
1 5		"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 %	The student regularities during ups. Conducts in	g classes and con	ducts warm-

8-5 sets of exercises.

V.O. 60, 1174	1/0.42 22 50 74 24	1 3 1 1 2 1 0 60
rug. J. Egg. 47.	C+(2,33) 70-74 % "Satisfactory"	The student regularly attends classes. Passively
SIL SKULG SKULG SKULG	corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 %	participates in classes, prepared 4-1 sets of exercises
Wasedniky	" 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
a.eus.edu.kl	"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 Boys - 2 kg - 4.70-4.00
squ'kt skus.	"Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д-(1,0) 50-54 %	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
T ZKUS'EGI'Y KUS'EGI'Y	"Unsatisfactory "corresponds FX (0,5) 25-49 % F (0) 0-24 %	Didn't complete assignment, absent from class
Final control	"Excellent" corresponds A (4,0) 95-100 % A-(3,67) 90-94%	 Preparing sets of exercises to correct your diagnosis. Performing sets of exercises prepared by students Completed 10 -9 sets of exercises
Skug's skug's sqn'	"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 %	 Preparing sets of exercises to correct your diagnosis. Performing sets of exercises prepared by students Completed 8 -5 sets of exercises
Mik S. Skur	"Satisfactory" corresponds	1. Preparing sets of exercises to correct your diagnosis.

«Оңтүстік Қазақ	OŃTÚSTIK QAZAQSTAN MEDISINA AKADEMIASY стан медицина академиясы» АҚ	SKMA -1979- -11/,	SOUTH KAZAKHSTAN MEDICAL ACADEMY AO «Южно-Казахстанская меди:	цинская академия»
10 YO. KI	Center for	Physical	Education	64-11-2024
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Work	ing Curriculum of the Dis	cipline (Syllabus) P	hysical Culture 10 page out o	
С (2,0) 65-69 % С-(1,67) 60-64 % Д+(1,33) 55-59 % <u>Д</u> -(1,0) 50-54 % " Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 %		2. Performing sets of exercises prepared by students Completed 4 -1 sets of exercises Didn't complete assignment, absent from class		
Grade by letter system	Digital equivaler of points	nt Percentage	Grade by traditional system	
A O	4,0	95-100	Excellent	
Action	3,67	90-94	21/4/0 3'S. M. T. 3/1.	
B + % % %	3,33	85-89	Good	
BUSH	3,0	80-84	Kr 25 140, 50, 471, 15	
B- (1)	2,67	75-79	. K. 26 (40, 56, 41), A	
C+	2,33	70-74	90. A 36 40 56 411.	
C 11. (1 8/2)	2,0	65-69	Satisfactorily	
C-8 10 10 6	1,67	60-64	3. 93. 1 2 2 W. Sign	
D+ 20 XV. 1	1,33	55-59	- 13. Sp. 14. 22. Rule 3.	
D-(\(\frac{1}{2}\) \(\frac{1}{2}\)	1,0	50-54	KL 13 5 90, 1/1 2 26 1/400	
FX	0,5	25-49	Unsatisfactory	
F Stranger	0 1 St 10	0-24	1 34 73. 600 1. 1. 1. 2	
11.	Learning resou	rces	11 st 23. 60111/1	
Electronic resources, including, but not limited to: databases, animation simulators, professional blogs, websites, other electronic reference materials (for example: video, audio, digests) Electronic textbooks	(РМЭБ) — http://r 3.Цифровая https://www.aknu 4.Электронная б 5.Эпиграф — https://mbook.kz/ 6.ЭБС IPR SMA 7.информационн 8.Cochrane Libra 1.Jeroen Koekoek Game-Based Peda Rich Learning Env Walinga NY: Ro http://rmebrk.kz/b	edu.kz/genres кая межвузог mebrk.kz/ библиотек портал ru/index/ RT https://www. et al. gogy in Physic vironments. / Je outledge, 2023.	вская электронная библиотек	
1 skirna edi	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.//			

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skugiegini egniki	http://rmebrk.kz/book/1186126http://rmebrk.kz/book/1186126 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)
a.edu.kl. skura.e	ISBN 978-3-031-20116-5.// http://rmebrk.kz/book/1186181 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.// http://rmebrk.kz/book/1159216
Skusi skusi skusi squiki Skusi skusi skusi squiki	5. Kanagatov, N., Siroka, L. Modern tendencies of physical education development for students. // Science and Education in XXI century., 2014 № 1 C.107-109.// http://rmebrk.kz/book/1027653 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. http://rmebrk.kz/book/1026822
Laboratory physical resources	K-Kug gedniky ky skulg egniky ky skulg eg
Special programs	11- 3 skylus is egg 971 KT 3 skylus is egg 971 KT 3 skylus
Journals (electronic journals)	SGO-KIN SI SKULIG SI SGOTIN KY SKULIG SI SGOTIN KY SK
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 (10 pt 10 pt 11)	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

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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, approv	al and revision	Wo 360 M. M	2/2 Wa. 60
Date of approval with the Library and Information Center	Protocol No. 9	Head of the LIC Darbicheva R.I.	aven
Date approved by the Center	Protocol No. 11.	Head of the center Ashirbaev O.A	Severy
Date approved by the AC EP «Medicine»	Protocol No. 119 14.06.2024	Chairman AC EP Kalmenov N.Zh	flut
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