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

100	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 (sports 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	2.00	41. KJ 24 Wa. 60 M.
profil the m comp	ical culture, as an academic discipline, mand led physical readiness, education of a conscion neans of forming a prehensively developed personality, a factor in local and psychophysical state of students in the	ous nee streng	ed for a healthy lifestyle, is one on the control of the control o

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 √
NO (2 To 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	9	20 XD 1/1 ST 20 CO 1/1

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 (LO 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
LO4	Participates in mass sports and physical culture and recreational activities during the training period, assists in organizing competitions and refereeing
5.1	6B10115 "Medicine"

OŃTÚSTIK QAZAQSTAN MEDISINA AKADEMIAS У «Оңтүстік Қазақстан медицина академиясы» АҚ	SOUTH KAZAKHSTAN SKMA MEDICAL ACADEMY AO «Южно-Казахстанская мед	ицинская академия»
Center for	r Physical Education	64/11-2024
Working Curriculum of the D	Discipline (Syllabus)	2 page out of 16

LO1	epidemiological and socio-behavioral sciences.										
LO2	epidemiological sciences, aimed at the diagnosis, treatment and prevention of the most common diseases										
LO3 LO4	pla L0	an based on evide O 14- Conducts s	s skills in formulence-based practicentiary and educa	ce tional a	nctivitie	10	7. W.S.	SO MILLY			
ckus vg.	Det Sou	tails of the cours	ledical Academy,	15	Mo	academic l	ouilding No	1, 17			
6.1	Loc	cation (building, a	uditorium): sport	s halls	F 5	Mo	is 41., 1	1 54 10			
6.2	Nui	mber of hours	Lectures	Prac. lesso	n du K	Lab.less on s	SIW	SIWT			
70	TAC	1 6 00		120	». 60L	- YO. 11	7-411	3 Oc. 14			
7. Nº	Information about teachers Full name		Degrees and title			Email address					
1,41	Ashirbayev Orynbasar Atyrhanovich		Head of the Department, master's degree			ashirbaev mail.ru	12.73 @				
2	Sho	orayeva Nurila B	algabayevna	Senior trainer-teacher, master's degree			Shoraewa	@ma il.ru			
3	الريد	gelbai Almas Nur	zhigituli	-70	77~	er master's	almas@n	nail7ru			
8.	The	ematic plan	49. 601 11 K	4 3.	11,0	90.	XV 55	W. 360 9.			
Week	Class	Topic name	Summary		LO disciplines	Number of hours	Methods/ education al technologi es	Forms / assessme nt methods			
1-30	11 si skri	Physical culture as an academic discipline in the education system	History of the development of physical culture Republic of Kazakhstan Phyculture as an acadiscipline. Credit requirements and student responsitions.	sical ademic it d bilities.	LO-3		communi cation technolo gies	feedback (blitz survey)			



SOUTH KAZAKHSTAN MEDICAL ACADEMY AO «Южно-Казахстанская медицинская академия» 64/11-2024

Center for Physical Education

Working Curriculum of the Discipline (Syllabus)

3 page out of 16

			2, V. V. 2,				
17.KJ	2	Rules and judging	Rules of the game, competition rules, refereeing basics.	LO-2	2 Constant	communi cation technolo gies / discussio n /	evaluation criteria
kr ekti wa:	3-29	Physical training	General and special physical training (exercises for development, strength, speed, general and speed endurance, jumping ability, flexibility, speed reaction, exercises for developing orientation)	LO-4	Skula Ska Sko Ska Skula Ska Ska Ska Ska Ska Ska Ska Ska Ska Sk	Individua l, group work	evaluation criteria
ig.edi	697/	Sport games	Volleyball/ basketball/minifootball / checkers/	LO-2	8	role- playing games	evaluation criteria
KWO	19:00	Safety precautions	Basic safety precautions during sports activities	LO-2	2 0	Individua l, group work	evaluation criteria
A.K. Sking S	KIND SKIND S	Tactical actions	Volleyball/ basketball/mini football/checkers/chess mastering the technique of movement, stopping and turning without and with the ball, passing the ball with one and two hands on the spot and in motion, catching the ball with one and two hands, dribbling the ball, dribbling the opponent, throwing the ball with places, in motion, with one and two hands. They master: deceptive movements (feints), a feint to pass, a feint to throw into a basket, a	LO-23 JUNA Bedu-k Skina Sk	AL SKING SKI	Individua l, group work	evaluation criteria
10.	V	21 Wo 60	feint to jerk.	60,717;		K11, VS.	Or the

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Working Curriculum of the Discipline (Syllabus)

4 page out of 16

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3.	00, 14, 2, M	football/checkers/chess	Mar 3	NY YU	1 1 34	Via. Son
Skulg Sk Sk Sk Sk Sk Sk Sk Sk Sk Sk Sk Sk Sk	Playing technique	Volleyball/ basketball/ futsal/ checkers/ chess - defense technique; movement technique (basic, defensive stance and all types of movements of the defender), technique of mastering the ball, snatching and kicking the ball, interception; opposition to dribbling, passing, throwing to the basket; taking possession of a ball that has bounced off the backboard Volleyball/ basketball/mini football/checkers/chess - classes include: studying, mastering the basic techniques of volleyball (moving, receiving and passing the ball, serving, attacking strikes,	LO-200 LO-200 LO-200 LO-200 LO-200 SKINA-E SKINA-E SKINA-E SKINA-E SKINA-E SKINA-E SKINA-E SKINA-E	16 sking ski	Individua l, group work	evaluation criteria
MY SKUS	Athletics	blocking). Basic safety precautions in athletics. Familiarization, training and mastery of motor skills and techniques of	LO -3	4.00 kma.ec	Individua lwork	evaluation criteria

Center for Physical Education

Working Curriculum of the Discipline (Syllabus)

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79.0	Squ. Kr 3	knowledge, skills, and	SK 11	10.	701. C	ch, vo. 6
	J. Sylvin Kr	development of	SK.	W.o.	60, 411. 11	ett, vo.
Mu.	13. Sqn 14	physical qualities in	VI 9	K	10. 60 M.L	
2.	11,000	athletics. Safety)., KI	SK.	War Goran	17 CK
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9.	go. Kr 26	physical qualities and	St. Wo	60	10. VI	K1, 29. 601
73.	901. Kr	functional capabilities	SKI	19.	6 111.	CKILL VS.
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1/1/	10 Jin 1	athletics. Special	1	P/1, "	Us. 600"11'	
5	The 3'co 411.	physical training in	U. 12	SK	Ja. Com	1.K. 1. 3. KU
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900.	Kr 24 William	control during	JO. 6	7///	12 3/41	19. 500" /
9/	D. KT 26	athletics. Features of	1, 100	60,7	J. 1 24	13. SOL
9.	911. KT 24	organizing and	St. W.), G	111.11	K11, 59. 60
2	C. 911. KJ	planning athletics	SKI,	Wg.	600 11 K	JAN 19:0
M	J. C. 4/11. KJ	classes in connection	1 3	1, 40	, 600 "1'Fr	
	10 Jiec 411.	with the chosen		CKI,	Vg. 600"11	
5	1440 Jigg 41)	profession	11.101	. K	7, 79. 600	1. 4. 1. 2. K
	Competitions		LO -4	2	aroup work	ovaluation
Kr	Competitions	Participation in city and intra-university	LO -4	21	group work	criteria
Y. V	1 21 KU		a, So	NI.T	J 3/4 23	Cillella
20	Final control	competitions Results of	LO -1	2//	individual	avaluation
30	Fillal Collubi	$A(1)$ $A \subseteq A(1)$ $A(1)$ $A(2)$	LU-1	2		evaluation
19.	90, Kr 2	participation in	SK M	(b. 6	work	criteria
7/2	, 30, 11, 1	competitions	5k1	V3.	60, 10, 11	2411
724	100 - 100 m	2 seme		13 M	V. 60-7714	12.3191
31-	Basics of a	Health: basic	LO -3	2	role-	feedback
60	healthy	concepts, essence,	Y17., K	1 3	playing	(blitz
1	lifestyle.	content, criteria,	70.	1	games	survey)
1.Kr	1 2, My 3.	health factors,	Ser. YI	1.1	SK. Wg.	600 111 K
	Fr 2 miles	components of a	la, so	NI.L	12 St 0	J. 600 11 K
900	Kr 2, 0	healthy lifestyle.	(2)	30, 77	1. 1. 3k)	VS. 500
9.	Physical	General and special	LO-4	6	Individua	evaluation
79.	training	physical training	St. d	O.	l, group	criteria
1	J. San Kr	(exercises for	1 54	Mo.	work	. ek, wa.
Kui	15. Op. 1	development, strength,	VI O	Jr. 1	10, 60, 717 K	
2, 4	U. 3. 90.	speed, general and	J. 1	SKI	Wg. 60,711	1, 1, 2 KU
1,5	1/4, 3: 09	speed endurance,	101.1	1 0	4. Vs. 600	111. 12 d
KL	2, 14, 36	jumping ability,	Sp. 771.	111	A, Vo. 6	0, 14, 13

Working Curriculum of the Discipline (Syllabus)

na.e	sedniki se	flexibility, speed reaction, exercises for developing orientation)	L Skino	Kusier 18. Eg	Segniki Sripiki	SKUS'S'S
55	Sport games	Volleyball/ basketball/minifootball / checkers/	LO-2	10	role- playing games	evaluation criteria
The State of	Tactical actions	Volleyball/ basketball/mini football/checkers/chess mastering the technique of movement, stopping and turning without and with the ball, passing the ball with one and two hands on the spot and in motion, catching the ball with one and two hands, dribbling the ball, dribbling the opponent, throwing the ball with places, in motion, with one and two hands. They master: deceptive movements (feints), a feint to pass, a feint to throw into a basket, a feint to jerk. Improving skills in playing volleyball/basketball/m ini football/checkers/chess . General and special training: volleyball/basketball/m ini	LO-2 di LO-2 di Skinda. Skinda. Skin	18 KL 2011-	Individua l, group work	evaluation criteria
60	Playing technique	football/checkers/ches. Volleyball/ basketball/ futsal/ checkers/ chess - defense technique; movement technique (basic, defensive	LO-2	16	Individua l, group work	evaluation criteria

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Сепter for Physical Education

Сепter for Physical Education

(Syllabus)

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Working Curriculum of the Discipline (Syllabus) 7 page out of 2								
A Skin a edu. Kl. Kl. Skina edu. Kl. Skina edu. Kl. Skina edu. Kl. Skina edu. Kl. Kl. Skina edu.	stance and all types of movements of the defender), technique of mastering the ball, snatching and kicking the ball, interception; opposition to dribbling, passing, throwing to the basket; taking possession of a ball that has bounced off the backboard Volleyball/basketball/mini football/checkers/chess - classes include: studying, mastering the basic techniques of volleyball (moving, receiving and passing the ball, serving, attacking strikes	is skina. ed skina. ed skina. ed skina. ed skina. ed skina. ed	Skus equivalence	o.k. k. skina. ed skina. edu. k. skina. ed skina. edu. k. k. skina. edu. k. k. k. skina. edu. k. k. k. skina. edu. k. k. k. skina. edu. k. k. k. k. skina. edu. k. k. k. k. skina. edu. k. k. k. k. k. skina. edu. k. k. k. k. k. skina. edu. k. k. k. k. k. k. k. k. skina. edu. k.	Skina. edu. Skina. edu.			
1, Wg 60, 47 1/2	attacking strikes,		11000	911. KJ	Sk. Wo.			
ch, 00, 60, 11/2	blocking).	H 2	Miller	9.0.30	AT 54.10			
Athletics	Basic safety precautions in athletics. Familiarization, training and mastery of motor skills and techniques of athletics. Improving	LO -3	4 skir	Individua lwork	evaluation criteria			
1 SKULSKUS EGON	knowledge, skills, and development of physical qualities in athletics. Safety measures during athletics. Techniques for performing athletics exercises. Development of	kwa eqniki gu.kl	Skusi	a.edu.k kna.edu.k 1 skna.edi 1 skna.edi	Majedu.Kl			

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no establication of the state o	Final control	various ty athletics. methods of control du athletics. organizing planning of classes in with the of profession Results of participation	Way of sell oring Feati g and athle coni chose f	rs and lf- ures of d etics nection	LOC-1		individu work	self self self self self self self self	evaluation criteria
12	the si con	V (V (V)	$\wedge \vee -$	20 hours	W	SHIM	9. SO. Y.	U.F	I Str
9.	Assessment teac	hing methods	M	3.00	n. Kr	SK	Ma Sign		7. 15 ex
9.1	Lectures	300,14	2 <u>.</u> 7	The Soil	9/11.	Kr 5	L'Mo	S.	40. KT
9.2	Practical lessons	a.edu.k.		ividual, gr scussion/, 1	1//		municatio mes	n te	echnology
9.3	SIW / SIWT	103. CO.	2.4	11 3K	1. 10.	odu.	Kr 2	W	11- 3:6- 911.
9.4	Midterm control	1, Vg. 6		sing stand			, Kr	5,	My Jier G
9.5	Final control	et. Wa.	Pas	sing the "	Presider	ntial Tes	sts"	4	2, 1410
10.	Evaluation crit), (30,11.16	4 4	71, 19.	600	Fr	1 2, Kun 3
10.1	Criteria for eva		1 1	A . AV		2	cipline	1/	S. Kuis
№ LO	W V V V		ory	Satisfact		Good	, vo. 6	-	cellent
LOA 2duly 2dul	Uses practical skills to preserve and strengthen health, develop and improve physical qualities, observe safety rules in physical education classes	Doesn't do many of the required exercises. Do not have physical fitter for the lessed and perform exercises with significant exercises.	oes ness on	Performs certain p exercises Correctly approach use of pr skills and exercises	hysical s. y nes the actical	performan physical exercises as a skills are exercise exercise exercises.	nches the mance of al ses, the practical and ses.	ap pe cel ex Ind pe rec du Cc ap usc ski ex Pe ex	proaches the proaches the rformance of rtain physical ercises. dependently rforms quired actions proaches the e of practical ills and ercises. erforms ercises dependently.
LO 2	Monitors and evaluates the level of physiological	Doesn't exercise. D not keep a s observation	oes elf-	Sometim does phy exercises Keeps a	sical s.	Does indepe physic exercis		W ind lea	orks dependently, arns various sysical

медицинская академия 64/11-2024 Center for Physical Education 9 page out of 16 Working Curriculum of the Discipline (Syllabus)

skna. Skna. Skna.	condition, physical and functional readiness	diary, does not use examples from the practice of his experience	observation diary and does not use examples from the practice of his experience	a self- observation diary, uses examples from the practice of his experience	exercises, and demonstrates physical qualities such as strength, agility and speed. Keeps a self-observation diary, uses examples from the practice of his experience
LO3	Applies methodological approaches to mastering physical exercises in the process of self- study using health-saving technologies	technologies, starts training without	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)	Comes to class on Independently performs warm-up correctly, uses health-saving technology, develops physical qualities (agility, flexibility, endurance, coordination of movements)
LO 4	Participates in mass sports and physical culture and recreational activities during the training period, assists in organizing competitions and refereeing	attends training irregularly. Does not participate in city competitions.	The student regularly attends training. Did not participate in city competitions. But he knows how to conduct warm-up training.	The student regularly attends training. Do not do a warm-up workout. Participant in city competitions	The student regularly attends training. Participates in judging interfaculty competitions. Prize-winners at city competitions in sports (I-III places)

Checklist for students of the main department

1	Practical lessons "Excellent"	The student regularly attends training. Participates
	corresponds	in judging interfaculty competitions. Prize-winners
	A (4,0) 95-100 %	at city competitions in sports (I-II places)

ойти́sтік Qazaqstan медізіна академія у медізіна академія у медісац асадему «Оңтүстік Қазақстан медицина академіясы» АҚ Сеnter for Physical Education 64/11-2024

Working Curriculum of the Discipline (Syllabus) 10 page out of 16

16 M. M	Working Cu	rriculum of the D	iscipline (Sylla	bus)	10 page out of 16					
10.3.80 901. K	A- (3,67)	90-94%	3.12	2/4 NO. 6	90 11 1 3 41 35 60					
"Good" corresponds B+(3,33) 85-89 % B(3,0) 80-84 % B-(2,67) 75-79 % C+(2,33) 70-74 % "Satisfactory" corresponds C (2,0) 65-69 % C-(1,67) 60-64 % Д+(1,33) 55-59 % Д- (1,0) 50-54 % "Unsatisfactory " corresponds FX (0,5) 25-49 % F (0) 0-24 % Multi-point knowledge assessment syste		The student regularly attends training. Do not do a warm-up workout. Participant in city competitions (III-VI places) The student regularly attends training. Did not participate in city competitions. But he knows how to do warm-up training The student attends training irregularly. Does not participate in city competitions.								
					Grade by letter sy				Percentage	Grade by traditional system
					9. 60, 11.4.1	3	3. 900.	1 5	410 300 7	D. Kr 24. 40 80 11.
-/	A 4,0 A - 3,67 B + 3,33		111/11/2	95-100	Excellent					
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В			60, 1016	80-84	Good					
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C	2,0				Satisfactorily					
C -	1,6		2/ W.	65-69 60-64	Satisfactority					
D+	1,3			55-59	12 SK, Wg. 60, 11)					
D- 1	1,0	7 . AV	KI SK	50-54	M. 15 3/ Ws. 50 11					
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F	0,5			0-24	Olisatisfactory					
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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 - https://e-lib.skma.edu.kz/genres 2.Республиканская межвузовская электронная библиотека (РМЭБ) — http://rmebrk.kz/ 3.Цифровая библиотека «Aknurpress» - https://www.aknurpress.kz/ 4.Электронная библиотека «Эпиграф» - http://www.elib.kz/ 5.Эпиграф - портал мультимедийных учебников https://mbook.kz/ru/index/ 6.ЭБС IPR SMART https://www.iprbookshop.ru/auth 7.информационно-правовая система «Заң» - https://zan.kz/ru 8.Cochrane Library - https://www.cochranelibrary.com/								
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ONTÚSTIK QAZAQSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ	SCUTH KAZAKHSTAN SKMA MEDICAL ACADEMY AO «Южно-Казахстанская меди	цинская академия»
Center for	r Physical Education	64/11-2024
Working Curriculum of the D	Discipling (Syllabus)	11 page out of 16

13 Academic policy	based on the moral and ethical values of the Academy
in Kr 2 skug. se	Kosherbayuly Onalbek, 2.Zharylkasyn Kerimbekuly Methodology of teaching subjects ir the specialty "Physical education and sports" 2024
Literature	1. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk
Journals (electronic jour	
Special programs	3K Tug. 5 GO 911 K T 3 KI, Wg. 5 GOD 111 K T 2 KUNG 16
resources	us segniniki szkuciseremi, ki skiusi segnik
Laboratory physical	Nature and Technology. № 1 Almaty, 2013 P.84-86. http://rmebrk.kz/book/1026822
T 22 Klyn 13 Gr GAT!	Current Approaches of Physical Education in Universities. // Seattle-2013: 4th International Academic Research Conference on Business, Education,
SKINS. SEOCHIFF	http://rmebrk.kz/book/1027653 6. Arkabayeva, S., Tuykbayeva, M.
yerseedn. Y	Modern tendencies of physical education development for students. // Science and Education in XXI century. , 2014 № 1 C.107-109.//
3.800 M.K.KT 3 SKI	5. Kanagatov, N., Siroka, L.
Egg. 17. Kr. 1 24 Klyc	образование) ISBN 978-5-7695-9370-3.// http://rmebrk.kz/book/1159216
n. 15 2/1/13. 36	Баженова, А.Ю. Гренлунд, Л.Я. Ковалева, А.В. Соколова 5-е изд., стереотип М.: Академия, 2012 352 с (Высшее профессиональное
17 2, 2kurus egi	Students of Physical Education : Учебник для студ. вузов. / Е.А.
2 SK KUS. Sign of Mik	http://rmebrk.kz/book/1186181 4. Английский язык для физкультурных специальностей = English for
KI, War Eggynik, W	ISBN 978-3-031-20116-5.//
you's squirity ?	Stephen G. Mogge, Shelly Huggins, Jaye Knutson, Elin E. Lobel, Pamela Segal Switzerland: Springer, 2023 355 - (Springer Texts in Education).
3.600 M.K. 1 3 SKU.	http://rmebrk.kz/book/1186126http://rmebrk.kz/book/1186126 3. Multiple Literacies for Dance, Physical Education and Sports. / Editors:
Squirkt 1 2k Klug	Routledge, 2007 282- ISBN 978-0-415-41746-4.//
7. KT 2K, Wg. 56	Chandler, Mike Cronin, Wray Vamplew Second edition - USA:
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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.

OŃTÚSTIK QAZAQSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ	SOUTH KAZAKHSTAN MEDICAL ACADEMY AO «Южно-Казахстанская мед	цицинская академия»
Center for	Physical Education	64/11-2024
Working Curriculum of the D	12 page out of 16	

- 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

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Center for Physical Education 64/11-2024

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64/11-2024

15 page out of 16

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