



<p> ONTÜSTIK QAZAQSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ </p>		<p>  SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия» </p>
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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		
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		
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 (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”		
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						
LO4	LO 14- Conducts sanitary and educational activities to strengthen the health of the population, preserve health and prevent diseases.						
	Details of the course 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. lesson s	Lab. less on s	SIW	SIWT	
		-	120	-	-	-	
7.	Information about teachers						
No	Full name		Degrees and title		Email address		
1.	Ashirbayev Orynbasar Atyrhanovich		Head of the Department, master's degree		ashirbaev12.73 @mail.ru		
2	Shorayeva Nurila Balgabayevna		Senior trainer-teacher, master's degree		Shoraewa@ma il.ru		
3	Tugelbai Almas Nurzhigituli		trainer-teacher master's degree		almas@mail7ru		
8.	Thematic plan						
Week	Class	Topic name	Summary	LO disciplines	Number of hours	Methods/ education al technologi es	Forms / assessme nt 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	communi cation technolo gies	feedback (blitz survey)

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2	Rules and judging	Rules of the game, competition rules, refereeing basics.	LO-2	2	communication technologies / discussion /	evaluation criteria
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	6	Individual, group work	evaluation criteria
	Sport games	Volleyball/ basketball/minifootball / checkers/	LO-2	8	role-playing games	evaluation criteria
	Safety precautions	Basic safety precautions during sports activities	LO-2	2	Individual, group work	evaluation criteria
	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.	LO-2	16	Individual, group work	evaluation criteria

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		Improving skills in playing volleyball/basketball/mini football/checkers/chess . General and special training: volleyball/basketball/mini football/checkers/chess				
	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, blocking).	LO-2	16	Individual, group work	evaluation criteria
	Athletics	Basic safety precautions in athletics. Familiarization, training and mastery of motor skills and techniques of	LO -3	4	Individual work	evaluation criteria

		athletics. Improving knowledge, skills, and development of physical qualities in athletics. Safety measures during athletics. Techniques for performing athletics exercises. Development of physical qualities and functional capabilities of the body through athletics. Special physical training in various types of athletics. Ways and methods of self-control during athletics. Features of organizing and planning athletics classes in connection with the chosen profession				
	Competitions	Participation in city and intra-university competitions	LO -4	2	group work	evaluation criteria
30	Final control	Results of participation in competitions	LO -1	2	individual work	evaluation criteria
2 semester						
31-60	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)
	Physical training	General and special physical training (exercises for development, strength, speed, general and speed endurance, jumping ability,	LO-4	6	Individual, group work	evaluation criteria

		flexibility, speed reaction, exercises for developing orientation)				
	Sport games	Volleyball/ basketball/minifootball / checkers/	LO-2	10	role-playing games	evaluation criteria
	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/mini football/checkers/chess. General and special training: volleyball/basketball/mini football/checkers/ches.	LO-2	18	Individual, group work	evaluation criteria
60	Playing technique	Volleyball/ basketball/ futsal/ checkers/ chess - defense technique; movement technique (basic, defensive	LO-2	16	Individual, group work	evaluation criteria

		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, blocking).				
	Athletics	Basic safety precautions in athletics. Familiarization, training and mastery of motor skills and techniques of athletics. Improving knowledge, skills, and development of physical qualities in athletics. Safety measures during athletics. Techniques for performing athletics exercises. Development of physical qualities and functional capabilities of the body through athletics. Special physical training in	LO -3	4	Individual work	evaluation criteria

		various types of athletics. Ways and methods of self-control during athletics. Features of organizing and planning athletics classes in connection with the chosen profession				
	Final control	Results of participation in competitions	LO -1	2	individual work	evaluation criteria
Total 120 hours						
9.	Assessment teaching 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 strengthen health, develop and improve physical qualities, observe safety rules in physical education classes	Doesn't do many of the required exercises. Does not have physical fitness for the lesson and performs exercises with significant exercise.	Performs certain physical exercises. Correctly approaches the use of practical skills and exercises.	Correctly approaches the performance of certain physical exercises, the use of practical skills and exercises. Performs exercises independently	Correctly approaches the performance of certain physical exercises. Independently performs required actions during training. Correctly approaches the use of practical skills and exercises. Performs exercises independently.	
LO 2	Monitors and evaluates the level of physiological	Doesn't exercise. Does not keep a self-observation	Sometimes he does physical exercises. Keeps a self-	Does independent physical exercise. Keeps	Works independently, learns various physical	

	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
LO 3	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)	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	The student 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)

10.2 Criteria for assessing teaching methods and technologies

Checklist for students of the main department

Practical lessons	"Excellent" corresponds A (4,0) 95-100 %	The student regularly attends training. Participates in judging interfaculty competitions. Prize-winners at city competitions in sports (I-II places)
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A- (3,67) 90-94%	
"Good" corresponds	The student regularly attends training. Do not do a warm-up workout. Participant in city competitions (III-VI places)
B+(3,33) 85-89 %	
B(3,0) 80-84 %	
B-(2,67) 75-79 %	
C+(2,33) 70-74 %	
"Satisfactory" corresponds	The student regularly attends training. Did not participate in city competitions. But he knows how to do warm-up training
C (2,0) 65-69 %	
C-(1,67) 60-64 %	
Д+(1,33) 55-59 %	
Д- (1,0) 50-54 %	
"Unsatisfactory" corresponds	The student attends training irregularly. Does not participate in city competitions.
FX (0,5) 25-49 %	
F (0) 0-24 %	

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 - https://e-lib.skma.edu.kz/genres 2.Республиканская межвузовская электронная библиотека (РМЭБ) – http://rmebrk.kz/ 3.Цифровая библиотека «Акнурпресс» - 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/
Electronic textbooks	1.Jeroen Koekoek et al.


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	<p>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.// http://rmebrk.kz/book/1186180</p> <p>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.// http://rmebrk.kz/book/1186126</p> <p>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.// http://rmebrk.kz/book/1186181</p> <p>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</p> <p>5. Kanagatov, N., Siroka, L. Modern tendencies of physical education development for students. // Science and Education in XXI century. , 2014. - № 1. - С.107-109.// http://rmebrk.kz/book/1027653</p> <p>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</p>
Laboratory physical resources	-
Special programs	-
Journals (electronic journals)	
Literature	<p>1. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek,</p> <p>2.Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024</p>
13	Academic policy based on the moral and ethical values of the Academy
<p>STUDENT'S CODE OF HONOR</p> <p>https://translate.google.com/website?sl=kk&tl=ru&ajax=1&prev=search&u=http://base.ukgf.a.kz/wp-content/uploads/2021/05</p> <p>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</p> <p>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.</p>	


- 3.The student is a model of decency, culture and morality, is intolerant of immorality and does not allow discrimination on the basis of gender, nationality or religion
- 4.The student leads a healthy lifestyle and completely abandons bad habits..
- 5.The student recognizes the necessary and useful activities aimed at the development of creative activity (scientific and educational, sports, artistic, etc.), to improve the corporate culture and image of the university. Outside the walls, the student always remembers that he is a representative of a higher school and makes every effort not to drop his honor and dignity.
- 6.The student respects the traditions of the university, protects its property, monitors the cleanliness and order in the hostel
- 7.The student considers all of the listed types of academic dishonesty as incompatible with obtaining a quality and competitive education worthy of the future economic, political and managerial elite of Kazakhstan

14	Agreement, approval and revision		
Date of approval with the Library and Information Center	Protocol № <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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