CONTROL AND MEASURING TOOLS FOR THE FINAL ASSESSMENT OF KNOWLEDGE, ABILITIES AND SKILLS BY DISCIPLINE

Department: Physical Education

Course code: FK 1(2)106

Name of EP: "General Medicine"

Number of academic hours/credits: 120 hours/4 credits

Course, Year/ term: I year, 1-2 term

Shymkent 2024 y

Explanatory note

The control norms based on "Tests of the President of the Republic of Kazakhstan- Elbasy". "Presidential tests" (Resolution of the Government of the RK 31.12.2013 Ne1545) in higher education institutions pass of last course. The control norms composed by four steps - «Physical perfection» for young in the 18-23 age by the method of degradation (reduction). Types of tests and standards, "the President's test of physical fitness of the population of Kazakhstan". The final assessment of the discipline (FA) consists of two parts: the current assessment (AAR - assessment of the admission rating, 60%) and the assessment of the final control (AFC, 40%).

Control physical exercise	Unit	Standard									
Majeredii. 17 skirmajeredii.	of measurement	Presidential rea	adiness level	National readiness level							
2 Kuis 3 60 911 KT 3 2K, Wg. 3 6	111/KJ 3, 3/4	boys	girls	boys	girls						
Standing Long Jump	centimeter	260	200	245	190						
Flexion extension of the arms in the supine position	quantity/ min/	40	do Kr. St.	35	KI SKUS. 3 Edu						
Pull-up	quantity/ min/	17	13. 60-911/F	150	griff of skylusis						
Lifting the torso from the supine position	Min/ times	60 911-11-11-11-11-11-11-11-11-11-11-11-11-	50	in the skills	45						
3K1, Wg. 500 YII.K T 2 2KW Wg. 6	90.1KJ 36	Wasier ani	1 SK Ma.	30 911:16 17 34	Ws. 599771-17 2						
T Strang Ser Squirity Strang.	3.60 911.14	Skillis GOD	1.K 1 3 5KU	18: 690,171,K	Killo Sier gni K						

Skulugie egniki	OÑTÚSTIK QAZAQSTAN MEDISINA AKADEMIASY Оңтүстік Қазақстан медицина академиясы» АҚ	SKMA -1979-	SOUTH KAZAKHSTAN MEDICAL ACADEMY AO «Южно-Казахстанская медицинская ак	«адемия»
1 3k No 60 111	Center for Physical Education	1, 3,0	90. K. S. W. Se. 11.	044/64-11
1 3k 40. 60	Control and measuring equipment for the	1st course	10 90. KT 36, Was 60 11	3 page out of 5

Order №. 228-V-SAM of the ISS of the Republic of Kazakhstan dated 01.04.2019 on the introduction of amendments and additions to the "Tests of the First President of the Republic of Kazakhstan - Elbasy". Reviewed and approved at the meeting of the center

The assessment of the admission rating (AAR) is based on the summative value of the assessments of the current control obtained in practical classes at 15 weeks (40%), and the boundary control obtained at 7 and 14 weeks (60%). Admission to the final exam - a total of at least 50% of the AAR.

The final score (FS), week 15, is set based on the summative value of the AAR (60%) and the score of the final control (SFC, 40%) — the exam.

Discipline with the form of final control: Differentiated credit

Type of control	Specific weight of the assessment	Structure of learning outcomes assessment
Current	100% от AAR	The arithmetic mean of the current grades received in the classroom and divided by the number of current grades (for example): CC= n1+n2+n3+n4/4, where n is the score for the practical lesson. Totalcurrentratings=30
Midterm control	MC=100%	Final control (dif.credit) it is 40% and includes assessments of boundary controls 1 and 2, which provides a cumulative assessment system.
Assessment of the admission rating (AAR)	AAR =60%	AARit makes up 60% of the assessment and includes current assessments for practical classes. If the AAR is less than 50%, the student is not allowed to participate in the dif. credit AAR=TC=(n1+n2+n3)/(number of ratings)
Score of the final control (EFC, dif.credit)	40%	FC (DC)= (MT1+MT2++MTn)/n n -number of midterm control
Final score (FS)	FC= (AAR*0,6)+	When calculating the final assessment (FT) for the discipline, the assessment of the

100	13. ed 411. KJ 3 3 Kg	(AFC* 0,4)	admission rating (AAR) and the assessment of the final control (AFC) are multiplied by the corresponding coefficients and summed up.
5	Kuruging Egniniki	1 sking secon	FC= (AAR*0,6)+(AFC*0,4)

Control-and 'measuring 'indicators-for-the I -half-of-the-years

Control physica	l exercise	. 1	141, 3	·	The same	S. Mile	20:00	MT	'-1 Athle	etics	70.	12 3	7. 3). 60, "1'y
Points	49. 60r	11.	A	A-	B+	В	B-	C+	C	C-	Д+	Д (1,0)	FX	F(0) 2
11. KI SK	1, Vg. 6,	0,111	(4,0)	(3,67)	(3,33)	(3,0)	(2,67)	(2,33)	(2,0)	(1,67)	(1,33)	54-50	(0,5) 0 p
SO 717-11	ch, vs.	600,11	100 p	95 p	89-85	84-80	79-75	74-70	69-65	64-60	59-55	N. J. P.	49-2	25(-)
Long jump from	ı the spot	boys	245	240	235	230	225	220	215	210	200	2190	1	80 170
10. 60, 11 .L.	12 24	girls	190	185	180	175	170	165	160	155	150	145	1	40 135
Sausta augntitu	1 2016 6	boys	60	55	50	45	40	35	30	25	20	15 0	1/1	.0 5
Squats quantity	7 111111	girls	37	34	31	29	26	23	20	17	14 6	11	SO	9 6
SK, Wo. 6,	3 111-11	CKIII.	Vg. 0	20 14	1 5	MT-2	Basketba	ali s	Je Wo	2.60 Y/). (I	SKIN	O. 6	311.1.1.1
1.throwing the b	oall into the	basket /o	ut of 10	possibil	ities/	, My	3:00	· K	54,10	Va 50	701. N	Sk	Wg.	60,111.4
А(4,0) 100 б	А-(3,67) 95 б	В+(3,33) 89-85 б	B(3, 84-8		З-(2,67) 79-75 б	С+(2,33) 74-70 б	C(2, 69-65		-(1,67) 4-60 б	Д+(1,33) 59-55 б	Д-(1,0 54-50		(0,5) -25 б	F(0) 24-0 б
10	Skully.	8	5 7	Skus	13. eq	77.5	SKM04	ig eq	3	1 5k2		SQN'K	093	Didn't complete th task
2. Doing ball v	vithout visu	ial control	10. K	5	1100	Gr. Yn.	11 0	K1, WS.	· CO.	11.	KU	3. 001	Y	3, 11/10
А(4,0) 100 б	А-(3,67) 95 б	В+(3,33) 89-85 б	B(3, 84-8	· ·	З-(2,67) 79-75 б	С+(2,33) 74-70 б	C(2, 69-65		-(1,67) 4-60 б	Д+(1,33) 59-55 б	Д-(1,0 54-50	/ \ \ /	.(0,5) -25 б	F(0) 24-0 б
Execution without errors	1 error allowed	2 error allowed	3 error allowe	AV II	error lowed	5 error allowed	6 error allowed	- \ (\ (rror owed	8 error allowed	9 error allowed	g m	e 10 or nore	Did not complete the task

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Center for Physical Education	044/64-11
Control and measuring equipment for the 1st course	5 page out of 5

Final control-passing - " Tests-of-the-President-of-the-Republic-of-Kazakhstan-Elbasy"

Head of the center

Test types	3: 0). Kr	SP	Mo	~ 60° >	A	utumn	term	, Sor	111.14	4.	141, 3	y. Odv. /
edu.Kr. 13. sku.a.s. edu.kr. 13. skr.	Points	А(4,0) 100 б	А- (3,67) 95 б	В+(3, 33) 89-85 б	В(3,0) 84-80 б	В- (2,67) 79-75 б	С+(2, 33) 74-70 б	С(2,0) 69-65 б	С- (1,67) 64-60 б	Д+(1, 33) 59-55 б	Д- (1,0) 54-50 б	F X(0,5) 49-25	F(0) 24-0 б
Flexion extension of the arms in the supine	boys	35	32	29	26	23	20	17	14	11	8	5	1 50
T ift	mabekova aeva N.		nior trai		13/2/2	KISK	skus.	ig. Egn.	edn'r	1.12		60. 500	0 0

Control-and 'measuring 'indicators for-the II half of the years

J. 12). 600"	1.1.	KU	VS. 590.	MT-1	l Volleyba		St. "W	D. 60, 71)	11 4	1, VS. 600" 1.
1.Ball sub	mission	from belo	w (out o	f 10 po	ssibilities)	10. K	21/1/10	(ico 7/1). 1	L 5k	40 CO	11.11	CK1, VS. 60,"
A(4,0) 100 б	А-(3,67) 95 б	В+(3,33) 89-85 б	B(3,0) 84-80 б	B-(2,6 79-75			С-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0 49-2		F(0) 24-0 б
10	9	8	12. 7 edi	6	1 SK 510	4)	1 39	2 8	00.1	Didn't ma	0 0 1 \	Didn't transfer through the mesh
2. Receiv	ing-pass	ing the ba	ll from b	elow (i	n 10 second	ds)	1	2, 1/11,	9.000	Kr 26"	Mr. J. S.	40. KT 34. C
А(4,0) 100 б	A-(3,6 95 6			B(3,0) 84-80 б	В-(2,67) 79-75 б	С+(2,33) 74-70 б	С(2,0) 69-65 б	С-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б
Execution without errors	1 erro	/ - \(\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\			4 error allowed	5 error allowed	6 error allowed	7 error allowed	8 error allowed	9 error allowed	Made 10 or more mistakes	Did not complete the task
10. K	SK 110	000	W. KI	SK	Wa. Sor	MT-2	Gymnast	ic	1 2, 174	7:00). Kr 8	1, Wo S. M.
(FI)	rolls for ddle vau		oulder bla	ide stan	d, bridge, h	alf split	J SKIN	3. Egg.	KY S	KUUSIS	Sqn. K	SKULO SE
	~ . \	ault forwar a goat w	~(/) ~ ~/		egs bent	y, second	IN CO	KIND.	Saraniki	1 SKUI	19.5 Egn.	YKT SKUUS
А(4,0) 100 б	A-(3,6 95 6			B(3,0) 84-80 б	В-(2,67) 79-75 б	С+(2,33) 74-70 б	С(2,0) 69-65 б	С-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б
Execution without errors	1 erro	7/) / / / /		error owed	4 error allowed	5 error allowed	6 error allowed	7 error allowed	8 error allowed	9 error allowed	Made 10 or more mistakes	Did not complete the task



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Center for Physical Education

044/64-11

7 page out of 5

Control and measuring equipment for the 1st course

FINAL CONTROL

Test types	Mo Ser	100	90	85	80	75	70	65	60	55	50
Jumping jack /quantity/ min/	boys	85	180	75	70	65	60	55	53	50	47
Pull-ups on the crossbar	boys	15	14	12	10	9	7	5.0	3	2	2.1
Sit-ups /quantity/ min/	girls	45	40	37	35	33	30	25	20	15	10
Lifting the torso /quantity/ min/	girls	45	40	375	35	33	30	25	20	15	10

Monitoring indicators for a special department

Types of test	K 5	11/100	S. 411.1	1 st	boys	111.11	CKI,	13. CO	W. S	, Mills	3.000	V 5
Points	А(4,0) 100 б	А-(3,67) 95 б	В+(3,33) 89-85 б	В(3,0) 84-80 б	В-(2,67) 79-75 б	С+(2,33) 74-70 б	С(2,0) 69-65 б	С-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б
1. Speed walking 2000 m	14,30	15,00	15,30	16,00	16,30	17,00	17,30	18,00	18,30	19,00	19,30	20,00
2. Medicine ball throw from behind the head, legs apart (2 kg)	5,30	5,00	4,70	4,50	4,20	4,00	3,70	3,50	3,30	3,00	2,70	2,50
2.60 M. M.		CO YIV.		71, 29.	girls		3.00				· VI c	
Types of test	C/F V	(y. 60.	1.1.	JK1, VS.	. 300 /	4 2,	111	10. K	5	10 80	10.11	ch v
Points	А(4,0) 100 б	А-(3,67) 95 б	В+(3,33) 89-85 б	B(3,0) 84-80 б	В-(2,67) 79-75 б	С+(2,33) 74-70 б	С(2,0) 69-65 б	С-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б
1. Speed walking 1500 m	12,30	13,00	13,30	14,00	14,30	15,00	15,30	16,00	16,30	17,00	17,30	18,00
2. Throw a medicine ball from behind the head with legs apart (1 kg)	5,30	5,00	4,70	4,50	4,20	4,00	3,70	3,50	3,30	3,00	2,70	2,50

Center for Physical Education

Control and measuring equipment for the 1st course

044/64-11 8 page out of 5

Final control indicators

Types of test	А(4,0) 100 б	А-(3,67) 95 б	В+(3,33) 89-85 б	B(3,0) 84-80 б	В-(2,67) 79-75 б	С+(2,33) 74-70 б	С(2,0) 69-65 б	С-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б
1.Written compilation of sets of exercises to correct your diagnosis	10 complexes	9 complexes	8 complexes	7 complexes	6 complexes	5 complexes	4 complexes	3 complexes	2 complexes	1 complexes	Didn't complete the task	Didn't show up at the checkpoint
2. Performing sets of exercises to correct your diagnosis	10 complexes	9 complexes	8 complexes	7 complexes	6 complexes	5 complexes	4 complexes	3 complexes	2 complexes	1 complexes	Didn't complete the task	Didn't show up at the checkpoint

Control and measurement indicators for the preparatory department

Wy. Sor		K11. VS	y. Solo 'A	1 5 1	PK-	1 Volleyball	St. Mo.	30, 111, 12	. ck	US. SO. "1	K 1 3 K
1. Bottom ser	rves (out of	10 possibili	ties)	Kr 2	11/100	70.1	St. Wa	60, 717.	12 24	. VS. 600	1 2.
А(4,0) 100 б		1 / 1	B-(2 4-80 6 79-7			2,0) C-(1,67 65 б 64-60 б		Д-(1,0) 54-50 б		FX(0,5) 49-25 б	F(0) 24-0 б
9 9	8	7	6 5	560 111.	1 34	3 2	1 2	Didn't mak to the site		n't transfer gh the mesh	Not done exercise
2. Receiving	the ball fro	m below (in	15 seconds)	3. 300		, 14,0	Yn. Kr		Sp. 7/1.		V3. 600.
А(4,0) 100 б	А-(3,67) 95 б	B+(3,33 89-85 6		В-(2,67) 79-75 б	C+(2,3 74-70		С-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б
Execution without errors	1 error allowed	2 error allowed	3 error allowed	4 error allowed	5 error allowed	6 error allowed	7 error allowed	8 error allowed	9 error allowed	Made 10 or more mistakes	Did not complete the task
Wy. So.	111.	J. KILL	9. 300 /		PK-2	2 Gymnastics	35/ 100	Sp. 701, 1	L SKI	Vg. 600	1 N
<u> </u>	orward som with legs a		oulder stand, b	ridge, half s _l	plit	egn, viki	12 SKINO	J. Ec. guit	K1 54	Thus sign	911.14
>			ck somersault, port, legs bent		rith support	ya. so. gu	KL SK	KWg. Sign	901KI		s egn. Ki
A(4,0) 100 б	А-(3,67) 95 б	B+(3,33 89-85 б	·	В-(2,67) 79-75 б	C+(2,33 74-70 (2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	С-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б
Execution without errors	1 error	2 error allowed	3 error allowed	4 error allowed	5 error allowed	6 error allowed	7 error allowed		9 error allowed	10 error allowed	Task not completed

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

Center for Physical Education

044/64-11

Control and measuring equipment for the 1st course

9 page out of 5

FINAL CONTROL

Ty	pes of test	А(4,0) 100 б	А-(3,67) 95 б	В+(3,33) 89-85 б	B(3,0) 84-80 б	В-(2,67) 79-75 б	С+(2,33) 74-70 б	С(2,0) 69-65 б	С-(1,67) 64-60 б	Д+(1,33) 59-55 б	Д-(1,0) 54-50 б	FX(0,5) 49-25 б	F(0) 24-0 б
b o y s	Jumping jack (number/min)	75	70	65	60	55	50	45	40	35	30	20	Task not completed
	Pull up on crossbar	11	100	9	81.1	17 3	6	5	1.14	3 3	a.e2	1 5	Task not completed
g I r 1 s	Squats	37	35	33	30	25	20	15	10	55	KUS.	2.ed11.1	Task not completed
	Raising the body (number/min)	5 37	35	33	30	25	20	15	10	5	1 3 3 40	kma ¹	Task not completed

The-pemners:

Zhumabekova A. senior trainer-teacher Shorayeva N. senior trainer-teacher

The-pemners:

Zhumabekova A. senior trainer-teacher

Shoraeva N.

senior trainer-teacher

Head of the center

Ashirbaey O.A

Protocol N 1 10, 06 2024 y