

Alikhan Bokeikhan University
Faculty of Information Technology and Economics
Department of Applied Biology

6B01404 " Physical culture and sports"
CATALOG OF ELECTIVE DISCIPLINES
(full-time department – 4 years)
year of admission - 2021

Semey, 2021

Reviewed and approved at a meeting of the educational and methodological council of the faculty
protocol №5 of 20.05.2021 year

Reapproved at a meeting of the Educational and Methodological Council of the University
protocol №1 of 17.09.2021 year

№ elective course	Name of the discipline	Number of loans	Prerequisites	Postrequisites	Brief description indicating the summary and expected results of the study (knowledge, skills, competencies)
GENERAL EDUCATIONAL DISCIPLINES					
Optional components (OC)					
Module of economic and legal knowledge					
1	Market fundamentals economy and entrepreneurship	3	School course on the basics of entrepreneurship and business	-	<p>Brief content of the discipline: This discipline is aimed at the formation of knowledge in the field of entrepreneurial activity, regulatory documents in the field of entrepreneurship in the Republic of Kazakhstan, the main mechanisms for regulating the market economy, the economic performance of an entrepreneurial firm, forms of business organization in the Republic of Kazakhstan, the main elements of the market infrastructure, including financial, business planning, methods for assessing the economic efficiency of investments, taxation of entrepreneurship.</p> <p>Expected learning outcomes have ideas: about the theoretical and methodological foundations of entrepreneurship, about the trends in organizing and evaluating the effectiveness of entrepreneurial activity, about state mechanisms for supporting and regulating the development of entrepreneurship, about the mechanisms for the functioning of enterprises and firms, various organizational and legal forms that are an integral part of vocational education and allow making effective decisions in the implementation practical activities;</p> <p>be able to: use the acquired knowledge to develop an effective business building system and have the necessary competencies to solve problems in the field of research; demonstrate their knowledge in the field of entrepreneurship, including the organization, development and management of Kazakhstani enterprises, provide information to interested persons and specialists in the field of entrepreneurship about directions, ideas, problems and ways to solve them, summarize and interpret information on the theoretical foundations and experience of entrepreneurship for drawing conclusions taking into account social, economic, scientific or ethical approaches;</p> <p>have skills: independent continuation of education, business organization.</p>

1	Fundamentals of law and anti-corruption culture	2	School course on the basics of law	-	<p>Brief content of the discipline: Basic concepts and essence of legal relations, as well as legal mechanisms for regulating legal relations, the procedure for applying responsibility in legal relations. The essence of corruption and the reasons for its origin; measures of moral and legal responsibility for corruption offenses; current legislation in the field of combating corruption.</p> <p>Expected results of the study:</p> <p>know: bases and essence of corruption offenses; system and legislative framework for combating corruption; the importance of the state and values and their legislative protection; development and features of branches of law in public relations; the issue of liability and penalties for corrupt practices; application of legislation and their application; general foundations of the Constitution of the Republic of Kazakhstan; the main provisions of the current legislation of Kazakhstan; the system of state bodies and their powers; mechanism between substantive and procedural law;</p> <p>be able to: correctly evaluate the behavior of one's own or another person in a particular life situation, choose the right method of protection in case of violation of their rights, correctly analyze them when working with regulatory legal acts in the field of public administration. The student must have basic legal concepts and legal institutions, general theoretical knowledge;</p> <p>be able to: analyze events and actions from the point of view of the scope of legal regulation and refer to the necessary regulations; apply applicable law; enjoy the right to own rights and interests.</p> <p>Skills: holding a discussion on legal issues, on the application of norms at the present stage, legal analysis of various documents. The student must be able to correctly analyze the acquired knowledge and normative legal acts, determine its basic concepts; the student must be able to apply the acquired knowledge in practice and form experience in working with the main regulatory legal acts in this area, Skills of respect, observance of rights and freedoms inherent in legal culture.</p>
Module of economic and natural knowledge					
2	Market fundamentals economy and entrepreneurship	3	School course on the basics of entrepreneurship and business	-	<p>Brief content of the discipline: This discipline is aimed at the formation of knowledge in the field of entrepreneurial activity, regulatory documents in the field of entrepreneurship in the Republic of Kazakhstan, the main mechanisms for regulating the market economics, economic performance of an entrepreneurial firm,</p>

					<p>forms of business organization in the Republic of Kazakhstan, the main elements of the market infrastructure, including financial, business planning, methods for assessing the economic efficiency of investments, taxation of entrepreneurship.</p> <p>Expected learning outcomes: have ideas: about the theoretical and methodological foundations of entrepreneurship, about the trends in organizing and evaluating the effectiveness of entrepreneurial activity, about state mechanisms for supporting and regulating the development of entrepreneurship, about the mechanisms for the functioning of enterprises and firms, various organizational and legal forms that are an integral part of vocational education and allow making effective decisions in the implementation practical activities;</p> <p>be able to: use the acquired knowledge to develop an effective business building system and have the necessary competencies to solve problems in the field of research; demonstrate their knowledge in the field of entrepreneurship, including the organization, development and management of Kazakhstani enterprises, provide information to interested persons and specialists in the field of entrepreneurship about directions, ideas, problems and ways to solve them, summarize and interpret information on the theoretical foundations and experience of entrepreneurship for drawing conclusions taking into account social, economic, scientific or ethical approaches;</p> <p>Have skills: independent continuation of education, business organization.</p>
2	Fundamentals of life safety and ecology	2	School course of initial military and technological training	-	<p>Brief content of the discipline: The study of the basic concepts of life safety, ecology, the problems of modern civilization and the environmental consequences of economic and other human activities in the conditions of intensification of nature management, emergency situations, civil defense. Disclosure of the principles and methods of protecting the population from various environmental factors, legislative and legal acts in the field of life safety. Preservation of the environment and biological resources.</p> <p>Expected results of the study: students must know the legal framework for life safety and environmental control, as well as methods for identifying, eliminating the influence of harmful factors on humans and the environment, and ensuring comfortable conditions for human life and activity;</p> <p>be able to: systematize safety standards for use in professional activity; choose methods of protection against hazards in relation to</p>

					sphere of their professional activity and choose ways to ensure comfortable living conditions; master the skills ensuring life safety in industrial, living conditions and in emergency situations, the skills of providing first aid help.
Basic disciplines					
Optional components (OC)					
1	Anatomy, fundamentals of sports morphology and biomechanics	6	School biology course	Physiological bases of physical education and sports	<p>Brief content of the discipline: This discipline introduces the skeleton, bones and their connections. Skeletal muscles. The role of morphofunctional indicators in sports selection. Fundamentals of sports morphology. Biomechanical characteristics of the human body and its movement: external and internal forces, taking into account deviations in the health of the human musculoskeletal system.</p> <p>Know: Fundamentals of anatomy with the basics of sports morphology</p> <p>Be able to: conduct laboratory work on the structure of various muscle groups</p> <p>Skills: Improve professional skills</p> <p>Learning outcomes: analyze anatomical data and processes occurring during muscular and sports activities and apply this knowledge and understanding at a professional level; The ability to manage the fitness of the body based on knowledge of the functions of the body, its individual adaptive capabilities and reserves, taking into account the reaction of its systems to physical activity.</p>

1	Human anatomy	6	School biology course	Hygienic bases of physical culture and sports	<p>Brief content of the discipline: Human anatomy belongs to one of the fundamental disciplines in the system of biological education. "Human Anatomy" provides information about the structure of human organ systems, briefly describes the functions they perform. Skeletal muscles. The role of morphofunctional indicators in sports selection.</p> <p>Know: - anatomical structure of the human body, substantiation of means and methods of physical education.</p> <p>Be able to: - perform physical exercises that affect the body and outline ways to improve it.</p> <p>Skills: - skillfully use knowledge about the structure of the human body, about the activity of the central nervous system and organs of internal secretion; - to determine the effect of physical activity on the human body.</p> <p>Learning Outcomes: analyze anatomical data and processes occurring during muscular and sports activities and apply this knowledge and understanding at a professional level; The ability to manage the fitness of the body based on knowledge of the functions of the body, its individual adaptive capabilities and reserves, taking into account the reaction of its systems to physical activity.</p>
2	Теория и методика обучения базовым видам спорта	6	Школьный курс физической культуры	Легкая атлетика с методикой преподавания	<p>Brief content of the discipline: This discipline reveals the theoretical foundations of the use of basic types of physical culture and sports activities in the learning process, the main methodological principles for solving the problems of a school lesson of physical culture and training sessions in a sports school. Includes the basics of sports tactics such as: athletics, gymnastics, sports and outdoor games.</p> <p>Know: The history of the emergence of basic types of physical education. The meaning and place of basic and new types in the system of physical education and sports.</p> <p>Be able to: To formulate specific tasks of teaching the basic types of physical education and sports in various parts of the physical education system, taking into account the state of health, age, level of physical development, physical fitness of those involved, the available conditions for classes.</p> <p>Skills: Features of the educational and training process of basic sports.</p> <p>Learning Outcomes: demonstrate knowledge and understanding in the field of theory and methodology of physical culture, including elements of the most advanced knowledge; Implement a system of selection and sports orientation in the chosen sport using modern methods to determine the anthropometric, physical and mental characteristics of students.</p>

2	Theory and methodology of weightlifting sports	6	School course of physical culture	Fundamentals of training in athletics	<p>Brief content of the discipline: To prepare students for independent pedagogical and organizational work on TAVS in various parts of the physical culture movement, to equip future teachers of physical education with the latest methodology for developing strength abilities. Students should gain knowledge on the history of the theory and teaching methods of TAVS, master the technique of strength exercises.</p> <p>Know: Basic principles, means and methods of teaching and initial training in basic types of physical education and sports.</p> <p>Be able to: To select and apply in the educational and training process the basic types of physical education and sports, adequate to the tasks set, modern scientifically based means and methods of training, education and initial training.</p> <p>Skills: Rational organization of the educational and training process in accordance with the content of existing programs and the specifics of the contingent involved.</p> <p>Learning outcomes: demonstrate knowledge and understanding in the field of theory and methodology of physical culture, including elements of the most advanced knowledge; Implement a system of selection and sports orientation in the chosen sport using modern methods to determine the anthropometric, physical and mental characteristics of students.</p>
3	Athletics with teaching methods	5	Theory and methods of teaching basic sports	Theory and methodology of physical culture and sports	<p>Brief content of the discipline: This discipline considers technical and tactical training in athletics. Methods of training in athletics. Fundamentals of professional training of an athletics coach.</p> <p>Know: - Theoretical and practical foundations of athletics, the requirements for mastering the professional and pedagogical skills of the basics of technique in athletics, the structure and conduct of the lesson.</p> <p>Be able to: - give commands, organize formation for performing exercises, explain and show exercises, identify and correct errors, select and compose exercises, referee competitions.</p> <p>Skills: - own the means and methods of managing sports training in athletics in different age groups, taking into account individual characteristics and adaptation to physical loads; - to be fluent in the technique of athletics.</p> <p>Learning Outcomes: demonstrate knowledge and understanding in the field of theory and methodology of physical culture, including elements of the most advanced knowledge; Implement a system of selection and sports orientation in the chosen sport using modern methods to determine the anthropometric, physical and mental characteristics of students.</p>
3	Fundamentals of training in athletics	5	Theory and methodology of weightlifting sports	Theory and methodology of children's and youth sports	<p>Brief content of the discipline: This discipline considers technical and tactical training in athletics. Methods of training in athletics. Fundamentals of professional training of an athletics coach. Improving sportsmanship in athletics. Improving coaching skills in weightlifting. History of athletics. Weightlifting technique. weightlifter training</p>

					<p>method. Planning a weightlifting workout.</p> <p>To know: - the sequence of training in athletics technical and tactical actions, to know the basic means and methods of sports training, to study the features of the training process at various stages of weightlifter training.</p> <p>Be able to: - give commands, organize formation for performing exercises, explain and show exercises, identify and correct errors, select and compose exercises, referee competitions.</p> <p>Skills: - to instill skills and skills for the development and improvement of general and special physical training with the help of basic means and methods of physical culture at different stages of the training process.</p> <p>Learning outcomes: demonstrate knowledge and understanding in the field of theory and methodology of physical culture, including elements of the most advanced knowledge; Implement a system of selection and sports orientation in the chosen sport using modern methods to determine the anthropometric, physical and mental characteristics of students.</p>
4	Basketball with teaching methods	5	Theory and methods of teaching basic sports (according to the school curriculum)	Handball with teaching methods	<p>Brief content of the discipline: We study the theory and methods of teaching basketball, mastering techniques and tactical actions, acquiring the necessary skills and abilities for independent work of a basketball and handball coach teacher with a different contingent of students.</p> <p>Знать: - theoretical and practical foundations of sports games, requirements for mastering professional and pedagogical skills of the basics of sports game technology, structure and conduct of the lesson.</p> <p>Be able to: - give commands, organize formation for performing exercises, explain and show exercises, identify and correct errors, select and compose exercises, referee competitions.</p> <p>Skills: - own the means and methods of managing sports training in a sports game in different age groups, taking into account individual characteristics and adaptation to physical loads; - master the technique of a sports game; - own the methodology of teaching the technique of a sports game, building a training process for athletes of various sports qualifications; - have Skills for monitoring the level of sports training, for research and management of sports training.</p> <p>Learning outcomes: analyze the adequacy of physical activity to the physiological capabilities of the body, depending on the age of sex, the level of sports training in team sports; possess the skills of analysis, training, demonstration of the technique of movements of physical exercises, sports tactical actions;</p>
4	Theory and methodology of basketball	5	Theory and methodology of weightlifting sports	Theory and methodology of handball	<p>Brief content of the discipline: The preparation of a young basketball player is carried out through education and training, which are a single pedagogical process aimed at the formation and consolidation of certain skills, at the achievement of an optimal level of physical development and high sports results by students. Successful</p>

					<p>implementation of the educational and training process is possible subject to the principle of unity of all aspects of training, namely, general physical, special physical, technical, tactical and moral-volitional.</p> <p>Know: Fundamentals of Basketball Technique</p> <p>Be able to: apply the methods of educational work in primary school</p> <p>Skills: Improve professional skills</p> <p>Learning outcomes: analyze the adequacy of physical activity to the physiological capabilities of the body, depending on the age of sex, the level of sports training in game types</p> <p>sports; possess the skills of analysis, training, demonstration of the technique of movements of physical exercises, sports tactical actions;</p>
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5	History of PCAS	5	Theory and methods of teaching basic sports (according to the school curriculum)	Sports Fundamentals	<p>Brief content of the discipline: "History of physical culture and sports" considers the evolution of the emergence and development of physical culture and sports from ancient times to the present day. The issues of origin and distribution in the world of means, forms, methods, ideas, theories and systems of physical education that existed in different periods of human society are revealed.</p> <p>To know: - history, social essence, structure and functions of physical culture, goals, objectives, main components of the pedagogical process in the field of physical culture. - history, theory and methodology of the chosen sport.</p> <p>Be able to: - to use the values accumulated in the field of physical culture and sports for the education of patriotism and love for the fatherland, the pursuit of a healthy lifestyle, personal hygiene skills, prevention and control of the state of one's body, the need for regular physical education and health classes. - to argue the social and personal significance of the chosen type of physical culture and sports activity, to predict the conditions and directions of its development in the socio-cultural aspect, to form motivation among the population for practicing the chosen sport.</p> <p>Skills: - to use knowledge of the history of physical culture and sports in professional activities, including in solving the problems of moral and patriotic education of schoolchildren, increasing interest in physical culture and sports; - own the general principles of the evolution of physical culture and sports, such as its health-improving orientation, the formation of positive personal qualities in the process of physical education.</p> <p>Learning outcomes: the history of the development of sports, its essence, functions, forms, conditions for functioning in society, development trends, the basics of the system of sports training and competitions, the structure of sports training, the main stages and stages of long-term training of athletes; systems, functions, theoretical, economic, legal and organizational foundations of physical culture and sports management, schools of scientific management of physical culture and sports, and its modern models.</p>
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5	olympic sports	5	Theory and methods of teaching basic sports (according to the school curriculum)	Sports and pedagogical improvement (SPI)	<p>Brief content of the discipline: History of the origin and development of the Olympic Games. IOC its rules and statutes. Countries and sports included in the IOC. The history of the development of the National Olympic Committee. General history of physical culture and sports: the history of the Olympic movement, the development of world and continental sports events.</p> <p>Know: the history of olympic sports</p> <p>Be able to: apply the methods of educational work in primary school</p> <p>Skills: Improve professional skills</p> <p>Learning outcomes: the history of the development of sports, its essence, functions, forms, conditions for functioning in society, development trends, the basics of the system of sports training and competitions, the structure of sports training, the main stages and stages of long-term training of athletes; systems, functions, theoretical, economic, legal and organizational foundations of physical culture and sports management, schools of scientific management of physical culture and sports, and its modern models.</p>
6	Sports Fundamentals	4	History of PCAS	Skiing with teaching methods	<p>Brief content of the discipline: Methodical and practical bases of sports training and competitive activity of athletes. Principles of sports training. Fundamentals of sports terminology, sports periodization of the annual cycle of an athlete by sports; classification of sports; competition system.</p> <p>Know: Fundamentals of sports. Fundamentals of sports training, building a process, sports training.</p> <p>Be able to: apply educational methods at school</p> <p>Skills: Improve professional skills</p> <p>Learning outcomes: analyze the adequacy of physical activity to the physiological capabilities of the body, depending on the age of sex, the level of sports training in team sports; possess the skills of analysis, training, demonstration of the technique of movements of physical exercises, sports tactical actions;</p>
6	Sports and pedagogical improvement (SPI)	4	Olympic sports	Theory and methodology of skiing	<p>Brief content of the discipline: Formulate specific tasks in the physical education of various groups of the population, in the training of athletes of various ages and qualifications;</p> <p>apply the technology of teaching various categories of people to motor actions and the development of physical qualities in the process of sports and pedagogical classes;</p> <p>evaluate the effectiveness of sports and pedagogical classes;</p> <p>plan and carry out activities for the prevention of injuries and provide first aid;</p> <p>carry out consulting activities on the organization and conduct of individual and collective sports and pedagogical classes for people of different ages.</p> <p>Know: Fundamentals of sports-pedagogical improvement.</p> <p>Be able to: apply educational methods at school</p> <p>Skills: Improve professional skills</p> <p>Learning Outcomes: analyze the adequacy of physical activity to the physiological capabilities of the body, depending on the age of sex, the level of sports training in team sports; possess the skills of</p>

					analysis, training, demonstration of the technique of movements of physical exercises, sports tactical actions;
7	Theory and methodology of physical culture and sports	4	Athletics with teaching methods	Management of physical culture and sports	<p>Brief content of the discipline: This discipline reveals the issues of theory and methodology of physical education: its essence, basic terms and concepts that a professionally competent specialist should be fluent in. Also consider the basics of sports training, building a process, sports training.</p> <p>Know: - the methodology of modeling the educational system of the class; - planning the educational work of the class teacher; - a methodology for the formation of a children's team, methods and forms of cooperation between the school and the family in raising children.</p> <p>Be able to: - to determine the goals, objectives and content of the education of schoolchildren; - to model the educational system of the class, the system of versatile educational work with schoolchildren; - carry out diagnostics of the class and personality of students, analyze the results of the study and use them as initial data for determining the program for the development and education of schoolchildren;</p> <p>Skills: – organize various activities of students; - plan educational work with parents of students.</p> <p>Learning outcomes: to possess knowledge in the field of methodology, pedagogy and psychology, skills to manage information, to carry out comprehensive monitoring based on psychological and pedagogical diagnostics, analysis and synthesis, to be capable of pedagogical reflection, to strive for continuous improvement of research culture.</p>

7	Theory and methodology of team sports	4	Fundamentals of training in athletics	Innovations in physical culture and sports	<p>Brief content of the discipline: As a result of the training, the student must know the history of the development of team sports, the basics of the theory and methods of teaching; the content, forms and methods of planning and organizing educational and training and competitive work. Possess the skills of practical implementation of technical and tactical actions included in the program of this discipline, be able to use special terminology in the process of conducting classes. Know the sports classification of team sports. Properly implement methodological teaching methods in various sports games. Be able to organize competitions in sports games. Possess refereeing skills.</p> <p>Know: - the methodology of modeling the educational system of the class; - planning the educational work of the class teacher; - a methodology for the formation of a children's team, methods and forms of cooperation between the school and the family in the upbringing of children.</p> <p>Be able to: - determine the goals, objectives and content of the education of schoolchildren; - to model the educational system of the class, the system of versatile educational work with schoolchildren; - carry out diagnostics of the class and personality of students, analyze the results of the study and use them as initial data for determining the program for the development and education of schoolchildren;</p> <p>Skills: – organize various activities of students; - plan educational work with parents of students.</p> <p>Learning outcomes: to possess knowledge in the field of methodology, pedagogy and psychology, skills to manage information, to carry out comprehensive monitoring based on psychological and pedagogical diagnostics, analysis and synthesis, to be capable of pedagogical reflection, to strive for continuous improvement of research culture.</p>
8	Physiological bases of physical education	3	Anatomy, fundamentals of sports morphology and biomechanics	Therapeutic physical culture and massage	<p>Brief content of the discipline: Physiological methods of research in FC and C. Features of adaptation of the body to muscle activity. Physiological reserves of the body. Physiological classification of physical exercises. Physiological characteristics of the state of the body during physical activity (pre-launch conditions, warm-up, working out, steady state, "dead center" and a second wind, fatigue, recovery). Physiological mechanisms of motor skills.</p> <p>Know: - knows and owns the key concepts and a set of scientific knowledge on physiology, the basics of the influence of physical activity on the body.</p> <p>Be able to: - is able to analyze physiological states and processes occurring during muscular and sports activities;</p> <p>Skills: - is able to apply a set of skills for physiological control and independent analysis of the athlete's condition, decision-making in sports selection according to physiological indicators and for correcting physical loads in case of their incorrect use.</p> <p>Learning outcomes: analyze the adequacy of physical activity to the physiological capabilities of</p>

					the body, depending on age, gender, level of sports training in cyclic sports; possess the skills of analysis, training, demonstration of the technique of movements of physical exercises, sports tactical actions.
8	Hygienic bases of physical culture and sports	3	human anatomy	Fundamentals of sports medicine	<p>Brief content of the discipline: When studying the course "Hygienic foundations of physical culture and sports", students get acquainted with the requirements for personal hygiene, sanitary and hygienic conditions of sites and halls where sports training is held. Types of hygiene depending on the sport. To give future specialists in physical culture and sports theoretical, practical knowledge of personal hygiene and sports hygiene, to organize safe, harmless activities.</p> <p>Know: The basic principles of "Hygienic foundations of physical culture and sports" requirements for personal hygiene, sanitary and hygienic conditions of sites and halls where sports training is held. Types of hygiene depending on the type of sport.</p> <p>Be able to: - determine the value of a genetically adequate and inadequate choice of sports specialization, style of competitive activity and sensorimotor dominance in sports; - use genetic markers to find high and fast trained athletes in sports</p> <p>Skills: - To give future specialists in physical culture and sports theoretical, practical knowledge of personal hygiene and sports hygiene, to organize safe, harmless activities.</p> <p>Learning outcomes: - analyze the adequacy of physical activity to the physiological capabilities of the body, depending on age, gender, level of sports training in cyclic sports; possess the skills of analysis, training, demonstration of the technique of movements of physical exercises, sports tactical actions.</p>

9	Skiing with teaching methods	6	Sports Fundamentals	Football with teaching methods	<p>Brief content of the discipline: Classification and terminology in skiing. Basic terms in skiing and their application in practical work. Classification of ways of movement on skis. Technique and methods of teaching skiing. Fundamentals of skiing technique. The sequence of learning how to move on skis. The methodology for the initial training in the technique of skiing: "ski school".</p> <p>Know: - the theoretical foundations of winter sports, the requirements for mastering professional pedagogical skills in the basics of technology and winter sports, organizing and conducting classes, teaching methods for winter sports, refereeing mechanics.</p> <p>Be able to: - give commands, organize construction for exercises, explain and show exercises, identify and correct errors, select and compose exercises, exercise, use literary sources, repair and maintain training areas, equipment and inventory.</p> <p>Skills: - methods of teaching basic movements; compilation of bundles of exercises; methods of teaching winter sports, refereeing mechanics.</p> <p>Learning outcomes: analyze the adequacy of physical activity to the physiological capabilities of the body, depending on age, gender, level of sports training in cyclic sports; possess the skills of analysis, training, demonstration of the technique of movements of physical exercises, sports tactical actions.</p>
9	Theory and methodology of skiing	6	Sports and pedagogical improvement (SPI)	Theory and methodology of football	<p>Brief content of the discipline: The discipline covers the theory and practice of training athletes in cross-country skiing, biathlon, Nordic combined, ski jumping, slalom, giant slalom, downhill, snowboarding, luge, ice hockey, speed skating.</p> <p>Know: Basics of skiing</p> <p>Be able to: apply the methods of educational work in primary school</p> <p>Skills: Improve professional skills</p> <p>Learning outcomes: analyze the adequacy of physical activity to the physiological capabilities of the body, depending on age, gender, level of sports training in cyclic sports; possess the skills of analysis, training, demonstration of the technique of movements of physical exercises, sports tactical actions.</p>
10	Handball with teaching methods	6	Basketball with teaching methods	Football with teaching methods	<p>Brief content of the discipline: The handball course with teaching methods among the sports and pedagogical disciplines is one of the main ones in preparing students for the professional activities of a physical education teacher. Theory and methods of teaching technical and tactical actions in the handball game; patterns of age, gender characteristics of students in grades 1-11 and in particular the development of their basic movement and motor qualities; rules and refereeing in the game of handball; rules for storing sports equipment and equipment; system of training process of handball players; curriculum of educational institutions; the role of gymnastics in the system of physical culture; terminology, methods of training handball players of different ages; organization of handball competitions.</p> <p>Know: Fundamentals of handball technique</p>

					<p>Be able to: apply the methods of educational work in primary school</p> <p>Skills: Improve professional skills</p> <p>Learning outcomes: evaluate the effectiveness of classes in basic and new types of physical education and sports. To analyze the technique and tactics of motor activity, the level of physical fitness of those involved.</p>
10	Theory and methodology of handball	6	Theory and methodology of basketball	Theory and methodology of football	<p>Brief content of the discipline: Theoretical, methodological and practical foundations of sports training and preparation of basketball players; the rules of the competition, to master the refereeing skills of the technical and tactical methods of the game. Characteristics of the amount of technique necessary for mastering it by handball players at the initial stage of sports training: catching a high, low flying ball and passing the ball and their varieties, methods of dribbling, throwing the ball at the goal, dribbling, methods of deceptive actions.</p> <p>Know: Fundamentals of handball technique</p> <p>Be able to: apply the methods of educational work in primary school</p> <p>Skills: Improve professional skills</p> <p>Learning outcomes: evaluate the effectiveness of classes in basic and new types of physical education and sports. To analyze the technique and tactics of motor activity, the level of physical fitness of those involved.</p>
11	Swimming with teaching methodology	5	Sports Fundamentals	Volleyball with teaching methods	<p>Brief content of the discipline: The discipline studies the basics of the technique and tactics of sports swimming, the general characteristics of the movements performed when swimming. Analysis of swimming technique in sports ways. General characteristics of the technique: body position, leg movements, arm movements, movements and a combination of these movements with the hands, a combination of leg movements.</p> <p>Know: Fundamentals of Swimming with Teaching Methods</p> <p>Be able to: with various swimming methods</p> <p>Skills: Improve professional skills</p> <p>Learning outcomes: to apply practical methods of exercise therapy and the methodology of health-improving physical culture and sports classes with various groups of the population; to organize and hold sports festivals, to judge competitions in physical culture and sports in educational institutions, clubs, institutions; analyze and summarize the activities of state and public authorities in the field of physical culture and sports.</p>
11	Theory and methods of teaching swimming	5	Sports and pedagogical improvement (SPI)	Theory and methodology of volleyball	<p>Brief content of the discipline: The concept of swimming technique. The variability of technique from the individual characteristics of the athlete (anatomical, psychological, physiological) and other factors. The concept of general patterns and characteristics inherent in a rational version of the swimming technique.</p> <p>Know: Fundamentals of Swimming with Teaching Methods</p>

					<p>Be able to: with various swimming methods</p> <p>Skills: Improve professional skills.</p> <p>Learning outcomes: to apply practical methods of exercise therapy and the methodology of health-improving physical culture and sports classes with various groups of the population; to organize and hold sports festivals, to judge competitions in physical culture and sports in educational institutions, clubs, institutions; analyze and summarize the activities of state and public authorities in the field of physical culture and sports.</p>
12	Therapeutic physical culture and massage	5	Physiological bases of physical education	Industrial and pedagogical practice	<p>Brief content of the discipline: "Therapeutic physical culture and massage" is the acquisition of knowledge about the effect of massage on the human body, mastering the methodology for their application in classes with healthy people and with people who have deviations in health or any disease. It is necessary to know the features of the methodology and techniques of exercise therapy and massage, the mechanisms of their therapeutic action in case of injuries and diseases. Mastering knowledge about the effect of massage on the human body, mastering the methodology for their application in classes with healthy people who have deviations in health status or any diseases.</p> <p>Know: - the main mechanisms of the therapeutic effect of massage; principles for determining indications and contraindications for the use of massage; - Psychological and pedagogical features of work on the rehabilitation of disabled people.</p> <p>Be able to: - perform classical, sports, segmental-reflex and acupressure techniques; - to develop Skills of self-massage.</p> <p>Skills: - on exercise therapy and medical supervision for various injuries in physical education classes.</p> <p>Learning outcomes: to apply practical methods of exercise therapy and the methodology of health-improving physical culture and sports classes with various groups of the population; to organize and hold sports festivals, to judge competitions in physical culture and sports in educational institutions, clubs, institutions; analyze and summarize the activities of state and public authorities in the field of physical culture and sports.</p>

2	Fundamentals of Sports Medicine	5	Hygienic bases of physical culture and sports	Industrial and pedagogical practice	<p>Brief content of the discipline: To give knowledge on the morpho-functional changes that occur in the body in the process of systematic physical education and sports. To instill skills and skills in managing the training process, which allow to increase the training effect, preventing possible diseases and injuries during irrational classes physical exercises in persons of different sex, age. Conduct medical control in the process of physical culture and sports. Be able to use medical means to restore sports performance.</p> <p>Know: Fundamentals of sports medicine methodology</p> <p>Be able to: apply medical means to restore sports performance. Apply sports medicine methods to various sports activities.</p> <p>Skills: Improve professional skills</p> <p>Learning outcomes: to apply practical methods of exercise therapy and the methodology of health-improving physical culture and sports classes with various groups of the population; to organize and hold sports festivals, to judge competitions in physical culture and sports in educational institutions, clubs, institutions; analyze and summarize the activities of state and public authorities in the field of physical culture and sports.</p>
13	Volleyball with the methods of teaching	5	Gymnastics with methods of teaching	Management of physical culture and sports	<p>Brief content of the discipline: The discipline deals with the issues of training and improvement of technical, tactical, physical, psychological training in volleyball, issues of planning and integrated control in the process of educational and training activities. The essence of volleyball as an educational discipline, its place and role in the system of physical education is revealed.</p> <p>Know: the theoretical and practical foundations of sports games, the requirements for mastering the professional and pedagogical skills of the basics of sports game technology, the structure and conduct of the lesson.</p> <p>Be able to: - give commands, organize formation for performing exercises, explain and show exercises, identify and correct errors, select and compose exercises, referee competitions.</p> <p>Skills: - own the means and methods of managing sports training in volleyball in different age groups, taking into account individual characteristics and adaptation to physical loads; - be fluent in volleyball technique; to have Skills for monitoring the level of sports training, for research and management of sports training.</p> <p>Learning outcomes: to formulate arguments and solve problems in the field of theory and methodology of the chosen sport. The ability to manage the fitness of the body based on knowledge about the functions of the body, its individual adaptive capabilities and reserves, taking into account the reaction of its systems to physical activity.</p>

13	Theory and methodology of volleyball	5	Theory and methodology of gymnastics	Innovations in physical culture and sports	<p>Brief content of the discipline: Theoretical, methodical and practical bases of sports training and preparation of basketball players; the rules of the competition, master refereeing skills, technical and tactical methods of the game. To teach students how to plan and organize the training process in volleyball; teach students how to organize and conduct volleyball competitions.</p> <p>Know: - Theoretical and practical foundations of volleyball, requirements for mastering the professional and pedagogical skills of the basics of volleyball technique, the structure and conduct of the lesson.</p> <p>Be able to: - give commands, organize formation for performing exercises, explain and show exercises, identify and correct errors, select and compose exercises, referee competitions.</p> <p>Skills: - be fluent in volleyball technique; - own the methodology of teaching volleyball technique, building a training process for athletes of various sports qualifications; - have Skills for monitoring the level of sports training, for research and management of sports training.</p> <p>Learning outcomes: to formulate arguments and solve problems in the field of theory and methodology of the chosen sport. The ability to manage the fitness of the body based on knowledge about the functions of the body, its individual adaptive capabilities and reserves, taking into account the reaction of its systems to physical activity.</p>
14	National sports (togyz kumalak, wrestling)	5	Fighting teaching methodology (Judo, Sambo)	Innovations in physical culture and sports	<p>Brief content of the discipline: This discipline examines the history of the development of national sports. National sports: classification, characteristics. Fundamentals of technology and methods of teaching national sports. Organization and holding of competitions in national sports. Organization and methods of conducting national sports classes with children, adolescents, youths and adults.</p> <p>To know: - the history of development and the place of national sports in the system of physical education of various groups of the population; - causes of injury and ways to prevent it in national sports; - rules of competitions in national sports;</p> <p>Be able to: - formulate specific objectives, plan and conduct the main types of national sports with different groups of the population; - to organize health-improving and sports-mass work on national sports with different age groups of the population;</p> <p>Skills: - basic knowledge of national sports in the educational process; - methods of teaching exercises in national sports; - methods of teaching exercises in national sports; - own the methodology of development of physical qualities in national sports.</p> <p>Learning outcomes: able to plan and conduct analytical, simulation and experimental studies; Able to critically evaluate data and draw conclusions. Organize and conduct sports festivals, judge competitions in physical culture and sports in educational institutions, clubs, institutions; own pedagogical technologies of training, control and</p>

					correction of preparedness, taking into account functional capabilities in age, gender and qualification aspects.
14	Table tennis with teaching methods	5	Basketball teaching methods	Management of physical culture and sports	<p>Brief content of the discipline: As a result of mastering the discipline, the student should</p> <p>know: the history of the emergence and development of table tennis, knowledge and place of table tennis in the system of physical education. Features of the formation of motor skills and the development and development of physical qualities necessary for playing table tennis. Be able to organize and hold competitions in this sports game. Know the rules of the game and refereeing. Methodically competently build a training process in table tennis. Use the methods of physical education in your work.</p> <p>Know: - Know the rules of the game and refereeing. Methodically competently build the training process in table tennis. Use physical education methods in your work.</p> <p>Be able to: Be able to organize and hold competitions in this sports game.</p> <p>Skills: As a result of mastering the discipline, the student should know the history of the emergence and development of table tennis, the knowledge and place of table tennis in the system of physical education. Features of the formation of motor skills and the development and development of physical qualities necessary for playing table tennis.</p> <p>Learning outcomes: able to plan and conduct analytical, simulation and experimental studies; Able to critically evaluate data and draw conclusions. Organize and conduct sports festivals, judge competitions in physical culture and sports in educational institutions, clubs, institutions; own pedagogical technologies of training, control and correction of preparedness, taking into account functional capabilities in age, gender and qualification aspects.</p>
15	Football with teaching methods	5	Basketball teaching methods	Innovations in physical culture and sports	<p>Brief content of the discipline: The football course with teaching methods among the sports and pedagogical disciplines is one of the main ones in preparing students for the professional activities of a physical education teacher. Which is studied in the 4th year. The variety of technical and tactical techniques of football players and methods of their application, which make up the content of this discipline, allows you to purposefully influence the development of all the main functions of the body in accordance with the motor capabilities. Technical and tactical training, general physical training, the history of the development of the game of football, marking the playing field, the basics of officiating, organizing and conducting football for various age groups. Methodological bases for fixing motor skills and improving sportsmanship.</p> <p>Know: Technical and tactical training, general physical training, the history of the development of the game of football, marking the playing field, the basics of officiating, organizing and conducting</p>

					<p>football for various age groups</p> <p>Be able to: - able and ready to form the goals of the program, solve problems, criteria and indicators for achieving goals, build the structure of their relationships, identify priorities for solving problems</p> <p>Skills: The variety of technical and tactical techniques of football players and methods of their application, which make up the content of this discipline, allows you to purposefully influence the development of all the main functions of the body in accordance with the motor capabilities.</p> <p>Learning outcomes: able to plan and conduct analytical, simulation and experimental studies; Able to critically evaluate data and draw conclusions. Organize and conduct sports festivals, judge competitions in physical culture and sports in educational institutions, clubs, institutions; own pedagogical technologies of training, control and correction of preparedness, taking into account functional capabilities in age, gender and qualification aspects.</p>
15	Theory and methodology of football	5	Theory and methodology of skiing	Management of physical culture and sports	<p>Brief content of the discipline: Instill the theoretical and methodological foundations of football. To equip students with the necessary knowledge that they will use in sports and pedagogical activities. To teach competent planning of the training process. Be able to correctly apply methodological techniques in the educational process of football players of various age groups. Be able to methodically competently organize the competitive process. Know the specifics of the selection of young football players, the assignment of sports titles in football.</p> <p>Know: Know the specifics of the selection of young football players, the assignment of sports titles in football Plan the work of a physical education teacher and coach on the theory and methodology of football. discipline..</p> <p>Be able to: Be able to correctly apply methodological techniques in the educational process of football players of various age groups. Be able to methodically competently organize the competitive process.</p> <p>Skills: Organize and conduct various forms of organization of the educational process using different means and teaching methods. Plan and implement in the educational process the content of the school course of physical culture. Effectively apply the methodical system of education.</p> <p>Engage in continuous self-education</p> <p>Learning outcomes: able to plan and conduct analytical, simulation and experimental studies; Able to critically evaluate data and draw conclusions. Organize and conduct sports festivals, judge competitions in physical culture and sports in educational institutions, clubs, institutions; own pedagogical technologies of training, control and correction of preparedness, taking into account functional capabilities in age, gender and qualification aspects.</p>
PROFILING DISCIPLINES					

Optional components (OC)					
1	Gymnastics with methods of teaching	3	Theory and methodology chosen sport	Volleyball with teaching methods	<p>Brief content of the discipline: Classification, systematics and terminology in gymnastics. Ensuring the safety of gymnastics. Technique is the basis of its development, tactics, physical and mental qualities and functional training in gymnastics. Sports and pedagogical skills. Management of the process of sports improvement in different parts of the system of sports training.</p> <p>Know: - development of coordination (accuracy of reproduction and differentiation of spatial, temporal and power parameters of movements, balance) abilities;</p> <p>Be able to: - maintain balance when performing exercises; to form the correct posture, Skills of arbitrary relaxation; – the main didactic algorithms for teaching motor actions in recreational aerobics; symmetry, dynamism of movements in cardio training;</p> <p>Skills: - methods of teaching basic movements; compilation of bundles of exercises; symmetry, dynamism of movements in cardio training.</p> <p>Competences: - able to model the educational process and implement in practice learning; – is capable of developing healthy lifestyle skills in accordance with the requirements of hygiene, labor protection and the rules of protection from possible negative external influences.</p> <p>Learning outcomes: analyze the adequacy of physical activity to the physiological capabilities of the body, depending on the age of sex, the level of sports training in team sports; possess the skills of analysis, training, demonstration of the technique of movements of physical exercises, sports tactical actions;</p>
1	Theory and methodology of gymnastics	3	Theory and methodology chosen sport	Theory and methodology of volleyball	<p>Brief content of the discipline: History, origin. Development and current state of gymnastics. Classification of types of gymnastics. Wellness, educational - developing. Sports gymnastics. Features of gymnastics with applied orientation. Technique is the basis of its development, tactics, physical and mental qualities and functional training in gymnastics.</p> <p>Know: Fundamentals of gymnastics technique</p> <p>Be able to: apply the methods of educational work in primary school</p> <p>Skills: Improve professional skills</p> <p>Learning outcomes: analyze the adequacy of physical activity to the physiological capabilities of the body, depending on the age of sex, the level of sports training in team sports; possess the skills of analysis, training, demonstration of the technique of movements of physical exercises, sports tactical actions;</p>
2	Tourism and orienteering	4	Outdoor games with the methods of teaching	Athletic facilities	<p>Brief content of the discipline: Features of the influence of sports tourism on the body. Classification, systematics and terminology. Technique and tactics of conducting hiking trips. Management of physical qualities, functional and mental properties of the body. Knowledge, skills, Skills required in tourism. Control and regulatory requirements.</p>

					<p>Know: - types and types of fires, rules for making fires and fire safety; - rules for setting up tents on a hike, types of tents for mass hiking; - safety rules when performing movement in a tourist group</p> <p>Be able to: - collect equipment for a multi-day trip, taking into account meteorological forecasts;</p> <p>Skills: - owns the technique of knitting knots; - able to organize meals in field conditions; - able to set up a bivouac for a halt on the route of the hike and for spending the night on a multi-day trip</p> <p>Learning outcomes: - analyze and evaluate socio-cultural, service, tourism activities, international markets for socio-cultural and tourism services, promotion and bringing services to consumers; predict the results of socio - cultural and tourism activities; As part of the educational process, providing for an independent analysis of the effectiveness of the selected methods and forms of the function of pedagogical management.</p>
2	Accommodation in different types of tourism	4	Mobile games with teaching methods	New types of physical culture and health-improving classes	<p>Brief content of the discipline: Theoretical, methodological and practical foundations of sports training and player training; rules of the competition, master refereeing skills. technical and tactical methods of the game. Features of the influence of sports tourism on the body .. Technique and tactics of hiking. Management of physical qualities, functional and mental properties of the body.</p> <p>Know: - safety rules when performing movement in a tourist group; - the principle of operation and components of the tourist compass, the rules for orienting on a topographic map and compass, topographic signs; - ways to provide first aid, the composition of the tourist first aid kit.</p> <p>Be able to: - collect equipment for a multi-day trip, taking into account meteorological forecasts;</p> <p>Skills: - owns the technique of knitting knots; - able to organize meals in field conditions; - able to set up a bivouac for a halt on the route of the hike and for spending the night on a multi-day trip</p> <p>Learning outcomes: - analyze and evaluate socio-cultural, service, tourism activities, international markets for socio-cultural and tourism services, promotion and bringing services to consumers; predict the results of socio - cultural and tourism activities; As part of the educational process, providing for an independent analysis of the effectiveness of the selected methods and forms of the function of pedagogical management.</p>
3	Professional development in the chosen sport	5	Fighting teaching methodology (Judo, Sambo)	Theory and methodology of youth sports	<p>Brief content of the discipline: "Professional improvement in the chosen sport" reveals the main methodological principles of conducting training sessions and training camps. The learning process serves as one of the means of mastering the system of scientific knowledge in a particular sport. In the process of learning, students improve the methods of physical culture for the development of physical qualities, training and improvement of technical and tactical skills.</p> <p>Know: - Methods of teaching the technique of competitive exercises; - theoretical bases of the organization and methods of conducting training sessions in the chosen sport; - a system of long-term</p>

					<p>sports training in the TDF; Be able to: - conduct a historical analysis of the IVS; - analyze sports training; Skills: - own the methodology of teaching motor actions and exercises of the chosen sport for people of different age groups; Learning outcomes: analyze and summarize the existing scientific, methodological and research experience in the chosen form of professional activity; master innovative technologies in the field of sports and introduce them into professional activities, improve professional skills in the process of training sessions. Possession of technical and tactical actions in the chosen sport.</p>
3	Improvement of vocational coaching with activities in the ITT	5	Fighting teaching methodology (Judo, Sambo)	Features of training in youth sports	<p>Brief content of the discipline: Theoretical, methodological and practical foundations for the training of sports instructors by sports instructors. Theoretical foundations of the technical and tactical training of a sport, requirements for mastering the professional and pedagogical skills of the basics of IVS techniques, organizing and conducting an educational and training process with the basics of technical and tactical training of a sport. To know: - the system of long-term sports training in the TDF; - the basics of scientific and methodological activities in the TDF; - the basics of coaching skills in the IVS. Be able to- show and explain individual exercises, compose a separate set of exercises, conduct a lesson (training). Skills: - master the basics of sports training methodology in your chosen sport. Learning outcomes: analyze and summarize the existing scientific, methodological and research experience in the chosen form of professional activity; master innovative technologies in the field of sports and introduce them into professional activities, improve professional skills in the process of training sessions. Possession of technical and tactical actions in the chosen sport.</p>
4	Professional work of the coaches and ski leader you head in the ITT	5	Gymnastics with methods of teaching	Sports facilities	<p>Brief content of the discipline: Fundamentals of building the process of sports training. Sports training as a long-term process and its structure. Planning technology in sports. General provisions of planning technology. Planning of sports training in long-term cycles. Planning the training and competitive process in the annual cycle of training. Know: Fundamentals of professional activities of trainers and instructors in TDFs Be able to: apply educational methods at school Skills: Improve professional skills Learning outcomes: analyze and summarize the existing scientific, methodological and research experience in the chosen form of professional activity; master innovative technologies in the field of sports and introduce them into professional activities, improve professional skills in the process of training sessions. Possession of technical and tactical actions in the chosen sport.</p>

4	Osobnosti performance coaches	5	Sports Fundamentals	New types of physical fitness classes	<p>Brief content of the discipline: The purpose of the discipline "Peculiarities of the activities of coaches" is: to provide the necessary amount of theoretical knowledge, practical and professional and pedagogical skills necessary for the training of sports teachers-coaches to work in secondary schools, youth sports schools, sports schools and specialized boarding schools sports profile.</p> <p>Know: Fundamentals of the features of the activities of coaches</p> <p>Be able to: apply educational methods at school</p> <p>Skills: Improve professional skills</p> <p>Learning outcomes: analyze and summarize the existing scientific, methodological and research experience in the chosen form of professional activity; master innovative technologies in the field of sports and introduce them into professional activities, improve professional skills in the process of training sessions. Possession of technical and tactical actions in the chosen sport.</p>
5	Sports facilities	5	Tourism and orienteering	Theory and methodology of youth sports	<p>Brief content of the discipline: Formation of students' knowledge and concepts in the field of construction of sports facilities of various types. Sports facilities intended for public use. Sports facilities intended for higher educational institutions, sp. facilities for major competitions of international importance, as well as the Olympic Games.</p> <p>Know: Fundamentals of sports facilities</p> <p>Be able to: apply educational methods at school</p> <p>Skills: Improve professional skills</p> <p>Learning outcomes: analyze the adequacy of physical activity to the physiological capabilities of the body, depending on age, gender, level of sports training in cyclic sports; possess the skills of analysis, training, demonstration of the technique of movements of physical exercises, sports tactical actions.</p>
5	New types of physical fitness classes	5	Accommodation in different types of tourism	Management of physical culture and sports	<p>Brief content of the discipline: Teach the basics of health training. Competent planning of health programs in different age groups. Rational construction of weekly recreational activities. Teach methodically the correct alternation of load and rest. To teach the competent use of the principles of physical education: accessibility, systematicity, the principle of individualization.</p> <p>Know: New types of physical culture and recreation activities</p> <p>Be able to: apply educational methods at school</p> <p>Skills: Improve professional skills</p> <p>Learning outcomes: analyze the adequacy of physical activity to the physiological capabilities of the body, depending on age, gender, level of sports training in cyclic sports; possess the skills of analysis, training, demonstration of the technique of movements of physical exercises, sports tactical actions.</p>
6	Theory and methodology of children's, youth and professional sports	5	Professional development in the chosen sport	Management of physical culture and sports	<p>Brief content of the discipline: The discipline "Theory and Methods of Children's and Youth Sports" is integral and unites all areas of scientific research about a person: medical-biological, psychological-pedagogical and socio-economic disciplines, on each of which the result of training</p>

					<p>depends to varying degrees athlete and the result shown by him. The study of the theory of sports is based on the study of the theory and methodology of individual sports</p> <p>Know: The phenomenon of culture, its role in human life. Sanitary and hygienic bases of activity in the field of physical culture and sports. Psychophysiological, socio-psychological and medical-biological patterns of development of physical qualities and motor skills of those involved, psychological and pedagogical means and methods of organizing and managing an individual, a group of people.</p> <p>Be able to: apply the acquired knowledge in practice; To use the values accumulated in the field of physical culture and sports for the education of patriotism and love for the fatherland, the pursuit of a healthy lifestyle, personal hygiene skills, prevention and control of the state of one's body, the need for regular physical education and health classes.</p> <p>Skills: The skills and abilities of psychophysical self-improvement based on the scientific idea of a healthy lifestyle</p> <p>Learning outcomes: analyze the results of scientific research and apply them in solving specific educational and research problems. Develop long-term and operational plans and programs for specific activities in the field of youth sports and with athletes of mass categories; independent conduct of training sessions in the chosen sport in children's and youth sports and with athletes of mass categories, the implementation of injury prevention. in the organization of management and marketing at different levels of management of physical culture and sports.</p>
6	Features of training in youth sports	5	Improvement of vocational coaching with activities in the ITT	Innovations in physical culture and sports	<p>Brief content of the discipline: The content of the discipline covers the issues of physical training for the preparation of children, adolescents, boys, girls and professional athletes. Improving the knowledge of sports training of young athletes involves the possession of future bachelors of physical culture with modern methods of sports training in the chosen sport.</p> <p>Know: The history of the development of pedagogical thought, didactic technologies, methods of pedagogical control and the quality of education. Theory and methodology of the chosen sport. Basic provisions of management sciences, organizational foundations of the sphere of physical culture and sports. Organizational and methodological foundations of youth sports and the system of training the reserve in the TDF</p> <p>Be able to: Use in professional activities relevant methods of training and education, various forms of classes, taking into account the age, morphofunctional and psychological characteristics of those involved, their level of physical and sports fitness, health status, select means and methods adequate to the tasks.</p> <p>Skills: apply the acquired knowledge in practical activities;</p> <p>Learning outcomes: analyze the results of</p>

					scientific research and apply them in solving specific educational and research problems. Develop long-term and operational plans and programs for specific activities in the field of youth sports and with athletes of mass categories; independent conduct of training sessions in the chosen sport in children's and youth sports and with athletes of mass categories, the implementation of injury prevention. in the organization of management and marketing at different levels of management of physical culture and sports.
7	Management of physical culture and sports	4	Theory and methodology of physical culture	Production - pedagogical practice	<p>Brief content of the discipline: Disciplines considers theoretical and practical knowledge in the field of organization and management of physical culture and sports, a set of modern systematized knowledge about the main stages of the formation of a modern complex of branches of science, focused on understanding the essence of the phenomena of physical culture and sports reality, to form scientific Skills among students thinking.</p> <p>Know: - functions, types and psychology of management;</p> <p>- the basics of organizing the work of a team of performers;</p> <p>-principles of business communication in a team;</p> <p>Be able to: implement management functions in professional activities;</p> <p>- make management decisions;</p> <p>- manage the dynamics of the conflict and own the methods of its prevention;</p> <p>Skills: to form students' understanding of modern management and its relevance, practical significance in modern conditions; to study the functions, types of management;</p> <p>Learning outcomes: analyze the results of scientific research and apply them in solving specific educational and research problems. Develop long-term and operational plans and programs for specific activities in the field of youth sports and with athletes of mass categories; independent conduct of training sessions in the chosen sport in children's and youth sports and with athletes of mass categories, the implementation of injury prevention. in the organization of management and marketing at different levels of management of physical culture and sports.</p>
7	Innovations in physical culture and sports	4	Theory and methodology of game sports	Production - pedagogical practice	<p>Brief content of the discipline: The purpose of the course is to form students of the Faculty of Physical Education of professional thinking, skills and competencies that will allow the use of innovative technologies of physical culture in their future work. The organization of the system for selecting young athletes and the educational and training process practically does not take into account the achievements of sports science and the latest information technologies.</p> <p>Know: - information technologies in the field of management in the field of physical culture and sports; -features of management in the field of professional activity</p> <p>Be able to: - follow the ethics of business communication in behavior. be able to analyze market signs</p>

					<p>leg and administrative - command management.</p> <p>Skills: to form students' understanding of modern management and its relevance, practical significance in modern conditions; to study the functions, types of management;</p> <p>Learning outcomes: analyze the results of scientific research and apply them in solving specific educational and research problems. Develop long-term and operational plans and programs for specific activities in the field of youth sports and with athletes of mass categories; independent conduct of training sessions in the chosen sport in children's and youth sports and with athletes of mass categories, the implementation of injury prevention. in the organization of management and marketing at different levels of management of physical culture and sports.</p>
8	Military - applied sports	4	Sports facilities	<p>Writing and defending a thesis (project) or preparing and passing a comprehensive exam</p>	<p>Brief content of the discipline: Conducting competitions and playing sports in general contribute to the development of the physical abilities of young people. In turn, military-applied sports, among other things, instill psychological stability in military personnel, provide an opportunity to master specialties, and allow them to reveal the qualities that are necessary for successful service.</p> <p>Know: Fundamentals Military Applied Sports</p> <p>Be able to: apply the methods of military applied sports with children, teenagers, youths, adult athletes</p> <p>Skills: Improve professional skills</p> <p>Learning outcomes: able to plan and conduct analytical, simulation and experimental studies; Able to critically evaluate data and draw conclusions. Organize and conduct sports festivals, judge competitions in physical culture and sports in educational institutions, clubs, institutions; own pedagogical technologies of training, control and correction of preparedness, taking into account functional capabilities in age, gender and qualification aspects.</p>
8	Military applied and service applied sports	4	New types of physical fitness classes	<p>Writing and defending a thesis (project) or preparing and passing a comprehensive exam</p>	<p>Brief content of the discipline: Military applied and service applied sports, the main of which are special actions related to the performance by military personnel and employees of some federal executive bodies of their official duties, and which are developed within the framework of the activities of one or more federal executive bodies.</p> <p>Know: Types of military equipment and their application</p> <p>Be able to: lead military and service applied sports</p> <p>Skills: Improve professional skills</p> <p>Learning outcomes: able to plan and conduct analytical, simulation and experimental studies; Able to critically evaluate data and draw conclusions. Organize and conduct sports festivals, judge competitions in physical culture and sports in educational institutions, clubs, institutions; own pedagogical technologies of training, control and correction of preparedness, taking into account functional capabilities in age, gender and qualification aspects.</p>

SCROLL
component of choice for Training program
6B01404 "Physical culture and sports"

Duration of studies: 4 years

Income year: 2021

№	The name of discipline	discipline code	Number of the Credits	semester
1.Compulsory modules for specialty				
1	Component of choice 1			
	Module of economic and legal knowledge			
	Fundamentals of market economy and entrepreneurship	FMEES 1111	3	2
	Fundamentals of law and anti-corruption culture	FLACC 1112	2	
	Module of economic and legal knowledge			
	Fundamentals of market economy and entrepreneurship	FMEES 1111	3	2
	Basics of safety and life and ecology	BSLE 1112	2	
2. Compulsory modules for specialty				
1	Component of choice 1			
	Anatomy the basics of sports morphology and biomechanics	ABSMB 2212	6	3
	Human anatomy	HA 2212		
2	Component of choice 2			
	Theory and methods of teaching basic sports	TMTBS 2213	6	3
	Theory and methods of weightlifting sports	TMWS 2213		
3	Component of choice 3			
	Athletics with methods of teaching	AWMT 2214	5	4
	Bases of training in athletics	BTA 2214		
4	Component of choice 4			
	Basketball teaching methods	BTM 2215	5	4
	Theory and methodology of basketball	TMB 2215		
5	Component of choice 5			
	History of physical culture and sports	HPCS 2216	5	4
	Olympic sport	OS 2216		
6	Component of choice 6			
	The basics of the sport	BS 3217	4	5
	Sports and pedagogical improvement (SPS)	SPI 3217		
7	Component of choice 7			
	Theory and methodology of physical culture	TMPC 3218	4	5
	Theory and methodology of game sports	FTMPES 3218		
8	Component of choice 8			
	Physiological basis of physical sports	PBPES 3219	3	5
	Hygienic basics of physical culture and sports	HBPCS 3219		
9	Component of choice 9			
	Skiing with the methods of teaching	SWMT 3220	6	6
	Theory and methodology of skiing	TMS 3220		
10	Component of choice 10			
	Handball with methodology of teaching	HFWMT 3221	6	6
	Theory and methodology of handball	TMH 3221		
11	Component of choice11			
	Swimming with methods of teaching	SWMT 3222	5	6
	Theory and methods of teaching swimming	TMTS3222		

12	Component of choice 12			
	Therapeutic physical culture and massage	TPC 4223	5	7
	Fundamentals of Sports Medicine	FSM 4223		
13	Component of choice 13			
	Volleyball with the methods of teaching	VWMT 4224	5	7
	Theory and methodology of volleyball	TMV 4224		
14	Component of choice 14			
	National sports (togyz kumalak, wrestling)	NS 4225	5	7
	Table tennis with teaching methods	TTWTM4225		
15	Component of choice 15			
	Football with teaching methods	FwTM 4226	6	7
	Theory and methodology of football	TMF4226		
3. Profiling discipline				
1	Component of choice 1			
	Gymnastics with methods of teaching	GWMT 2305	3	4
	Theory and methodology of gymnastics	TMG 2305		
2	Component of choice 2			
	Tourism and orienteering	TO 3306	4	5
	Accommodation in different types of tourism	ADTT 3306		
3	Component of choice 3			
	Professional development in the chosen sport	PDCS 3307	5	6
	Improvement of vocational coaching with activities in the ITT	IVCWAITT 3307		
4	Component of choice 4			
	Professional work of the coaches and ski leader you head in the ITT	PWCSLUH 3308	5	6
	Osobnosti performance coaches	OPC 3308		
5	Component of choice 5			
	Sports facilities	SF 4209	4	7
	New types of physical fitness classes	NTPFC 4209		
6	Component of choice 6			
	Theory and methodology of youth sports	TMPS 4310	5	7
	Features of training in youth sports	FTUS 4310		
7	Component of choice 7			
	Management of physical culture and sports	MPCS 4311	4	8
	Innovations in physical culture and sports	IPCS 4311		
8	Component of choice 8			
	Military - applied sports	MAS 4312	4	8
	Military applied and service applied sports	MASAS 4312		