

KAZAKH HUMANITARIAN AND LEGAL INNOVATIVE UNIVERSITY

FACULTY OF INFORMATION TECHNOLOGY AND ECONOMICS

Department of Applied Biology

5B010800 – Physical culture and sports

**CATALOGUE OF THE ELECTIVE
COURSES**

Year of entrance – 2018

Semey, 2018

Developed by the Department of Applied Biology

Considered at the meeting of the department

Protocol № _____ from " ____ " _____ 2018 year

Head of the Department of Applied Biology _____ Silybaeva B. M.

Reviewed and approved at a meeting of educational - methodical council of faculty

Protocol № _____ from " ____ " _____ 2018 year

Chairman of UMC faculty _____ Shoybakova. E. O.

Approved at the meeting of Educational and Methodical Council of the University

protocol № _____ from " ____ " _____ 2018 year

Chairman of UMC _____ Zharykbasova K. S.

Adviser: _____ Marlen A. U.

Academic degree: Bachelor of Specialty Specialty 5B010800 – **Physical culture and sports**

Elective course №	The name of subject	Number of credits		Prerequisites	Post requisites	Short description of the content, the aims of education, expected results
		LC	ECTS			
GENERAL EDUCATIONAL DISCIPLINES						
Elective courses (EC)						
1	Self-knowledge	2	3	School course "Man and Society", School course "Self-knowledge "	Philosophy	<p>He objectives of studying the discipline :: aimed at studying the actual problems of the psychology of self-knowledge and self-development, reveals the concepts, structure, mechanisms, barriers of self-knowledge and self-development, their role and importance in human life. Special attention is paid to the issues of psychological and pedagogical support and maintenance of self-knowledge and self-development at different age stages, as well as in the sphere of professional activity of a social worker.</p> <p>Summary of discipline: Self-knowledge is self-knowledge, it is a toolkit for discovering inexhaustible personal and creative potential, identifying those areas of life where this potential can be fully utilized. The assertion of the value of self-knowledge can be traced in many religious, philosophical, psychological and pedagogical concepts. For example, in the religions of the Ancient East, an integrated harmonious system of self-knowledge has been developed, which serves as a means of comprehending the true essence of man, achieving unity with the Universe.</p> <p>Expected result: on the basis of self-knowledge, knowledge about oneself is born. This knowledge is grouped into constructs according to the principle of proximity, for example, intellectual properties, character traits, emotional qualities, abilities, and behavioral characteristics..</p>

1	Culturology	2	3	-	Педагогика физическо й культуры и спорта	<p>The purpose of the discipline: The main goal of discipline is to present the cultural studies as an integral expression of human knowledge. The teaching of the course "Culturology" should be taken into account, it is something independent and particular area of human culture, "living system" included in the contemporary socio-cultural context.</p> <p>Contents: Cultural studies "related cycle of social and humanitarian disciplines: history, political science, philosophy, sociology, performs the function of the knowability of the world.</p> <p>Expected Result : As a result of studying of discipline students should know:</p> <ul style="list-style-type: none"> - The structure and composition of contemporary cultural knowledge; - Cultural studies and philosophy of culture; - Sociology of culture, cultural anthropology; - Cultural studies and cultural history; <p>To be able to: basic concepts of cultural studies: the culture, the civilization, the morphology of culture, cultural features, cultural entity, cultural genesis, cultural dynamics, language and cultural symbols, cultural codes, cross-cultural communication, cultural values and norms, cultural traditions, cultural worldview, social, cultural institutions, cultural samoedentichnost, cultural modernization;</p> <p>Competence: general education</p>
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2	Politicalology	2	3	Modern history of Kazakhstan	Phylosophy	<p>The purpose of the discipline: Political Science course provides students with the necessary citizen a minimum knowledge of the political realities, norms of political behavior, political values, taught to operate a modern internationally recognized categorical - conceptual apparatus, develops the ability to critically analyze and predict the political situation, develops an interest and respect for national traditions It contributes to the development of cooperation between nations. On the acquisition of such knowledge and political science oriented teaching as a compulsory discipline.</p> <p>Subject: Political science - a branch of knowledge about politics in all its forms and relationships with other areas of public life. Political science studies the relationship of different social, ethnic, religious and other groups about the government, the political institutions and, above all, the state and the party, the political consciousness and culture, policy subjects: identity, elite, leaders of the nation, the state, etc., and domestic intergovernmental political processes.</p> <p>Expected Result : As a result of studying of discipline students should know: to be able to work in a team, properly to defend their point of view, to offer new solutions; Be able: to be able to find compromises, to relate their views to the collective opinion. Competence: general education</p>
2	Sociology	2	3	Школьный курс «Человек и общество» Теория социальной работы	Религиоведение	<p>Objective: familiarization with the current problems and the basic principles of Kazakhstan's model of interethnic tolerance. Tolerance - the key to inter-religious and inter-ethnic stability in Kazakhstan.</p> <p>Knowledge: the formation of inter-ethnic tolerance, Kazakhstan patriotism of the younger generation, as well as a competent understanding of the ethnic and political processes taking place in the modern world.</p>

2	Bases of anticorruption culture	2	3	Modern history of Kazakhstan	Phylosophy	<p>The purpose of discipline: the formation of a system of knowledge on anti-corruption and development on this basis of citizenship with respect to this phenomenon.</p> <p>Knowledge: provide comprehensive knowledge about the nature and factors of corruption and its various forms, develop legal culture, enhance anti-corruption.</p> <p>Evtnm: As a result of studying of discipline students should know:</p> <ul style="list-style-type: none"> - to show the analysis of the situation of conflict of interest and a moral choice, - to highlight in a situation of conflict of interest. <p>Competence: General educational</p>
3	Religious	3	5	Philosophy	-	<p>Purpose of the discipline: To study the course and familiarize students with current problems of religious studies.</p> <p>Content: Religious studies study the laws of origin, development and functioning of religion, its structure and various components, its diverse phenomena, as they appeared in the history of society, the relationship and interaction of religion and other areas of culture</p> <p>Religious studies are a science whose subject is religion.</p> <p>Expected Result: As a result of studying this course, the student should know: the current state of religious studies in Kazakhstan and abroad,</p> <ul style="list-style-type: none"> - to identify current theoretical problems of religious studies - to highlight the current problems of the institutionalization of religious studies <p>be able to: show the main problems of religious studies</p> <p>Competencies: general education</p>

						<p>The purpose of discipline: The studying of course and familiarizing with actual problems of religious studies by students.</p> <p>Religious studies the laws of the origin, development and operation of the religion, its structure and the various components of its diverse phenomena as they are brought into the history of society, the relationship and interaction of religion and other cultural activities.</p> <p>Knowledge: Religion is the science which studies the religion.</p> <p>Religion or religious studies (a word consists of religion and keeping) is the area of research, the subject of which are all of the past and currently existing religion.</p> <p>Evtnm: As a result of studying of discipline students should know:</p> <ul style="list-style-type: none"> - to show the current state of religion in Kazakhstan and abroad, - to identify relevant theoretical problems of religious studies - to highlight the current problems of institutionalization of religious studies <p>Competencies: General educational</p>
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Elective course №	The name of subject	Number of credits		Number of credits	Post requisites	Short description of the content, the aims of education, expected results
		LC	LC			
BASIC DISCIPLINES						
Компоненты по выбору (KB)						
1	Introduction to the teaching profession	2	3	–	Pedagogy	Functions of the educational process, the structure of the educational process, the most important laws and principles of the organization of the educational process. Knowledge: Fundamentals of the Theory and Methods of Pedagogical Culture Evtnm: apply methods of educational work in primary school, as the branch of pedagogical knowledge Skills Improve Professional Skill Competencies: System Forms

1	Pedagogical skills	2	3	–	Pedagogy	<p>The manifestation of a high level of pedagogical activity, master the laws and mechanisms of the pedagogical process. Content: functions of the educational process, the structure of the educational process, the most important laws and principles of the organization of the educational process.</p> <p>Knowledge: Fundamentals of the Theory and Methods of Pedagogical Culture</p> <p>Evtm: apply methods of educational work in primary school, as the branch of pedagogical knowledge</p> <p>Skills: Improve Professional Skill</p> <p>Competencies: System Forms</p>
2	Anatomy of the basics of sports morphology	3	5	School course of biology	Biomechanics	<p>The fundamental theoretical discipline of biomedical training of trainers is to provide future specialists not only with knowledge of their future activities, but also to instil the necessary practical skills.</p> <p>Knowledge: Basics of anatomy with basics of sports morphology</p> <p>Evtm: to conduct laboratory work on the structure of various muscle groups</p> <p>Skills Improve Professional Skill</p> <p>Competencies: System Forms</p>
2	Human anatomy	3	5	School course of biology	Biomechanics	<p>The fundamental theoretical discipline of biomedical training of trainers is to provide future specialists not only with knowledge of their future activities, but also to instil the necessary practical skills.</p> <p>Knowledge: Basics of anatomy with basics of sports morphology</p> <p>Evtm: to conduct laboratory work on the structure of various muscle groups</p> <p>Skills Improve Professional Skill</p> <p>Competencies: System Forms</p>
3	Athletics with teaching methods	2	3	Theory and methodology of the chosen sport	Gymnastics with teaching methods	<p>Theoretical, methodical and practical bases of sports training and training of athletes;</p> <p>Knowledge: Athletics Basics</p> <p>Evtm: conduct classes on the fundamentals of athletics</p> <p>Skills Improve Professional Skill</p> <p>Competencies: System Forms</p>
3	Fundamentals of training in athletics	2	3	Theory and methodology of the chosen sport	Gymnastics with teaching methods	<p>Theoretical, methodical and practical bases of sports training and training of athletes;</p> <p>Knowledge: Athletics Basics</p> <p>Evtm: conduct classes on the fundamentals of athletics</p> <p>Skills Improve Professional Skill</p> <p>Competencies: System Forms</p>

4	Theory and methods of educational work	2	3	-	Theory and methods of physical culture	General idea of the theory and methods of educational work in elementary school, as a branch of pedagogical knowledge. Knowledge: Fundamentals of the theory and methodology of educational work Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms
4	Theory and methods of education	2	3	-	Theory and methods of physical culture	General idea of the theory and methods of educational work in elementary school, as a branch of pedagogical knowledge. Knowledge: Fundamentals of the theory and methodology of educational work Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms
5	Basketball with teaching methods	3	5	Theory and methodology of the chosen sport	Handball with teaching methods	Теоретические, методические и практические основы спортивной тренировки и подготовки баскетболистов; правила соревнований, владеть судейскими навыками технико-тактическими приемами игры Knowledge: Основы методики баскетбола Evtnm: применять методы воспитательной работы в начальной школе Skills Совершенствовать профессиональное мастерство Competencies: Системаобразующие
5	Basketball history	3	5	Theory and methodology of the chosen sport	Sports games with teaching methods. Handball	Theoretical, methodical and practical bases of sports training and training of basketball players; competition rules, possess judicial skills technical and tactical methods of the game Knowledge: Basics of basketball methodology Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms
6	History FKIS	4	6	School course of physical culture	Athletic facilities	The general history of physical culture and sports: the history of the appearance of the Olympic movement, the development of world and continental sports events Knowledge: FKIS history Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms

6	Olympic sport	4	6	School course of physical culture	Characteristics of sports facilities	The history of the emergence and development of the Olympic Games. The IOC its rules and regulations. Countries and sports included in the IOC. History of the development of the national Olympic Committee. Knowledge: Olympic sports history Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms
6	History FKIS	4 (Y)	6 (Y)	School course of physical culture	Athletic facilities	The general history of physical culture and sports: the history of the appearance of the Olympic movement, the development of world and continental sports events Knowledge: FKIS history Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms
6	Olympic sport	4 (Y)	6 (Y)	School course of physical culture	Characteristics of sports facilities	The history of the emergence and development of the Olympic Games. The IOC its rules and regulations. Countries and sports included in the IOC. History of the development of the national Olympic Committee. Knowledge: Olympic sports history Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms
7	Handball with teaching methods	4	6	Theory and methodology of the chosen sport	Football with teaching methods	Theoretical, methodical and practical bases of sports training and training of basketball players; competition rules, possess judicial skills technical and tactical methods of the game Knowledge: Handball Basics Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms
7	Sports games with teaching methods. Handball	4	6	Fundamentals of training in athletics	Theory and methods of football	Theoretical, methodical and practical bases of sports training and training of basketball players; competition rules, possess judicial skills in technical and tactical methods of playing Knowledge: Handball Basics Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms

7	Handball with teaching methods	4 (Y)	6 (Y)	Theory and methodology of the chosen sport	Football with teaching methods	Theoretical, methodical and practical bases of sports training and training of basketball players; competition rules, possess judicial skills technical and tactical methods of the game Knowledge: Handball Basics Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms
7	Sports games with teaching methods. Handball	4 (Y)	6 (Y)	Theory and methodology of the chosen sport	Football with teaching methods	Theoretical, methodical and practical bases of sports training and training of basketball players; competition rules, possess judicial skills technical and tactical methods of the game Knowledge: Handball Basics Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms
8	Gymnastics with teaching methods	4	6	Theory and methodology of the chosen sport	Swimming with teaching methods	Theoretical, methodical and practical bases of sports training and training of basketball players; competition rules, possess judicial skills in technical and tactical methods of playing Knowledge: Basic Gymnastics Techniques Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms
8	Theory and methodology of gymnastics	4	6	Fundamentals of training in athletics	Theory and methods of skiing	Theoretical, methodical and practical bases of sports training and training of basketball players; competition rules, possess judicial skills in technical and tactical methods of playing Knowledge: Basic Gymnastics Techniques Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms

8	Gymnastics with teaching methods	4 (Y)	6 (Y)	Theory and methodology of the chosen sport	Swimming with teaching methods	Theoretical, methodical and practical bases of sports training and training of basketball players; competition rules, possess judicial skills in technical and tactical methods of playing Knowledge: Basic Gymnastics Techniques Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms
8	Theory and methodology of gymnastics	4 (Y)	6 (Y)	Fundamentals of training in athletics	Theory and methods of skiing	Theoretical, methodical and practical bases of sports training and training of basketball players; competition rules, possess judicial skills in technical and tactical methods of playing Knowledge: Basic Gymnastics Techniques Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms
9	Physiology of sports	2	3	Anatomy of the basics of sports morphology	Developmental physiology and school hygiene	Physiological characteristics of the functional state of the body during sports activities. The work of all organs of the system during physical activity in various sports Knowledge: Basics of the physiology of sports Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms
9	Age physiology	2	3	Human anatomy	Developmental physiology and school hygiene	The study of biological processes at the elementary level in order to explain how each individual organ and the body as a whole work. Knowledge: Fundamentals of human physiology Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms

9	Physiology of sports	2 (Y)	3 (Y)	Anatomy of the basics of sports morphology	Developmental physiology and school hygiene	Physiological characteristics of the functional state of the body during sports activities. The work of all organs of the system during physical activity in various sports Knowledge: Basics of the physiology of sports Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms
9	Age physiology	2 (Y)	3 (Y)	Human anatomy	Developmental physiology and school hygiene	The study of biological processes at the elementary level in order to explain how each individual organ and the body as a whole work. Knowledge: Fundamentals of human physiology Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms
10	Skiing with teaching methods	3	5	Theory and methodology of the chosen sport	Olympic education	The history of the development of skiing. Fundamentals of Skiing Technique. Methodology for Teaching Skiing Technique Judging and Rules of Conducting Competitions in Ski Sports Knowledge: Basics of Skiing Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms
10	Theory and methods of skiing	3	5	Theory and methodology of gymnastics	Theory and methods of teaching swimming	Development of sports equipment, research of competitive activity on ice, research of snow cover characteristics and features of biomechanics of the actions of athletes - skiers and methodology of training athletes Knowledge: Basics of Skiing Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms

11	Swimming with teaching methods	3	5	Theory and methodology of the chosen sport	Preparation for writing a thesis	Basics of swimming techniques, theory and methods of teaching technical elements of swimming. Types of competitive distances and methods of swimming Knowledge: Basics of swimming with teaching methods Evtnm: with different ways of swimming Skills Improve professional skills Competencies: Special, Organizational, Informational
11	Theory and methods of teaching swimming	3	5	Theory and methods of skiing	Preparation for writing a thesis	Basics of swimming techniques, theory and methods of teaching technical elements of swimming. Types of competitive distances and methods of swimming Knowledge: Basics of swimming with teaching methods Evtnm: with different ways of swimming Skills Improve professional skills Competencies: Special, Organizational, Informational
11	Swimming with teaching methods	3 (Y)	5 (Y)	Theory and methodology of the chosen sport	Preparation for writing a thesis	Basics of swimming techniques, theory and methods of teaching technical elements of swimming. Types of competitive distances and methods of swimming Knowledge: Basics of swimming with teaching methods Evtnm: with different ways of swimming Skills Improve professional skills Competencies: Special, Organizational, Informational
11	Theory and methods of teaching swimming	3 (Y)	5 (Y)	Theory and methodology of the chosen sport	Preparation for writing a thesis	Basics of swimming techniques, theory and methods of teaching technical elements of swimming. Types of competitive distances and methods of swimming Knowledge: Basics of swimming with teaching methods Evtnm: with different ways of swimming Skills Improve professional skills Competencies: Special, Organizational, Informational

12	Athletic facilities	4	6	History FKIS	Подготовка к написанию дипломной работы	Международные спортивные объекты: спортивные комплексы, спортивные арены: открытые, крытые стадионы, ледовые арены, зимние спортивные объекты: прыжковые лыжные и горнолыжные сооружения Knowledge: Основы спортивных сооружений Evtm: с различными способами плавания Skills Совершенствовать профессиональное мастерство Competencies: Специальные, организационные, информационные
12	Characteristics of sports facilities	4	6	Olympic sport	Preparation for writing a thesis	International sports facilities: sports complexes, sports arenas: open, indoor stadiums, ice arenas, winter sports facilities: jumping ski and ski facilities Knowledge: Basics of Sports Facilities Evtm: with different ways of swimming Skills Improve professional skills Competencies: Special, Organizational, Informational
13	Volleyball with teaching methods	5	8	Theory and methodology of the chosen sport	Preparation for writing a thesis	Theoretical, methodical and practical bases of sports training and training of basketball players; competition rules, possess judicial skills in technical and tactical methods of playing Knowledge: Fundamentals of Volleyball Technique Evtm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms
13	Theory and methodology of volleyball	5	8	Theory and methodology of the chosen sport	Preparation for writing a thesis	Theoretical, methodical and practical bases of sports training and training of basketball players; competition rules, possess judicial skills in technical and tactical methods of playing Knowledge: Fundamentals of Volleyball Technique Evtm: apply educational methods in primary school Skills Improve Professional Skill Competencies: System Forms

14	Medical physical culture	3	5	Biomechanics	Preparation for writing a thesis	<p>Introductory lecture on physical therapy. Means of exercise therapy, the dosage method physical exercises. Indications for use. Means and methods. Influence of physical exercises physical exercises gymnastic, sports and applied and games Massage. The role and importance in the system of physical education</p> <p>Knowledge: The basics of physical therapy methods</p> <p>Evtm: apply educational methods in primary school</p> <p>Skills Improve Professional Skill</p> <p>Competencies: System Forms</p>
14	Medical physical culture and massage	3	5	Biomechanics	Preparation for writing a thesis	<p>Introductory lecture on physical therapy. Means of exercise therapy, the dosage method physical exercises. Indications for use. Means and methods. Influence of physical exercises physical exercises gymnastic, sports and applied and games Massage. The role and importance in the system of physical education</p> <p>Knowledge: The basics of physical therapy methods</p> <p>Evtm: apply educational methods in primary school</p> <p>Skills Improve Professional Skill</p> <p>Competencies: System Forms</p>
15	Football with teaching methods	4	6	Theory and methodology of the chosen sport	Preparation for writing a thesis	<p>Theoretical, methodical and practical bases of sports training and training of basketball players; competition rules, possess judicial skills</p> <p>technical and tactical methods of the game</p> <p>Knowledge: Fundamentals of football methodology</p> <p>Evtm: apply educational methods in primary school</p> <p>Skills Improve Professional Skill</p> <p>Competencies: System Forms</p>
15	Theory and methods of football	4	6	Theory and methodology of the chosen sport	Preparation for writing a thesis	<p>Theoretical, methodical and practical bases of sports training and training of basketball players; competition rules, possess judicial skills</p> <p>technical and tactical methods of the game</p> <p>Knowledge: Fundamentals of football methodology</p> <p>Evtm: apply educational methods in primary school</p> <p>Skills Improve Professional Skill</p> <p>Competencies: System Forms</p>

Elective course №	The name of subject	Number of credits		Prerequisites	Post requisites	Short description of the content, the aims of education, expected results
		LC	ECTS			
Profiling disciplines						
Elective courses (EC)						
1	Outdoor games with teaching methods	2	3	Theory and methodology of the chosen sport	Volleyball with teaching methods	The basics of outdoor games: competitive, training loads in various types of outdoor games: games designed for different age groups Knowledge: Fundamentals of outdoor games Evtnm: apply methods of educational work in school Skills Improve Professional Skill Competencies: Systemic
1	Theory and methods of outdoor games	2	3	Theory and methodology of the chosen sport	Sports fight with teaching methods	Outdoor games as one of the means in the system of training athletes in various sports Knowledge: Fundamentals of outdoor games Evtnm: apply methods of educational work in school Skills Improve Professional Skill Competencies: Systemic
2	Judo with teaching methods	4	6	Theory and methodology of the chosen sport	Sports basics	Theoretical, methodical and practical bases of sports training and training of basketball players; competition rules, possess judicial skills in technical and tactical methods of playing Knowledge: Fundamentals of Judo Technique Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: Systemic
2	Sports fight with teaching methods	4	6	Theory and methodology of the chosen sport	Sports basics	Theoretical, methodical and practical bases of sports training and training of basketball players; competition rules, possess judicial skills in technical and tactical methods of playing Knowledge: Fundamentals of Judo Technique Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: Systemic

3	Tourism and orientation	2	3	Theory and methods of educational work	Theory and methods of physical culture	Theoretical, methodical and practical bases of sports training and preparation of players; competition rules, possess judicial skills. technical and tactical methods of the game Knowledge: Basics of tourism techniques Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: Systemic
3	Orienteering in different types of tourism	2	3	Theory and methods of educational work	Improving vocational coaching with activities in the IVS	Theoretical, methodical and practical bases of sports training and preparation of players; competition rules, possess judicial skills. technical and tactical methods of the game Knowledge: Basics of tourism techniques Evtnm: apply educational methods in primary school Skills Improve Professional Skill Competencies: Systemic
3	Tourism and orientation	2 (Y)	3 (Y)	Theory and methods of educational work	Theory and methods of physical culture	Theoretical, methodical and practical bases of sports training and preparation of players; competition rules, possess judicial skills. technical and tactical methods of the game
3	Orienteering in different types of tourism	2 (Y)	3 (Y)	Theory and methods of educational work	Improving vocational coaching with activities in the IVS	Knowledge: Basics of tourism techniques
4	Professional development in the chosen sport	3	5	Theory and methodology of the chosen sport	Professional activities of trainers and instructors in ITT	Theoretical, methodological and practical foundations of sports training and training of athletes in their chosen sport; competition rules, possess judicial skills. technical and tactical methods of wrestling in the chosen sport Knowledge: Basics of the chosen sport Evtnm: apply methods of educational work in school Skills Improve Professional Skill Competencies: Systemic
4	Improving vocational coaching with activities in the IVS	3	5	Theory and methodology of the chosen sport	Features of the coaches	Theoretical, methodological and practical foundations of sports training and training of athletes in their chosen sport; competition rules, possess judicial skills. technical and tactical methods of wrestling in the chosen

						<p>sport Knowledge: Basics of the chosen sport</p> <p>Evtm: apply methods of educational work in school</p> <p>Skills Improve Professional Skill</p> <p>Competencies: Systemic</p>
5	Biomechanics	2	3	Anatomy of the basics of sports morphology	Medical physical culture and massage	<p>Mechanical movement of living systems of form, features, diversity. Biomeha</p> <p>The basic principles of the organization and control of movements</p> <p>Knowledge: Fundamentals of Biomechanics</p> <p>Evtm: apply methods of educational work in school</p> <p>Skills Improve Professional Skill</p> <p>Competencies: Systemic</p>
5	Biomechanics of physical culture	2	3	Anatomy of the basics of sports morphology	Medical physical culture and massage	<p>Will get acquainted with the biomechanical fundamentals of the technique of motor actions and tactics of motor activity</p> <p>Knowledge: Fundamentals of Physical Culture Biomechanics</p> <p>Evtm: apply methods of educational work in school</p> <p>Skills Improve Professional Skill</p> <p>Competencies: Systemic</p>
6	Professional activities of trainers and instructors in ITT	3	5	Professional development in the chosen sport	Preparation for writing a thesis	<p>Theoretical, methodical and practical basics of training sports trainers for sports instructors, possess judicial skills. technical and tactical techniques and knowledge in the preparation of young athletes</p> <p>Knowledge: Fundamentals of professional activity of trainers and instructors in ITT</p> <p>Evtm: apply methods of educational work in school</p> <p>Skills Improve Professional Skill</p> <p>Competencies: Systemic</p>
6	Features of the coaches	3	5	Professional development in the chosen sport	Preparation for writing a thesis	<p>Theoretical, methodical and practical basics of training sports trainers for sports instructors, possess judicial skills. technical and tactical techniques and knowledge in the preparation of young athletes</p> <p>Knowledge: Fundamentals of professional activity of trainers and instructors in ITT</p> <p>Evtm: apply methods of educational work in school</p>

						Skills Improve Professional Skill Competencies: Systemic
6	Professional activities of trainers and instructors in ITT	3 (Y)	5 (Y)	Professional development in the chosen sport	Preparation for writing a thesis	Theoretical, methodical and practical basics of training sports trainers for sports instructors, possess judicial skills. technical and tactical techniques and knowledge in the preparation of young athletes Knowledge: Fundamentals of professional activity of trainers and instructors in ITT Evtnm: apply methods of educational work in school Skills Improve Professional Skill Competencies: Systemic
6	Features of the coaches	3 (Y)	5 (Y)	Improving vocational coaching with activities in IWC	Preparation for writing a thesis	Theoretical, methodical and practical basics of training sports trainers for sports instructors, possess judicial skills. technical and tactical techniques and knowledge in the preparation of young athletes Knowledge: Fundamentals of professional activity of trainers and instructors in ITT Evtnm: apply methods of educational work in school Skills Improve Professional Skill Competencies: Systemic
7	Activities of international and national sports federations	4	6	Theory and methods of teaching basic sports	Theory and methods of youth and professional sports	Basics of the functioning of international and national federations goals and objectives of sports organizations and their functionaries Knowledge: Basics of the activities of international and national sports federations Evtnm: apply methods of educational work in school Skills Improve Professional Skill Competencies: Systemic
7	International sports organizations	4	6	Olympic sport	Theory and methods of youth and professional sports	Basics of the functioning of international and national federations goals and objectives of sports organizations and their functionaries Knowledge: Basics of the activities of international and national sports federations Evtnm: apply methods of educational work in school

						Skills Improve Professional Skill Competencies: Systemic
7	Activities of international and national sports federations	4 (Y)	6 (Y)	History FKiS	Sports basics	Basics of the functioning of international and national federations goals and objectives of sports organizations and their functionaries Knowledge: Basics of the activities of international and national sports federations Evtnm: apply methods of educational work in school Skills Improve Professional Skill Competencies: Systemic Competencies: Системообразующие
7	International sports organizations	4 (Y)	6 (Y)	Olympic sport	Основы спорта и его оздоровительная направленность	Basics of the functioning of international and national federations goals and objectives of sports organizations and their functionaries Knowledge: Basics of the activities of international and national sports federations Evtnm: apply methods of educational work in school Skills Improve Professional Skill Competencies: Systemic
8	Sports basics	3	5	Judo with teaching methods	Preparation for writing a thesis	Methodical and practical basics of sports training and training of athletes; classification of sports; system of competitions, types of competitions on goals, sports periodization of the athlete's annual cycle by sports Knowledge: Sports Basics Evtnm: apply methods of educational work in school Skills Improve Professional Skill Competencies: Systemic
8	The basics of sport and its health orientation	3	5	Judo with teaching methods	Preparation for writing a thesis	Methodical and practical basics of sports training and training of athletes; classification of sports; system of competitions, types of competitions on goals, sports periodization of the athlete's annual cycle by sports Knowledge: Sports Basics Evtnm: apply methods of educational work in school Skills Improve Professional Skill Competencies: Systemic
9	Olympic education	4	6	Skiing with teaching methods	Preparation for writing a thesis	Basics of the Olympic movement. Olympic program: sports included in the Olympic sports program. Goals and Objectives of the Olympic Movement

						Knowledge: Basics of Olympic Education Evtnm: apply methods of educational work in school Skills Improve Professional Skill Competencies: Systemic
9	Olympic education at school	4	6	Olympic sport	Preparation for writing a thesis	Basics of the Olympic movement. Olympic program: sports included in the Olympic sports program. Goals and Objectives of the Olympic Movement Knowledge: Basics of Olympic Education Evtnm: apply methods of educational work in school Skills Improve Professional Skill Competencies: Systemic

Note: * - means that the discipline is studied for all educational trajectories

V – for accelerated learning

**List of elective courses for the educational program
on specialty 5B010800 "Physical culture and sport"
Duration of training: full-time**

Training period 4 years

Year of receipt: 2018

№	Name of the discipline	Code of discipline	Number of credits	Semester
1. General disciplines				
1	Component selection 1			
	Self-knowledge	SK 1106	2	
	Culturology	Cul 1106	1+1+0	1
	Component selection 2			
	Politicalology	Pol 2107	2	
	Sociology	Soc 2107	1+1+0	3
	The fundamentals of anti-corruption culture	FACC 2107		
2	Component selection 3 (Discipline established by the university)		3	
	Religious Studies	Rel 3108	2+1+0	5
	2. Basic disciplines			
3	Component selection 1		2	
	Introduction to the teaching profession	ITP 1210	1+1+0	
	Pedagogical skills	PS 1210		1
1	Component selection 2		3	
	Anatomy the basics of sports morphology	ABSM 1211	1+2+0	
	Human anatomy	HA 1211		1
2	Component selection 3		3	
	Athletics with methods of teaching	AWMT 2212	1+2+0	
	Bases of training in athletics	BTA 2212		2
3	Course of choice 4		2	
	Theory and methods of educational work	TMEW 1213	1+1+0	
	Theory and methodology of education	TME 1213		2
4	Component selection 5		3	
	Basketball teaching methods	BTM 1214	1+2+0	
	Basketball history	BH 1214		2
5	Component selection 6		4	
	History of physical culture and sports	HPCS 2215	1+3+0	
	Olympic sport	OS 2215		3
6	Component selection 7		4	
	Handball with methodology of teaching	HWMT 2216	1+3+0	
	Sports games teaching methods. Handball	SIMPG 2216		3
7	Component selection 8		4	
	Gymnastics with methods of teaching	GWMT 2217	1+3+0	
	Theory and methodology of gymnastics	TMG 2217		3
8	Component selection 9		2	
	Physiology of sports	PS 2218	1+1+0	
	Age-related physiology	ARP 2218		3
9	Component selection 10		3	

	Skiing with the methods of teaching	SWMT 2219	1+2+0	
	Theory and methodology of skiing	TMS 2219		4
10	Component selection 11		3	
	Swimming with methods of teaching	SWMT 3220	1+2+0	
	Theory and methods of teaching swimming	TMTS 3220		5
11	Component selection 12		4	
	Sports facilities	SF 3221	2+2+0	
	Feature sports facilities	FSF 3221		6
12	Component selection 13		5	
	Volleyball with the methods of teaching	VWMT 3222	1+4+0	
	Theory and methodology of volleyball	TMV 3222		6
13	Component selection 14		3	
	Therapeutic physical culture	TPC 4223	1+2+0	
	Therapeutic physical culture and massage	TPCM4223		7
14	Component selection 15		4	
	Football teaching methods	FTM 4224	1+3+0	
	Theory and methodology of football	TMF 4224		7
15	3. Profiling disciplines			
	Component selection 1		2	
	Outdoor games with the methods of teaching	OGWMT 1303	1+1+0	
	Theory and methods of mobile games	TMMG 1303		2
1	Component selection 2		4	
	Judo and methods of teaching	JMT 2304	1+3+0	
	Wrestling with methods of teaching	WWMT 2304		4
2	Component selection 3		2	
	Tourism and orienteering	TO 2305	1+1+0	
	Accommodation in different types of tourism	ADTT 2305		4
3	Component selection 4		3	
	Professional development in the chosen sport	PDCS 3306	1+2+0	
	Improvement of vocational coaching with activities in the ITT	IVCWAITT 3306		5
4	Component selection 5		2	
	Biomechanics	Bio 3307	1+1+0	
	Biomechanics of physical culture	BPC 3307		6
5	Component selection 6		3	
	Professional work of the coaches and ski leader you head in the ITT	PWCSLHITT 3308	1+2+0	
	Osobnosti performance coaches	OPC 3308		6
6	Component selection 7		4	
	The activities of international and national sports federations	AINSF 3309	1+3+0	
	International sports organization	ISO3309		6
7	Component selection 8		3	
	The basics of the sport	BS 4310	1+2+0	
	Fundamentals of sport and Wellness orientation	FSWO 4310		7
8	Component selection 9		4	
	Olympic education	OE4311	1+3+0	

	Olympic education in school	OESh 4311		7
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