

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

CATALOG OF ELECTIVE DISCIPLINES
6B01404 "Physical culture and sports"
(full-time department-4 years) year of admission - 2023

Semey, 2023

Reviewed and approved at a meeting of the Educational Methodological Council
Faculty of Information Technologies and Economics

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Chairman of the faculty _____

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Protocol No. 5 dated «25» 05 2023

Chairman of the University's Management Board _____

Elective course	Name of the discipline	Number of loans	Prerequisites	Postrequisites	Brief description indicating the brief content and expected learning outcomes (knowledge, skills, competencies)
GENERAL EDUCATIONAL DISCIPLINES					
Selectable Components (CV)					
1	Anatomy the basics of sports morphology and biomechanics	6	School biology course	Physiological foundations 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: about changes in the structure of organs in connection with function, general signs of the structure of organ systems as a whole, morphological research methods.</p> <p>Be able to: determine on a living person the main anatomical formations - bony protrusions, crevices, the direction of ligaments, the contours of muscles, the place of their origin and attachment, the projection of internal organs, blood vessels and peripheral nerves; use the acquired knowledge in practical activities and in the subsequent study of other disciplines of the biological cycle and in further work in the specialty.</p> <p>Skills: analyze and synthesize the material being studied; isolate and reveal cause-and-effect relationships in the formation of the human body; - determine the main anatomical formations on a living person, demonstrate structural details on bone preparations;</p> <p>Learning outcomes: analyze anatomical data and processes occurring during muscular and sports activity and apply this knowledge and understanding at a professional level; The ability to manage the body's fitness based on knowledge of the body's functions, its individual adaptive capabilities and reserves, taking into account its reaction systems for physical activity.</p>

1	Human anatomy	6	School biology course	Hygienic fundamentals of physical culture and sports	<p>Brief content of the discipline: Human anatomy is one of the fundamental disciplines in the system of biological education. “Human Anatomy” provides information about the structure of human organ systems and briefly describes the functions they perform. Skeletal muscles. The role of morphofunctional indicators in sports selection.</p> <p>Know: - the anatomical structure of the human body, the rationale for the 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, the activity of the central nervous system and internal secretion organs; - determine the effect of physical activity on the human body.</p> <p>Learning outcomes: analyze anatomical data and processes occurring during muscular and sports activity and apply this knowledge and understanding at a professional level; The ability to control the body’s fitness based on knowledge of the body’s functions and its individual adaptation capabilities and reserves, taking into account the reaction of its systems to physical stress.</p>
2	Theory and methods of teaching basic sports	6	School physical education course	Athletics with methods of teaching	<p>Brief content of the discipline: This discipline reveals the theoretical foundations of the use of basic types of physical education and sports activities in the learning process, the basic methodological principles for solving the problems of a school physical education lesson and educational and training sessions in a sports school. Includes the basics of tactics for sports 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: Formulate specific tasks for teaching basic types of physical education and sports at various levels of the physical education system, taking into account the state of health, age, level of physical development, physical fitness of those involved, and the available conditions for classes.</p> <p>Skills: Master the features of the educational and training process of basic sports. Learning outcomes: demonstrate knowledge and understanding of the theory and methodology of physical education, including elements of the most advanced knowledge; Implement a system of selection and sports orientation in the chosen sport using modern methods by definition anthropometric, physical and mental characteristics of students.</p>

2	Theory and methods of weightlifting sports	6	School physical education lesson section gymnastics	Sports and pedagogical improvement	<p>Brief content of the discipline: To prepare students for independent pedagogical and organizational work on TAWS at various levels of the physical education movement, to equip future physical education teachers with the latest methods for developing strength abilities. Students must gain knowledge of the history of theory and teaching methods of TAWS, and master the technique of strength exercises. Acquire pedagogical skills for independent coaching work.</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: Select and apply in the educational and training process of basic types of physical education and sports modern scientifically-based means and methods of teaching, education and initial training that are adequate to the assigned tasks.</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 of students.</p> <p>Learning outcomes: demonstrate knowledge and understanding of the theory and methodology of physical education, including elements of the most advanced knowledge; Implement a system of selection and sports orientation in the chosen sport using modern methods for determining anthropometric, physical and mental characteristics of students.</p>
3	Athletics with methods of teaching	5	Theory and methods of teaching basic sports	Theory and methodology of physical culture and sports	<p>Brief content of the discipline: The discipline examines general and special physical training in athletics. Technical and tactical training in athletics. Running technique. Running is a natural way of moving a person. Cyclicity of movements. Analysis of running stride technique. Speed of movement and dependence on the length and frequency of steps in running.</p> <p>Know: - theoretical and practical fundamentals of athletics, requirements for mastering professional and pedagogical skills of the fundamentals of technology in athletics, structure and conduct of a lesson.</p> <p>Be able to: - give commands, organize a formation for performing exercises, explain and show exercises, identify and correct errors, select and compose exercises, referee competitions.</p> <p>Skills: - master the means and methods of managing sports training in athletics in various age groups, taking into account individual characteristics and adaptation to physical activity; - master the technique of light types perfectly athletics.</p> <p>Learning outcomes: demonstrate knowledge and understanding of the theory and methodology of physical education, including elements of the most advanced knowledge; Implement a system of selection and sports orientation in the chosen sport using modern methods by definition anthropometric, physical and mental characteristics of students.</p>

3	Bases of training in athletics	5	Theory and methodology of the chosen sport	Theory and methodology of children's and youth sports	<p>Brief content of the discipline: This discipline examines technical and tactical training in athletics. Training methods in athletics. Fundamentals of professional training for an athletics coach. Improving sportsmanship in athletics. Improving coaching skills in weightlifting. History of athletics. Weightlifting exercise technique. Weightlifter training technique. Planning a weightlifter's training.</p> <p>Know: - the sequence of teaching technical and tactical actions in athletics, know the basic means and methods of sports training, study the features of the educational and training process at various stages of training a weightlifter.</p> <p>Be able to: - give commands, organize a formation for performing exercises, explain and show exercises, identify and correct errors, select and compose exercises, referee competitions.</p> <p>Skills: - to instill skills in the development and improvement of general and special physical training using basic means and methods of physical culture at different stages of the training process.</p> <p>Learning outcomes: demonstrate knowledge and understanding of the theory and methodology of physical education, including elements of the most advanced knowledge; Implement a system of selection and sports orientation in the chosen sport using modern methods by definition anthropometric, physical and mental characteristics of students.</p>
4	Basketball teaching methods	5	Theory and methodology 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 technical techniques and tactical actions, acquiring the necessary skills and abilities for independent work as a teacher of basketball and handball coach with a different contingent of students.</p> <p>Know: - theoretical and practical fundamentals of sports games, requirements for mastering the professional and pedagogical skills of the fundamentals of sports game techniques, structure and delivery of a lesson.</p> <p>Be able to: - give commands, organize a formation for performing exercises, explain and show exercises, identify and correct errors, select and compose exercises, referee competitions.</p> <p>Skills: - master the means and methods of managing sports training in a sports game in various age groups, taking into account individual characteristics and adaptation to physical activity; - master the technique of sports play perfectly; - master the methodology of teaching sports game techniques, building a training process for athletes of various sports qualifications; - have skills in monitoring the level of sports training, research work and sports training management.</p> <p>Learning outcomes: analyze the adequacy of physical activity to the physiological capabilities of the body depending on age, gender, level of athletic training in team sports; possess the skills of analysis, training, demonstration of physical exercise movement techniques, sports tactical actions;</p>

4	Theory and methodology of basketball	5	Theory and methodology of teaching basic sports (according to the school curriculum)	Handball with teaching methods	<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, to achieve an optimal level of physical development and high sports results by students. Successful implementation of the educational and training process is possible if the principle of unity of all aspects of training is observed, namely, general physical, special physical, technical, tactical and moral-volitional.</p> <p>Know: safety requirements for basketball lessons; basic concepts; rules of the game; requirements,</p> <p>Be able to: perform stances and movements; transmissions in place and in motion; throws into the ring and other techniques.</p> <p>Skills: Organizational skills in conducting sports competitions, technical and tactical motor actions in the game of basketball brought to automatism.</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 game sports sports; possess the skills of analysis, training, demonstration of physical exercise movement techniques, sports tactical actions;</p>
5	History of physical culture and sports	5	Theory and methodology of teaching basic sports (according to the school curriculum)	Sports Basics	<p>Brief content of the discipline:Physical Culture and Sports" examines the evolution of the emergence and development of physical culture and sports from ancient times to the present day. The questions of the origin and distribution in the world of means, forms, methods, ideas, theories and systems of physical education that existed in various periods of human society are revealed.</p> <p>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: - use the values accumulated in the field of physical culture and sports to cultivate patriotism and love for the fatherland, the desire for a healthy lifestyle, personal hygiene skills, prevention and control of the condition of one's body, the need for regular physical education and recreational activities. - to argue for 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 create motivation among the population to engage in the chosen sport. Skills: - use knowledge of the history of physical culture and sports in professional activities, including when solving problems of moral and patriotic education of schoolchildren, increasing interest in physical culture and sports; - master 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 of functioning in society,</p>

					development trends, the foundations 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 for the management of physical culture and sports, schools of scientific management of physical culture and sports, and its modern models.
5	Olympic sport	5	Theory and methodology of teaching basic sports (according to the school curriculum)	Sports and pedagogical improvement (SPS)	<p>Brief content of the discipline: History of the origin 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. General history of physical culture and sports: the history of the emergence of the Olympic movement, the development of world and continental sporting events.</p> <p>Know: the history of Olympic sports</p> <p>Be able to: competently plan the topics of Olympic education, paying attention to the key points of this discipline.</p> <p>Skills: in the use of means, forms and methods, ideas and theory in the field of physical culture and sports; to instill skills in research work, methodological foundations for monitoring and managing sports training.</p> <p>Learning outcomes: the history of the development of sports, its essence, functions, forms, conditions of functioning in society, development trends, the foundations 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 for the management of physical culture and sports, schools of scientific management of physical culture and sports, and its modern models.</p>
6	Biochemistry of physical culture and sports	4	Biochemistry of physical culture and sports		<p>Brief content of the discipline: Chemical bases of life processes, chemical composition of the human body. Bioenergy, hormones, enzymes, vitamins. Biochemistry of muscle contraction. Patterns of biochemical adaptation. Biochemical characteristics of the motor properties of athletes. Features of biochemical changes in the body during various sports. The influence of various conditions on biochemical processes in the human body. Biochemical changes in the human body during physical exercise. Biochemical basis of nutrition during physical education and sports.</p> <p>Know: the basic principles of the structural organization of biological macromolecules - proteins, nucleic acids, carbohydrates, lipids; physicochemical properties of amino acids and their</p>

				<p>role in the formation of the structure and functioning of the protein molecule; the functional role of proteins and nucleic acids in life processes; basic principles of enzymatic catalysis, specific properties and kinetic characteristics of enzymes; the role of enzymes for biotechnology; properties and role of DNA and RNA in the reproduction and transmission of genetic information; structural features and properties of carbohydrates and lipids, their biological functions.</p> <p>Be able to: use your knowledge of the general course Biochemistry to master other biological disciplines (molecular biology, molecular genetics, physiology), to solve practical issues of biotechnology, in particular engineering enzymology.</p> <p>Skills: isolate biopolymers, identify functional groups of organic compounds, natural organic compounds of different classes, study the properties of natural compounds, work with enzymes.</p> <p>Learning outcomes: As a result of studying this discipline, students should: have an understanding of: the essence of biological phenomena, the biological role of proteins in the construction of living matter and life processes, the biological role of nucleic acids. Principles of regulation of metabolism in the cell.;</p>
6	Biochemistry in sports practice	4	Biochemistry of physical culture and sports	<p>Brief content of the discipline:</p> <p>Goal: The goal of mastering the discipline “Biochemistry of Sports” is to achieve an in-depth understanding of the biochemical processes and patterns of physical development and sports training that underlie the functioning of living cells and organisms, the characteristics of metabolism and its regulation in human organs and tissues during the organization of physical education and sports activities.</p> <p>Contents: - to familiarize with the features of biochemical processes and the mechanisms of their regulation during physical activity and sports; - study the biochemical basis of metabolism, energy metabolism in the human body and the mechanisms of energy supply during muscle activity; - reveal the content of the metabolic basis of fatigue and recovery after physical activity, biochemical processes during the body’s adaptation to systematic physical activity; - apply basic biochemical criteria when assessing the effectiveness of the training process, the state of overtraining or overstrain of body systems.</p> <p>Know: basic biochemical processes, anabolic and catabolic directions of metabolism, main classes of biomolecules, principles of energy exchange in living organisms, the role of enzymes in metabolism;</p> <p>Be able to: conduct qualitative analysis for proteins and enzymes;</p> <p>Skills: knowledge and patterns of the main metabolic pathways in living organisms.</p> <p>Learning outcomes: application of knowledge, skills and abilities in practice.</p>

7	Theory and methodology of physical culture	4	Athletics with methods of teaching	Management of physical culture and sports	<p>Summary of the discipline: This The discipline reveals issues of the 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, process construction, sports training.</p> <p>Know: methods of modeling the educational system of the class; planning the educational work of the class teacher; methods of forming a children's team, methods and forms of cooperation between school and family in raising children.</p> <p>Be able to: determine the goals, objectives and content of schoolchildren's education; model the educational system of the classroom, 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 to determine the program for the development and education of schoolchildren;</p> <p>Skills: organize various types of student activities; plan educational work with parents of students.</p> <p>Learning outcomes: have knowledge in the field of methodology, pedagogy and psychology, skills and abilities to manage information, carry out comprehensive monitoring based on psychological and pedagogical diagnostics, analysis and synthesis, be capable of pedagogical reflection, strive for</p>
7	Theory and methodology of game sports	4	Bases of training in athletics Component of choice 4	Innovations in physical culture and sports	<p>Brief content of the discipline: As a result of training, the student must know the history of the development of team sports, the basics of theory and teaching methods: content, forms and methods of planning and organizing educational, 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. Competently implement teaching methods in various sports games. Be able to organize competitions in sports games. Possess refereeing skills.</p> <p>Know: methods of modeling the educational system of the class; planning the educational work of the class teacher; methods of forming a children's team, methods and forms of cooperation between school and family in raising children.</p> <p>Be able to: determine the goals, objectives and content of schoolchildren's education; model the educational system of the classroom, 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 to determine the program for the development and education of schoolchildren;</p> <p>Skills: organize various types of student activities; plan educational work with parents of students.</p> <p>Learning outcomes: have knowledge in the field of methodology, pedagogy and psychology, skills and abilities to manage information, carry out comprehensive monitoring based on psychological and pedagogical diagnostics, analysis and synthesis,</p>

					be capable of pedagogical reflection, strive for continuous improvement of research culture.
8	Physiological basis of physical sports	3	Anatomy the basics of sports morphology and biomechanics	Therapeutic physical culture and massage	<p>Brief content of the discipline: Physiological methods of research in physical culture and sports. Features of the body's adaptation to muscle activity. Physiological reserves of the body. Physiological classification of physical exercises. Physiological characteristics of the body's states during physical activity (pre-start states, warm-up, warm-up, steady state, "dead point" and second wind, fatigue, recovery). Physiological mechanisms of motor skills.</p> <p>Know: knows and owns key concepts and a complex of scientific knowledge on physiology and the basics of the influence of physical activity on the body.</p> <p>Be able to: know how to analyze physiological states and processes occurring during muscle and sports activity; Skills: able to apply a set of skills for physiological control and independent analysis of the athlete's condition, making decisions during sports selection based on physiological indicators and for correcting physical activity if it is used incorrectly.</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 physical movement techniques exercises, sports tactical actions.</p>
8	Hygienic basics of physical culture and sports	3	Human anatomy	Fundamentals of Sports Medicine	<p>Brief content of the discipline: When studying the course "Hygienic Fundamentals of Physical Culture and Sports," students become familiar with the requirements for personal hygiene, sanitary and hygienic conditions of sites and halls where sports training is conducted. Types of hygiene depending on the type of sport. To give future specialists in physical culture and sports theoretical and practical knowledge of personal hygiene and sports hygiene, to organize safe, harmless activities.</p> <p>Know: Basic principles of "Hygienic fundamentals of physical culture and sports" requirements for personal hygiene, sanitary and hygienic conditions of sites and halls where sports training is carried out. Types of hygiene depending on the type of sport.</p> <p>Be able to: determine the meaning of genetically adequate and inadequate choice of sports specialization, style of competitive activity and sensorimotor dominance in sports; use genetic markers to find highly and quickly trained athletes in sports</p> <p>Skills: to provide future specialists in physical culture and sports with theoretical and 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</p>

					analysis, training, demonstration of physical movement techniques exercises, sports tactical actions
9	Skiing with the methods of teaching	6	Sports Basics	Theory of children's methods youth sports	<p>Brief content of the discipline: Classification and terminology in skiing. Basic terms in skiing and their application in practical work. Classification of methods of skiing. Techniques and methods of teaching how to travel on skis. Basics of skiing technique. The sequence of learning ways to travel on skis. Methodology for initial training in skiing techniques: “skier school”.</p> <p>Know: the theoretical foundations of winter sports, requirements for mastering professional pedagogical skills in the fundamentals of technology and winter sports, organizing and conducting classes, methods of teaching winter sports, refereeing mechanics.</p> <p>Be able to: give commands, organize a formation for performing exercises, explain and show exercises, identify and correct errors, select and compose exercises, carry out, use literary sources, repair and maintain training areas, equipment and inventory.</p> <p>Skills: methods of teaching basic movements; compiling combinations 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 physical exercise movement techniques, sports tactical actions.</p>
9	Theory and methodology of skiing	6	Sports and pedagogical improvement (SPS)	Theory of children's methods youth sports	<p>Summary 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: Skiing Basics</p> <p>Be able to: apply methodological techniques for teaching cross-country skiing for all age groups and levels of preparedness.</p> <p>Skills: master the technique of skiing with classic and skating strokes, turns at different glide angles.</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 physical exercise movement techniques, sports tactical actions.</p>
10	Handball with methodology of teaching	6	Basketball teaching methods	Volleyball with the methods of teaching	<p>Brief content of the discipline: The handball course with teaching methods among the sports pedagogical disciplines is one of the main ones in preparing students for the professional activity of a physical education teacher. Theory and methodology of teaching technical and tactical actions in the game of handball; patterns of age, gender characteristics of students in grades 1-11 and in particular the development of their basic movements and motor qualities; rules and refereeing in the game of handball; rules for storing</p>

					<p>sports equipment and equipment; system of training process for handball players; curriculum of educational institutions; the role of gymnastics in the system of physical culture; terminology, methods of training handball players of various ages; organization of handball competitions.</p> <p>Know: Fundamentals of handball methodology</p> <p>Be able to: organize handball classes in accordance with all methodological and theoretical requirements of higher education.</p> <p>Skills: master basic technical and tactical motor actions, master refereeing skills.</p> <p>Learning outcomes: evaluate the effectiveness of classes in basic and new types of physical education and sports. Analyze the technique and tactics of motor activity, the level of physical preparedness of those involved.</p>
10	Theory and methodology of handball	6	Theory and methodology of basketball	Theory and methodology of volleyball	<p>Brief content of the discipline: Theoretical, methodological and practical foundations of sports training and training of athletes; competition rules, possess refereeing skills and technical and tactical techniques of the game. Characteristics of the volume of technique necessary for handball players to master it at the initial stage of sports training: catching a high, low flying ball and passing the ball and their varieties, methods of dribbling the ball, throwing the ball at the goal, dribbling the ball, methods of deceptive actions.</p> <p>Know: Fundamentals of handball methodology</p> <p>Be able to: organize handball classes in accordance with all methodological and theoretical requirements of higher education.</p> <p>Skills: master basic technical and tactical motor actions perfectly, master refereeing skills.</p> <p>Learning outcomes: evaluate the effectiveness of classes in basic and new types of physical education and sports. Analyze motor technique and tactics activities, the level of physical fitness of those involved.</p>
11	Swimming with methods of teaching	5	Sports Basics	Theory and methodology of children's and youth sports	<p>Brief content of the discipline: The discipline studies the basics of technique and tactics of sports swimming, the general characteristics of the movements performed during swimming. Analysis of swimming techniques using sports methods. General characteristics of the technique: body position, leg movements, arm movements, movements and combinations of these movements with the arms, combination of leg movements.</p> <p>Know: Basics of swimming with teaching methods</p> <p>Be able to: competently plan and methodologically rationally build the swimming educational process.</p> <p>Skills: master at a practical level the basic swimming methods: freestyle, breaststroke, butterfly, freestyle, as well as skills in servicing competitions of various scales.</p> <p>Learning outcomes: apply practical techniques for conducting exercise therapy and methods of health-improving physical education and sports activities with various groups of the population; organize and conduct sports festivals, judge competitions in physical culture and sports in educational institutions, clubs, institutions; analyze and summarize the activities of state and public</p>

					authorities in the field of physical culture and sports.
11	Theory and methods of teaching swimming	5	Sports and pedagogical improvement (SPS)	Theory of children's methods youth sports	<p>Brief content of the discipline: The concept of swimming technique. The variability of the technique depends on the individual characteristics of the athlete (anatomical, psychological, physiological) and other factors. The concept of general patterns and characteristic features inherent in a rational version of swimming technique.</p> <p>Know: Basics of swimming with teaching methods</p> <p>Be able to: competently plan and methodologically rationally build the swimming educational process.</p> <p>Skills: master at a practical level the basic swimming methods: freestyle, breaststroke, butterfly, freestyle, as well as skills in servicing competitions of various scales.</p> <p>Learning outcomes: apply practical techniques for conducting exercise therapy and methods of health-improving physical education and sports activities with various groups of the population; organize and conduct sports festivals, 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 basis of physical sports	Industrial and pedagogical practice	<p>Brief content of the discipline: Means of exercise therapy, dosage methods for physical exercises. Indications for use. Mastering knowledge about the effect of massage on the human body, mastering the methodology of their application in classes with healthy people who have health problems or any diseases.</p> <p>Know: - the basic 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 techniques of classical, sports, segmental reflex and acupressure massage; - develop self-massage skills.</p> <p>Skills: - in exercise therapy and medical supervision for various injuries during physical education classes.</p> <p>Learning outcomes: apply practical techniques for conducting exercise therapy and methods of health-improving physical education and sports activities with various groups of the population; organize and conduct sports festivals, judge competitions in physical culture and sports in educational institutions, clubs, institutions; analyze and summarize the activities of government and public governing bodies in the field of physical culture and sports.</p>
12	Fundamentals of Sports Medicine	5	Hygienic basics of physical culture and sports	Industrial and pedagogical practice	<p>Brief content of the discipline: To provide knowledge on morpho-functional changes that occur in the body during systematic physical education and sports. To instill skills and abilities in managing the educational and training process, allowing to increase the training effect, preventing possible diseases and injuries during irrational</p>

					<p>physical exercise in persons of different sexes and ages. Conduct medical control during physical education and sports. Be able to use medical means to restore sports performance. Know: Fundamentals of sports medicine techniques</p> <p>Be able to: apply medical means of restoring sports performance. Apply sports medicine methods to various types of sports activities.</p> <p>Skills: competently apply sports pharmacology in the sports life of athletes.</p> <p>Learning outcomes: apply practical techniques for conducting exercise therapy and methods of health-improving physical education and sports activities with various groups of the population; organize and conduct sports festivals, 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	Basketball teaching methods	Management of physical culture and sports	<p>Brief content of the discipline: The discipline outlines the issues of training and improving technical, tactical, physical, psychological training in volleyball, issues of planning and comprehensive control in the process of educational and training activities. The essence of volleyball as an academic discipline, its place and role in the system of physical education is revealed.</p> <p>Know: theoretical and practical foundations of sports games, requirements for mastering professional and pedagogical skills, the fundamentals of sports game techniques, structure and delivery of a lesson.</p> <p>Be able to: give commands, organize a formation for performing exercises, explain and show exercises, identify and correct errors, select and compose exercises, referee competitions.</p> <p>Skills: master the means and methods of managing sports training in volleyball in various age groups, taking into account individual characteristics and adaptation to physical activity; master volleyball technique perfectly; have level control skills sports training, research work and sports training management.</p> <p>Learning outcomes: formulate arguments and solve problems in the field of theory and methodology of the chosen sport. The ability to control the fitness of the body based on knowledge about the functions of the body, its individual adaptation capabilities x and reserves, taking into account the reaction of its systems to physical stress.</p>
13	Theory and methodology of volleyball	5	Theory and methodology of basketball	Innovations in physical culture and sports	<p>Brief content of the discipline: Theoretical, methodological and practical foundations of sports training and preparation of volleyball players; competition rules, possess refereeing skills and technical and tactical techniques of the game. To teach students planning and organizing the training process in volleyball; teach students how to organize and conduct volleyball competitions.</p> <p>Know: - theoretical and practical fundamentals of volleyball, requirements for mastering the professional and pedagogical skills of the basics of</p>

					<p>volleyball technique, structure and conduct of a lesson.</p> <p>Be able to: - give commands, organize a formation for performing exercises, explain and show exercises, identify and correct errors, select and compose exercises, referee competitions.</p> <p>Skills: master volleyball technique perfectly; master the methodology of teaching volleyball techniques, building a training process for athletes of various sports qualifications; have skills in monitoring the level of sports training, research work and sports training management.</p> <p>Learning outcomes: formulate arguments and solve problems in the field of theory and methodology of the chosen sport. The ability to control 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 exercise.</p>
14	National sports (togyz kumalak, wrestling)	5	Fighting training methods (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 methodology of conducting classes in national sports with children, adolescents, young men and adults.</p> <p>Know: - history of development and place of national sports in the system physical education of various population groups; - causes of injury and ways to prevent it when playing national sports; - rules of competitions in national sports;</p> <p>Be able to: - formulate specific tasks, plan and conduct basic types of activities in national sports with various groups of the population; - organize recreational and physical education activities in national sports with different age groups of the population; Skills: - basic knowledge of national sports in the educational process; - methods of teaching exercises in national sports; - methods of teaching exercises in national sports; - master the methodology for developing physical qualities when practicing 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 events, judge competitions in physical culture and sports in educational institutions, clubs, institutions; master pedagogical technologies of training, control and correction of preparedness, taking into account functional opportunities in age, gender and qualification aspects.</p>
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 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</p>

					<p>development of physical qualities necessary for playing table tennis. Be able to organize and conduct competitions in this sports game. Know the rules of the game and refereeing. Methodically and competently build the educational and training process in table tennis. Use physical education methods in your work.</p> <p>Know: - Know the rules of the game and refereeing. Methodically and competently build the educational and training process in table tennis. Use physical education methods in your work.</p> <p>Be able to: Be able to organize and conduct competitions in this sports game.</p> <p>Skills: As a result of mastering the discipline, the student must 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 events, judge competitions in physical culture and sports in educational institutions, clubs, institutions; master pedagogical technologies of training, control and correction of preparedness, taking into account functional opportunities in age, gender and qualification aspects.</p>
15	Football with teaching methods	5	Theory and methodology of team sports	Innovations in physical culture and sports	<p>Brief content of the discipline: The football course with teaching methods among the sports pedagogical disciplines is one of the main ones in preparing students for the professional activity 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, makes it possible to purposefully influence the development of all the main functions of the body in accordance with motor capabilities. Technical and tactical training, general physical training, history of the development of the game of football, markings of the playing field, the basics of refereeing, organization and conduct of football for various age groups. Methodological foundations for consolidating motor skills and improving sportsmanship.</p> <p>Know: Technical and tactical training, general physical training, history of the development of the game of football, markings of the playing field, the basics of refereeing, organization and conduct of football for various age groups</p> <p>Be able to: - capable and ready to formulate program goals, solve problems, criteria and indicators for achieving goals , building the structure of their relationships, identifying 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 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 events, judge competitions in physical culture and sports in educational institutions, clubs, institutions; master pedagogical technologies of training, control and correction of preparedness, taking into account functional opportunities in age, gender and qualification aspects.</p>
15	Theory and methodology of football	5	Theory and methodology of team sports	Management of physical culture and sports	<p>Summary of the discipline: Instill the theoretical and methodological foundations of football. To equip students with the necessary knowledge that they will use in sports teaching activities. To teach competent planning of the educational and training process. Be able to correctly apply methodological techniques in the educational process of football players of various age groups. Be able to methodically correctly organize the competitive process. Know the specifics of selecting young football players and assigning sports titles in football.</p> <p>Know: Know the specifics of selecting young football players, assigning sports titles in football. Plan the work of a physical education teacher and coach in 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 correctly organize the competitive process.</p> <p>Skills: Organize and conduct various forms of organizing the educational process using different means and methods of teaching. Plan and implement the content of the school physical education course in the educational process. Effectively apply the methodological teaching system.</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 events, judge competitions in physical culture and sports in educational institutions, clubs, institutions; master pedagogical technologies of training, control and correction of preparedness, taking into account functional opportunities in age, gender and qualification aspects.</p>
MAIN DISCIPLINES					
Components of choice (CF)					

1	Gymnastics with methods of teaching	3	Theory and methodology of the chosen sport	Military applied sports	<p>Brief content of the discipline: Classification, taxonomy and terminology in gymnastics. Ensuring the safety of gymnastics classes. Technique, the basis of its development, tactics, physical and mental qualities and functional training in gymnastics. Sports and pedagogical skills. Managing the process of sports improvement at different levels of the sports training system.</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; develop correct posture and voluntary relaxation skills; basic didactic algorithms for teaching motor actions in recreational aerobics; symmetry, dynamic movements in cardio training;</p> <p>Skills: methods of teaching basic movements; compiling combinations of exercises; symmetry, dynamic movements in cardio training.</p> <p>Competencies: able to model the educational process and implement it in practice; capable of developing healthy lifestyle skills in accordance with the requirements of hygiene, labor protection and 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 age, gender, level of athletic training in team sports; possess the skills of analysis, training, demonstration of physical movement techniques exercises, sports tactical actions;</p>
1.	Theory and methodology of gymnastics	3	Theory and methodology of the chosen sport	Theory and methodology of volleyball	<p>Brief content of the discipline: History, emergence. Development and current state of gymnastics. Classification of types of gymnastics. Wellness, educational – developing. Sports types of gymnastics. Features of gymnastics with an applied orientation. Technique, the basis of its development, tactics, physical and mental qualities and functional training in gymnastics.</p> <p>Know: Basics of gymnastics methodology</p> <p>Be able to: methodically correctly plan and conduct classes on the basics of gymnastics, dose physical activity depending on the age groups of those involved and their physical fitness.</p> <p>Skills: master the technique of performing basic exercises on gymnastic apparatus, master the technique of safe placement of apparatus in the gym.</p> <p>Learning outcomes: analyze the adequacy of physical activity to the physiological capabilities of the body depending on age, gender, level of athletic training in team sports; possess the skills of analysis, training, demonstration of physical exercise movement techniques, sports tactical actions;</p>

2	Hygiene of physical education	4	Age-related physiology and school hygiene	Theory and methodology of children's and youth sports	<p>Brief content of the discipline: Basic rules of physical culture hygiene, the basics of rational and therapeutic nutrition; specific tasks of physical culture and sports hygiene in the physical education of various population groups; assessment of the conditions for conducting physical culture, training and competitions from a hygienic point of view; hygienic assessment of the nutrition of athletes and athletes of different ages; carrying out recreational activities taking into account hygiene requirements; assessment of the condition of sportswear and methods for assessing general hygienic requirements for shoes, sports equipment, equipment and floor coverings. Methods for hygienic regulation of physical activity in physical culture and sports.</p> <p>Know: organization and content of physical exercise classes; - volume and intensity of physical activity during physical exercise; - nature of nutrition when playing various sports; - technical equipment and equipment for athletes</p> <p>Be able to: develop and follow hygienic recommendations, norms and rules for creating favorable conditions when engaging in physical education and sports; - increase health efficiency and ensure that athletes can achieve high sports results without compromising their health;</p> <p>Skills: prevent diseases, correct the functional state of the human body through physical education and sports; - to form the harmonious physical development of the younger generation and extend the period of active longevity of the adult population.</p> <p>Learning outcomes: As a result of studying the course of this discipline, students should know: - optimization conditions, modes and content, forms and means used in the process of physical exercise;.</p>
2	Nutritional hygiene for athletes	4	Age-related physiology and school hygiene	Theory and methodology of children's and youth sports	<p>Brief content of the discipline: Know: features of the body's energy supply at rest and during muscle loads; 3 - characteristics of the energy supply to the main functional systems of the body that ensure the movement of athletes; - features of the organization of nutrition for an athlete at various stages of preparation; - features of the influence of various food products on the athlete's body; - norms of consumption of various nutrients and biologically active substances.</p> <p>Be able to: reasonably formulate a list of food products necessary for adequate nutrition of a training athlete (which products predominate, in what quantity and ratio); - calculate the energy consumption and energy consumption of an athlete at various stages of sports training;</p> <p>Skills: - skills in conducting research in the field of rational nutrition; - skills in planning, organizing and implementing healthy nutrition activities for participants of different ages and genders.</p> <p>Learning outcomes: gain experience in using the acquired knowledge and skills in practical activities (constructing educational and training sessions for various age groups, individualizing sports training).</p>

3	Professional development in the chosen sport	5	Fighting training methods (Judo, sambo)	Theory and methodology of children's - youth sports	<p>Brief content of the discipline: The discipline examines general and special physical training in athletics. Technical and tactical training in athletics. Running technique. Running is a natural way of moving a person. Cyclicality of movements. Analysis of running stride technique. Speed of movement and dependence on the length and frequency of steps in running.</p> <p>Know: - theoretical and practical fundamentals of athletics, requirements for mastering professional and pedagogical skills of the fundamentals of technology in athletics, structure and conduct of a lesson.</p> <p>Be able to: - give commands, organize a formation for performing exercises, explain and show exercises, identify and correct errors, select and compose exercises, referee competitions.</p> <p>Skills: - master the means and methods of managing sports training in athletics in various age groups, taking into account individual characteristics and adaptation to physical activity; - master the technique of athletics to perfection.</p> <p>Learning outcomes: demonstrate knowledge and understanding of the theory and methodology of physical education, including elements of the most advanced knowledge; Implement a system of selection and sports orientation in the chosen sport using modern methods for determining the anthropometric, physical and mental characteristics of students.</p>
3	Improvement of vocational coaching with activities in the ITT	5	Fighting training methods (Judo, sambo)	Features of training in children's and youth sports	<p>Brief content of the discipline: Theoretical, methodological and practical foundations of training sports instructors in sports. Theoretical foundations of technical and tactical training of the sport, requirements for mastering the professional and pedagogical skills of the fundamentals of temporary detention facilities, organization and conduct of the educational and training process with the fundamentals of technical and tactical training of the sport.</p> <p>Know: - the system of long-term sports training in temporary detention facilities; - basics of scientific and methodological activities in temporary detention facilities; - basics of coaching skills in temporary detention facilities.</p> <p>Be able to show and explain individual exercises, create a separate set of exercises, conduct a lesson (training).</p> <p>Skills: - master the basics of sports training methods in the chosen sport.</p> <p>Learning outcomes: analyze and summarize existing scientific, methodological and research experience in the chosen type of professional activity; master innovative technologies in the field of sports and introduce them into professional activities, improve professional mastery during training sessions.</p>
4	Professional work of the coaches and ski leader you head in the ITT	5	Gymnastics with teaching methods	Athletic 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 multi-year cycles. Planning the training and</p>

					<p>competitive process in the annual training cycle.</p> <p>Know: Basics of professional activities of trainers and instructors in temporary detention facilities</p> <p>Be able to: organize and conduct educational and sports events both in elite sports and in work groups.</p> <p>Skills: master the methodological foundations for conducting sports activities, have a perfect command of the basic technical, tactical, and refereeing skills in the chosen sport.</p> <p>Learning outcomes: analyze and summarize existing scientific, methodological and research experience in the chosen type 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. Mastery of technical and tactical actions, including chosen sport.</p>
4	Features of trainers' activities	5	Sports Basics	Theory and methodology of handball	<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 pedagogical skills necessary for the preparation of sports teachers-coaches for work in secondary schools, youth sports schools, sports schools and specialized boarding schools with a sports profile .</p> <p>Know: Fundamentals of the specific activities of trainers</p> <p>Be able to: plan and conduct educational and training activities for athletes of all ages and skill levels.</p> <p>Skills: be fluent in the techniques of transferring all technical and motor skills to their students. Possess refereeing skills and organizational methods during classes.</p> <p>Learning outcomes: analyze and summarize existing scientific, methodological and research experience in the chosen type 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.</p> <p>Mastery of technical and tactical actions in the chosen sport.;</p>

5	Sports facilities	5	History of physical culture and sports	Theory and methodology of children's and youth sports	<p>Brief content of the discipline: Formation of students' knowledge and concepts in the field of construction sports facilities of various types. Sports facilities intended for public use. Sports facilities intended for higher educational institutions, sp. facilities for holding major competitions of international importance, as well as the Olympic Games.</p> <p>Know: Sports Facilities Basics</p> <p>Be able to: be able to competently and rationally operate a sports facility.</p> <p>Skills: possess practical skills in maintaining and maintaining sports facilities in proper order, up to major changes in the drawing of the sports complex.</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 physical movement techniques exercises, sports tactical actions.</p>
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5	New types of physical fitness classes	5	Improving professional coaching activities in temporary detention facilities	Management of physical culture and sports	<p>Brief content of the discipline: History of the origin 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. General history of physical culture and sports: the history of the emergence of the Olympic movement, the development of world and continental sporting events.</p> <p>Know: the history of Olympic sports</p> <p>Be able to: competently plan the topics of Olympic education, paying attention to the key points of this discipline.</p> <p>Skills: in the use of means, forms and methods, ideas and theory in the field of physical culture and sports; to instill skills in research work, methodological foundations for monitoring and managing sports training.</p> <p>Learning outcomes: the history of the development of sports, its essence, functions, forms, conditions of functioning in society, development trends, the foundations 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 for the management of physical culture and sports, schools of scientific management of physical culture and sports, and its modern models.</p>
6	Theory and methodology of children's, youth and professional sports	5	Professional improvement in your chosen sport	Management of physical culture and sports	<p>Brief content of the discipline: The discipline "Theory and Methodology of Children's and Youth Sports" is integral and unites all areas of scientific research about man: medical-biological, psychological-pedagogical and socio-economic disciplines, on each of which the result of the athlete's training and the result they showed. The study of the theory and methodology of individual sports is based on the study of sports theory.</p> <p>Know: The phenomenon of culture, its role in human life. Sanitary and hygienic principles 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 and a group of people.</p> <p>Be able to: apply acquired knowledge in practical activities; Use the values accumulated in the field of physical culture and sports to cultivate patriotism and love for the fatherland, the desire for a healthy lifestyle, personal hygiene skills, prevention and control of the condition of one's body, and the need for regular physical education and recreational activities.</p> <p>Skills: Abilities and abilities of psychophysical self-improvement based on the scientific concept of a healthy lifestyle</p> <p>Learning outcomes: analyze the results of scientific research and apply them to solve specific educational and research problems. Develop long-term and operational plans and programs for specific activities in the field of children's and</p>

					youth sports and with mass athletes; independent conduct of training sessions in a chosen sport in children's and youth sports and with mass athletes, implementation of injury prevention. in the organization of management and marketing at different levels of physical culture and sports management.
6	Features of training in children's and youth sports	5	Improving professional coaching activities in temporary detention facilities	Innovations in physical culture and sports	<p>Brief content of the discipline: The content of the discipline covers issues of physical training for children, adolescents, boys, girls and professional athletes. Improving the knowledge of sports training of young athletes requires future bachelors of physical education to possess modern methods of sports training in their chosen sport.</p> <p>Know: The history of the development of pedagogical thought, didactic technologies, methods of pedagogical control and quality of teaching. 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 reserve training system in temporary detention facilities</p> <p>Be able to: Use current training and education methods in professional activities, various forms of training, taking into account the age, morphofunctional and psychological characteristics of those involved, the level of their physical and sports readiness, health status, select means and methods adequate to the assigned tasks.</p> <p>Skills: apply acquired knowledge in practical activities;</p> <p>Learning outcomes: analyze the results of scientific research and apply them to solve specific educational and research problems. Develop long-term and operational plans and programs for specific activities in the field of children's and youth sports and with mass athletes; independent conduct of training sessions in a chosen sport in children's and youth sports and with mass athletes, implementation of injury prevention. in the organization of management and marketing at different levels of physical culture and sports management.</p>
7	Management of physical culture and sports	4	Theory and methodology of physical culture and sports	Production and teaching practice	<p>Brief content of the discipline: The discipline examines 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 develop students' scientific thinking skills.</p> <p>Know: - functions, types and psychology of management; - basics of organizing the work of a team of performers; -principles of business communication in a team;</p> <p>Be able to: implement management functions in professional activities; - make management decisions; -manage the dynamics of conflict and master</p>

					<p>methods of its prevention;</p> <p>Skills: to form in students an idea of modern management and its relevance, practical significance in modern conditions; study the functions, types of management;</p> <p>Learning outcomes: analyze the results of scientific research and apply them to solve specific educational and research problems. Develop long-term and operational plans and programs for specific activities in the field of children's and youth sports and with mass athletes; independent conduct of training sessions in a chosen sport in children's and youth sports and with mass athletes, implementation of injury prevention. in the organization of management and marketing at different levels of physical culture and sports management.</p>
7	Innovations in physical culture and sports	4	Theory and methodology of game sports	Production and teaching practice	<p>Brief content of the course: The purpose of the course is to develop professional thinking, abilities, skills and competencies among students of the Faculty of Physical Culture that will allow them to use innovative technologies of physical culture in their future careers. 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 physical industry 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 administrative and command management.</p> <p>Skills: to form in students an idea of modern management and its relevance, practical significance in modern conditions; study the functions, types of management;</p> <p>Learning outcomes: analyze the results of scientific research and apply them to solve specific educational and research problems. Develop long-term and operational plans and programs for specific activities in the field of children's and youth sports and with mass athletes; independent conduct of training sessions in a chosen sport in children's and youth sports and with mass athletes, implementation of injury prevention. in the organization of management and marketing at different levels of physical culture and sports management.</p>
8	Tourism and orienteering	3	Outdoor games with the methods of teaching	Professional work of the coaches and ski leader you head in the ITT	<p>Brief content of the discipline: Features of the influence of sports tourism on the body. Classification, systematics and terminology. Technical and tactics of conducting tourist trips. Management of physical qualities, functional and mental properties of the body. Knowledge, abilities, 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 hiking trip, types of tents for mass hiking; safety rules when performing movements in a tourist</p>

					<p>group</p> <p>Be able to: collect equipment for a multi-day hike, taking into account meteorological forecasts;</p> <p>Skills: knows the technique of knitting knots; - able to organize meals in field conditions; capable of setting up a bivouac for a halt on the hike route and for spending the night on a multi-day hike</p> <p>Learning outcomes: analyze and evaluate socio-cultural, service, tourism activities, international markets for socio-cultural and tourism services, promotion and delivery of services to consumers; predict the results of socio-cultural and tourism activities; As part of the educational process, providing for independent analysis of the effectiveness of the selected methods and forms of the pedagogical management function.</p>
8	Accommodation in different types of tourism	3	Outdoor games with the methods of teaching	Osobnosti performance coaches	<p>Brief content of the discipline: Theoretical, methodological and practical foundations of sports training and player training; competition rules, master refereeing skills. technical and tactical methods of the game. Features of the influence of sports tourism on the body. Technical and tactics of conducting tourist trips. Management of physical qualities, functional and mental properties of the body.</p> <p>Know: safety rules when performing movements in a tourist group; operating principle and components of a tourist compass, rules of orientation using a topographic map and compass, topographic signs; methods of providing first aid, the composition of a tourist first aid kit.</p> <p>Be able to: collect equipment for a multi-day hike, taking into account meteorological forecasts;</p> <p>Skills: knows the technique of knitting knots; able to organize meals while traveling; capable of setting up a bivouac for a halt on the hike route and for spending the night on a multi-day hike</p> <p>Learning outcomes: analyze and evaluate socio-cultural, service, tourism activities, international markets for socio-cultural and tourism services, promotion and delivery of services to consumers; predict the results of socio-cultural and tourism activities; As part of the educational process, providing for independent analysis of the effectiveness of the selected methods and forms of the pedagogical management function.</p>

LIST of elective components for the educational program 6B01404 "Physical culture and sports"

Duration of studies: 4 years

Income year: 2023

№	The name of discipline	discipline code	Number of the Credits	semester
2. Compulsory modules for specialty				
Component of choice 1				
1	Anatomy the basics of sports morphology and biomechanics	ABSMB 2212	6	3
	Human anatomy	HA 2212		
Component of choice 2				
2	Theory and methods of teaching basic sports	TMTBS 2213	6	3
	Theory and methods of weightlifting sports	TMWS 2213		
Component of choice 3				
3	Athletics with methods of teaching	AWMT 2214	5	4
	Bases of training in athletics	BTA 2214		
Component of choice 4				
4	Basketball teaching methods	BTM 2215	5	4
	Theory and methodology of basketball	TMB 2215		
Component of choice 5				
5	History of physical culture and sports	HPCS 2216	5	4
	Olympic sport	OS 2216		
Component of choice 6				
6	Biochemistry of physical culture and sports	BPCS 3217	4	5
	Biochemistry in sports practice	BSP 3217		
Component of choice 7				
7	Theory and methodology of physical culture	TMPC 3218	4	5
	Theory and methodology of game sports	FTMPES 3218		
Component of choice 8				
8	Physiological basis of physical sports	PBPES 3219	3	5
	Hygienic basics of physical culture and sports	HBPCS 3219		
Component of choice 9				
9	Skiing with the methods of teaching	SWMT 3220	6	6
	Theory and methodology of skiing	TMS 3220		
Component of choice 10				
10	Handball with methodology of teaching	HFWMT 3221	6	6
	Theory and methodology of handball	TMH 3221		
Component of choice 11				
11	Swimming with methods of teaching	SWMT 3222	5	6
	Theory and methods of teaching swimming	TMTS3222		
Component of choice 12				
12	Therapeutic physical culture and massage	TPC 4223	5	7
	Fundamentals of Sports Medicine	FSM 4223		

	Component of choice 13			
13	Volleyball with the methods of teaching	VWMT 4224	5	7
	Theory and methodology of volleyball	TMV 4224		
	Component of choice 14			
14	National sports (togyz kumalak, wrestling)	NS 4225	5	7
	Table tennis with teaching methods	TTWMT4225		
	Component of choice 15			
15	Football with teaching methods	FwTM 4226	5	7
	Theory and methodology of football	TMF4226		
3. Profiling discipline				
	Component of choice 1			
1	Gymnastics with methods of teaching	GWMT 2305	3	4
	Theory and methodology of gymnastics	TMG 2305		
	Component of choice 2			
2	Hygiene of physical education	HPE 3306	4	5
	Nutritional hygiene for athletes	NHA 3306		
	Component of choice 3			
3	Professional development in the chosen sport	PDCS 3307	5	6
	Improvement of vocational coaching with activities in the ITT	IVCWAITT 3307		
	Component of choice 4			
4	Professional work of the coaches and ski leader you head in the ITT	PWCSLUH 3308	5	6
	Osobnosti performance coaches	OPC 3308		
	Component of choice 5			
5	Sports facilities	SF 4209	5	7
	New types of physical fitness classes	NTPFC 4209		
	Component of choice 6			
6	Theory and methodology of youth sports	TMPS 4310	5	7
	Features of training in youth sports	FTUS 4310		
	Component of choice 7			
7	Management of physical culture and sports	MPCS 4311	4	8
	Innovations in physical culture and sports	IPCS 4311		
	Component of choice 8			
8	Tourism and orienteering	TO 4312	3	8
	Accommodation in different types of tourism	ADTT 4312		