

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-2 years on the basis of SH) year of admission - 2024

**Semey, 2024**

Reviewed and approved by the Educational and Methodological Council of the Faculty of Information Technology and Economics

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Reviewed and approved at the meeting of the Educational and Methodological Council of the University

Protocol No. of

Awarded degree: Bachelor of Education in the educational program 6B01404 "Physical culture and sports"

<b>Elective course</b>	<b>Name of the discipline</b>	<b>Number of loans</b>	<b>Prerequisites</b>	<b>Postrequisites</b>	<b>Brief description indicating the brief content and expected learning outcomes (knowledge, skills, competencies)</b>
<b>GENERAL EDUCATIONAL DISCIPLINES</b>					

**Selectable Components (CV)**

1	Anatomy the basics of sports morphology and biomechanics	6	School biology course	Physiological foundations of physical education and sports	<p><b>The goal of the discipline</b> is to develop in-depth knowledge about specific changes in the structure and functions of the body under the influence of sports activity, as well as mastering the fundamentals of biomechanics for the analysis and optimization of movements, which contributes to the development of effective training programs and injury prevention.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying specific changes in the structure and functions of the body under the influence of sports activity, as well as the fundamentals of biomechanics for the analysis and optimization of movements. The course covers the study of sports morphology, analysis and interpretation of data on biomechanical processes occurring in the body of athletes. Students acquire in-depth knowledge of the effects of physical activity on human anatomy and physiology, the ability to apply biomechanical principles to improve exercise technique, as well as skills in developing effective training programs and injury prevention.</p> <p><b>Know:</b> 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><b>Be able to:</b> 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><b>Skills:</b> 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><b>Learning outcomes:</b> 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>
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1	Human anatomy	6	School biology course	Hygienic fundamentals of physical culture and sports	<p><b>The purpose of the discipline</b> is to develop knowledge about the structure and functions of organs and systems of the human body, with an emphasis on their role in physical culture and sports, which contributes to the effective organization of training, the prevention of injuries and the improvement of sports results.</p> <p><b>Summary of the discipline</b> The discipline is aimed at studying the structure and functions of organs and systems of the human body, including skeletal, muscular, nervous, cardiovascular, respiratory and other systems, with an emphasis on their role in physical activity and sports. When studying the discipline, the relationship between structure and function, age and gender characteristics, as well as the body's adaptation to physical activity are considered, the ability to perform physical exercises and outline ways to improve the body, the skills of qualified use of knowledge about the structure of the body, the activity of the central nervous system and internal secretion organs are formed. , and determining the effect of physical activity on the human body.</p> <p><b>Know:</b> - the anatomical structure of the human body, the rationale for the means and methods of physical education.</p> <p><b>Be able to:</b> - perform physical exercises that affect the body and outline ways to improve it.</p> <p><b>Skills:</b> - 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><b>Learning outcomes:</b> 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>
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2	Theory and methods of teaching basic sports	6	School physical education course	Athletics with methods of teaching	<p><b>The discipline is</b> aimed at studying the theoretical foundations of using the main types of physical education and sports activities in the educational process, as well as methodological principles for solving problems in physical education classes at school and educational training sessions in a sports school using artificial intelligence.</p> <p><b>Summary of the discipline</b> The course covers the basics of tactics in sports such as athletics, gymnastics, sports and outdoor games. Students acquire knowledge about the methods and principles of teaching basic sports, the ability to plan and organize educational and training sessions, taking into account the age characteristics of students and the requirements of educational standards, as well as skills in using artificial intelligence to optimize the educational and training process.</p> <p><b>Know:</b> 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><b>Be able to:</b> 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><b>Skills:</b> 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>
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2	Theory and methods of weightlifting sports	6	School physical education lesson section gymnastics	Sports and pedagogical improvement	<p><b>The discipline</b> is aimed at preparing students for independent pedagogical and organizational work in weightlifting sports at various levels of the physical education movement, at developing knowledge in the field of the latest methods of developing strength abilities, on the history of theory and methods of teaching weightlifting sports, and at acquiring technical skills strength exercises, pedagogical skills and skills for independent coaching work.</p> <p><b>Know:</b> Basic principles, means and methods of teaching and initial training in basic types of physical education and sports.</p> <p><b>Be able to:</b> 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><b>Skills:</b> 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><b>Learning outcomes:</b> 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 youth sports	<p><b>The purpose of the discipline</b> is to develop comprehensive knowledge and skills necessary for effective teaching and training in athletics.</p> <p><b>Summary of the discipline</b> The discipline is aimed at studying the fundamentals of athletics, including the technique of performing running, jumping and throwing exercises, as well as competition tactics. Particular attention is paid to the methodological aspects of teaching athletics: planning the educational process and training, the development of physical qualities, approaches to teaching various age groups and levels of preparedness. The practical part of the course includes conducting training sessions and refereeing games, which contributes to the accumulation of experience and the development of skills in analyzing and adjusting the actions of players.</p> <p><b>Know:</b> - 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><b>Be able to:</b> - give commands, organize a formation for performing exercises, explain and show exercises, identify and correct errors, select and compose exercises, referee competitions.</p> <p><b>Skills:</b> - 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 <b>athletics.</b></p> <p><b>Learning outcomes:</b> demonstrate knowledge and</p>

					<p>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 methods of teaching basic sports	Theory and methodology of youth sports	<p><b>The purpose of the discipline</b> is to develop the knowledge and skills necessary for effective teaching of athletics, including basic techniques for performing running, jumping and throwing exercises, planning and conducting classes, as well as developing physical qualities in students of various age groups.</p> <p><b>Summary of the discipline</b> The discipline is aimed at preparing entry-level instructors and coaches who can effectively teach athletics. The course covers the study of basic teaching principles and techniques, techniques for performing running, jumping and throwing exercises, as well as planning and conducting training sessions. Students acquire knowledge about the physiological and biomechanical foundations of athletics, the ability to develop and implement training programs for various age groups and levels of preparedness, as well as skills in assessing and developing physical qualities in students.</p> <p><b>Know:</b> - 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><b>Be able to:</b> - give commands, organize a formation for performing exercises, explain and show exercises, identify and correct errors, select and compose exercises, referee competitions.</p> <p><b>Skills:</b> - 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><b>Learning outcomes:</b> demonstrate knowledge and understanding of the theory and methodology of physical education, including elements of the most advanced knowledge; Implement a system of</p>

					selection and sports orientation in the chosen sport using modern methods by definition anthropometric, physical and mental characteristics of students.
4	Basketball teaching methods	5	Theory and methodology of teaching basic sports (according to the school curriculum)	Handball with teaching methods	<p><b>The purpose of the discipline</b> is to develop comprehensive knowledge and skills necessary for effective teaching and training of basketball.</p> <p><b>Summary of the discipline</b> The discipline is aimed at learning the fundamentals of the game of basketball, including the rules, techniques of shooting, passing and defense, as well as strategy and tactics. Particular attention is paid to the methodological aspects of teaching basketball: planning the educational process and training, the development of physical qualities, approaches to teaching various age groups and levels of preparedness. The practical part of the course includes conducting training sessions and refereeing games, which contributes to the accumulation of experience and the development of skills in analyzing and adjusting the actions of players.</p> <p><b>Know:</b> - 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><b>Be able to:</b> - give commands, organize a formation for performing exercises, explain and show exercises, identify and correct errors, select and compose exercises, referee competitions.</p> <p><b>Skills:</b> - 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><b>Learning outcomes:</b> analyze the adequacy of</p>



					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;
4	Theory and methodology of basketball	5	Theory and methodology of teaching basic sports (according to the school curriculum)	Handball with teaching methods	<p><b>The purpose of the discipline</b> is an in-depth study of the theoretical foundations and methodological approaches to teaching and training basketball, the development of analytical and research skills to improve the training process.</p> <p><b>Summary of the discipline</b> The discipline is aimed at in-depth study of the theoretical foundations and methodological approaches to teaching and training basketball. The course covers the analysis of strategies and tactics, the historical development of the game, the psychological aspects of coaching, as well as modern techniques and innovations in the training process. Students acquire knowledge of basketball research, the ability to develop and implement new training programs and strategies, and the skills to critically analyze and evaluate the effectiveness of various teaching and coaching techniques. The discipline contributes to the training of specialists who are able to improve the training process and introduce advanced methodological approaches in basketball.</p> <p><b>Know:</b> safety requirements for basketball lessons; basic concepts; rules of the game; requirements,</p> <p><b>Be able to:</b> perform stances and movements; transmissions in place and in motion; throws into the ring and other techniques.</p> <p><b>Skills:</b> Organizational skills in conducting sports competitions, technical and tactical motor actions in the game of basketball brought to automatism.</p> <p><b>Learning outcomes:</b> 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	School physical education lesson	Sports facilities	<p><b>Brief content of the discipline:</b> “History of 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><b>Know:</b> - 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><b>Be able to:</b> - 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><b>Learning outcomes:</b> 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>
5	Olympic sport	5	School physical education lesson	Sports and pedagogical improvement (SPS)	<p><b>The purpose of the discipline</b> is to develop knowledge and skills in the field of history and organization of the Olympic movement, features of the training of Olympic athletes, as well as methods of teaching and conducting sports events.</p> <p><b>Summary of the discipline</b> The discipline is aimed at studying the history and organization of the Olympic movement, the peculiarities of training Olympic athletes, as well as methods of teaching and conducting sports events. It develops in students the knowledge, skills and abilities necessary for effective teaching, training and organization of sports events in educational institutions, which contributes to the development of professional competence of future physical education and sports teachers. When studying the discipline, organizational aspects of the Olympic</p>

					<p>Games are considered, including the role of the International Olympic Committee (IOC), national Olympic committees and sports federations.</p> <p><b>Know:</b> the history of Olympic sports</p> <p><b>Be able to:</b> competently plan the topics of Olympic education, paying attention to the key points of this discipline.</p> <p><b>Skills:</b> 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><b>Learning outcomes:</b> 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	Anatomy the basics of sports morphology and biomechanics	Therapeutic physical culture and massage	<p><b>The purpose of the discipline</b> is to develop in students comprehensive knowledge about the biochemical processes occurring in the human body during physical activity.</p> <p><b>Summary of the discipline</b> The discipline is aimed at studying the chemical foundations of life processes, the chemical composition of the body, bioenergy, hormones, enzymes, vitamins, as well as the biochemistry of muscle contraction and the patterns of biochemical adaptation, to develop the ability to analyze the biochemical characteristics of motor properties in athletes and other people involved in physical activity, for optimizing the training process and improving physical fitness, taking into account the peculiarities of biochemical changes when practicing various sports and under the influence of various conditions, as well as the use of biochemical knowledge to optimize nutrition and the training process, which helps improve the professional competence of specialists in the field of physical culture and sports.</p> <p>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><b>To know:</b> the chemical composition of the body, bioenergetics, hormones, enzymes, vitamins, as well as the biochemistry of muscle contraction and the patterns of biochemical adaptation;</p> <p><b>Be able to:</b> analyze the biochemical characteristics of motor qualities in athletes engaged in physical culture and other persons engaged in physical</p>

					<p>activity;</p> <p><b>Skills:</b> formation of students' comprehensive knowledge about the biochemical processes occurring in the human body during physical activity;</p> <p><b>Learning outcomes:</b> The formation of opportunities for the practical application of theoretical knowledge acquired during the study of the course "biochemistry of physical culture and sports".</p>
6	Biochemistry in sports practice	4	Anatomy the basics of sports morphology and biomechanics	Therapeutic physical culture and massage	<p><b>The purpose of the discipline</b> is to develop knowledge about the biochemical processes occurring in the human body during physical activity and their impact on athletic performance.</p> <p><b>Summary of the discipline</b> The discipline is aimed at studying the biochemical processes occurring in the human body during physical activity. The course covers metabolic pathways including glycolysis, the Krebs cycle and the electron transport chain, as well as energy expenditure and the role of macro- and micronutrients. Attention is paid to the biochemical basis of muscle activity, mechanisms of recovery and adaptation to physical activity. Particular attention is paid to metabolism during various types of physical activity and the effect of training on metabolic processes. The discipline also covers the development of effective training programs, prevention of overtraining, and optimization of athletic performance. This helps to improve the professional competence of specialists in the field of physical culture and sports.</p> <p><b>To know:</b> the chemical composition of the body, bioenergetics, hormones, enzymes, vitamins, as well as the biochemistry of muscle contraction and the patterns of biochemical adaptation;</p> <p><b>Be able to:</b> analyze the biochemical characteristics of motor qualities in athletes engaged in physical culture and other persons engaged in physical activity;</p> <p><b>Skills:</b> formation of students' comprehensive knowledge about the biochemical processes occurring in the human body during physical activity;</p> <p><b>Learning outcomes:</b> The formation of opportunities for the practical application of theoretical knowledge acquired during the study of the course "biochemistry of physical culture and sports".</p>

7	Theory and methodology of physical culture	4	School physical education lesson	Management of physical culture and sports	<p><b>The purpose of the discipline</b> is to develop comprehensive knowledge and skills necessary for the development, implementation and improvement of methods of physical education and sports training, as well as for conducting scientific research in the field of physical culture and sports, taking into account modern achievements and innovations.</p> <p><b>Summary of the discipline</b> The discipline is aimed at studying the theoretical foundations and methodological approaches in the field of physical culture and sports. The course covers the analysis of historical and modern methods of teaching and education, as well as the development and implementation of effective methods of physical education and sports training. Students acquire knowledge about the professional, pedagogical, organizational and managerial aspects of physical culture and sports, the ability to use this knowledge in practice, as well as the skills to analyze and apply modern achievements and innovations to improve the efficiency of the educational and training process.</p> <p><b>Know:</b> 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><b>Be able to:</b> 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><b>Skills:</b> organize various types of student activities; plan educational work with parents of students.</p> <p><b>Learning outcomes:</b> 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	School physical education lesson	Innovations in physical culture and sports	<p><b>Brief content of the discipline:</b> 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 during 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 skill.</p> <p><b>Know:</b> 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><b>Be able to:</b> 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><b>Skills:</b> organize various types of student activities; plan educational work with parents of students.</p> <p><b>Learning outcomes:</b> 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 continuous improvement of research culture.</p>
8	Physiological basis of physical sports	3	Anatomy the basics of sports morphology and biomechanics	Therapeutic physical culture and massage	<p><b>The purpose of the discipline</b> is to develop knowledge about physiological processes during physical activity and develop skills in their application for effective planning of physical education programs.</p> <p><b>Summary of the discipline</b> The discipline is aimed at studying the physiological processes occurring in the human body during physical activity and their impact on health and physical development. The course covers the basics of the cardiovascular, respiratory, nervous and muscular systems, as well as the mechanisms of adaptation of the body to physical activity. Students acquire knowledge about the physiological foundations of the training process, the ability to develop and adjust physical education programs, as well as the skills to monitor and evaluate the physical indicators and health status of students. The discipline contributes to the training of specialists who are able to effectively plan and implement physical education programs aimed at improving health and physical development.</p> <p><b>Know:</b> 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><b>Be able to:</b> know how to analyze physiological states and processes occurring during muscle and sports activity; <b>Skills:</b> 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><b>Learning outcomes:</b> 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><b>The purpose of the discipline</b> is to develop in students the knowledge and skills necessary to conduct health-improving physical education and sports activities and physical therapy with different groups of the population, as well as the ability to</p>

				<p>effectively manage educational and training processes to increase their training effect and prevent diseases and injuries in people of different genders and age.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the hygienic foundations of physical culture and sports, including the principles of conducting health-improving physical education and sports activities and physical therapy with various groups of the population. The course covers methods for managing educational and training processes, allowing to increase their training effect and prevent possible diseases and injuries during physical exercise. Students acquire knowledge about hygienic requirements for physical activity, the ability to apply practical exercise therapy techniques and methods of health-improving activities, as well as skills in managing the training process, taking into account the gender and age of those involved.</p> <p><b>Know:</b> 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><b>Be able to:</b> 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><b>Skills:</b> 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><b>Learning outcomes:</b> 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>
9	Skiing with the methods of teaching	6	Theory and methodology of physical culture	<p>Theory of children's methods youth sports</p> <p><b>The purpose of the discipline</b> is to develop complex knowledge and skills necessary for effective teaching and training in skiing.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the technique and tactics of skiing, as well as methods of teaching it. The course covers the basics of skiing, descents, turns and ascents, competition rules and features of the training process. Attention is paid to teaching methods, including lesson planning, physical development, and approaches to teaching different age groups and levels of readiness. The acquired knowledge and skills contribute to the effective organization of the educational process and the formation of a sustainable interest in skiing among students.</p> <p><b>Know:</b> the theoretical foundations of winter sports, requirements for mastering professional pedagogical skills in the fundamentals of technology and winter sports, organizing and</p>

					<p>conducting classes, methods of teaching winter sports, refereeing mechanics.</p> <p><b>Be able to:</b> 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><b>Learning outcomes:</b> 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	Theory and methodology of physical culture	Theory of children's methods youth sports	<p><b>The purpose of the discipline</b> is to develop comprehensive knowledge about the theoretical foundations and methodological approaches to education and training in skiing, including the development of training programs, analysis of exercise techniques, assessment of the effectiveness of the training process and preparation of athletes for competitions.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the theoretical foundations and methodological approaches to teaching and training in skiing. The course covers the development of training programs, analysis of exercise technique, assessment of the effectiveness of the training process and preparation of athletes for competitions. Students acquire knowledge about the physiological and biomechanical foundations of skiing, the ability to develop and adjust training programs, analyze and improve the technique of performing exercises, as well as the skills to prepare athletes for participation in competitions and evaluate their sports results.</p> <p><b>Know:</b> Skiing Basics</p> <p><b>Be able to:</b> 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><b>Learning outcomes:</b> 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	Theory and methodology of youth sports	<p><b>The purpose of the discipline</b> is to develop comprehensive knowledge and skills necessary for effective teaching and training of handball.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at developing in students knowledge of the rules of the game, technique and tactics of handball, as well as teaching methods for this sport, the ability to plan and conduct educational and training sessions, and develop the physical qualities of both athletes and schoolchildren, taking into account</p>



					<p>their age and individual characteristics. The course also includes skills in organizing and conducting sports events, refereeing games, analyzing and adjusting the actions of players, which contributes to the training of qualified specialists in the field of physical education and sports.</p> <p><b>Know:</b> Fundamentals of handball methodology</p> <p><b>Be able to:</b> organize handball classes in accordance with all methodological and theoretical requirements of higher education.</p> <p><b>Skills:</b> master basic technical and tactical motor actions, master refereeing skills.</p> <p><b>Learning outcomes:</b> 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	Features of training in youth sports	<p><b>The purpose of the discipline</b> is the formation of comprehensive knowledge and skills necessary for a deep understanding of the theoretical foundations and methodological approaches to teaching and training handball, the development of analytical and research skills to improve the training process.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the theoretical foundations and methodological approaches to teaching and training handball. The course covers the analysis of game strategies and tactics, the historical development of handball, the psychological aspects of coaching, as well as modern methods and innovations in the training process. Students acquire knowledge of scientific research in the field of handball, the ability to develop and implement new training programs and strategies, as well as skills to critically analyze and evaluate the effectiveness of various teaching and training techniques. The discipline contributes to the training of specialists who are able to improve the training process and introduce advanced methodological approaches in handball.</p> <p><b>Know:</b> Fundamentals of handball methodology</p> <p><b>Be able to:</b> organize handball classes in accordance with all methodological and theoretical requirements of higher education.</p> <p><b>Skills:</b> master basic technical and tactical motor actions perfectly, master refereeing skills.</p> <p><b>Learning outcomes:</b> 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	Theory and methodology of physical culture	Theory and methodology of children's and youth sports	<p><b>The purpose of the discipline</b> is to develop comprehensive knowledge and skills necessary for effective teaching and training in swimming.</p> <p><b>Summary of the discipline:</b> The discipline focuses on learning the fundamentals of swimming, including the rules, techniques of various swimming strokes such as crawl, breaststroke, butterfly and backstroke, as well as starts and turns. Particular attention is paid to the methodological aspects of teaching swimming: planning the educational process and training, the development of physical qualities, approaches to teaching various</p>

					<p>age groups and levels of preparedness. The practical part of the course includes training sessions and participation in competitions, which contributes to the accumulation of experience and the development of students' skills in analyzing and adjusting swimming techniques.</p> <p><b>Know:</b> Basics of swimming with teaching methods Be able to: competently plan and methodologically rationally build the swimming educational process.</p> <p><b>Skills:</b> 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><b>Learning outcomes:</b> 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>
11	Theory and methods of teaching swimming	5	Theory and methodology of physical culture	Theory of children's methods youth sports	<p><b>The purpose of the discipline</b> is the formation of complex knowledge and skills necessary for a deep understanding of the theoretical foundations and methodological approaches to teaching and training swimming, the development of analytical and practical skills to improve the training process.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the theoretical foundations and methodological approaches to teaching and training swimming. The course covers swimming techniques, analysis and adjustment of technique, features of the training process for various age and preparatory groups, as well as modern methods and innovations in teaching swimming. Students acquire knowledge of the physiological and biomechanical aspects of swimming, the ability to develop and implement training programs and strategies, and the skills to critically analyze and evaluate the effectiveness of various teaching and training techniques. The discipline contributes to the training of specialists who are able to improve the training process and introduce advanced methodological approaches in swimming.</p> <p><b>Know:</b> Basics of swimming with teaching methods <b>Be able to:</b> competently plan and methodologically rationally build the swimming educational process.</p> <p><b>Skills:</b> 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><b>Learning outcomes:</b> 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><b>The purpose of the discipline</b> is to develop knowledge and skills in the use of physical exercise and massage for prevention, treatment and rehabilitation, as well as for the restoration and maintenance of health.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at developing in students knowledge about the theoretical foundations of the use of physical exercises and massage for the prevention, treatment and rehabilitation of various diseases, the ability to develop and implement individual programs for restoring and maintaining health, strengthening the musculoskeletal system and improving the functional capabilities of the body. They also master the skills of assessing the condition of students and athletes, analyzing their physical fitness, selecting and dosing exercises, as well as monitoring the effectiveness of ongoing activities.</p> <p><b>Know:</b> - 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><b>Be able to:</b> - perform techniques of classical, sports, segmental reflex and acupressure massage; - develop self-massage skills.</p> <p><b>Skills:</b> - in exercise therapy and medical supervision for various injuries during physical education classes.</p> <p><b>Learning outcomes:</b> 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><b>The purpose of the discipline</b> is to develop in students the knowledge and skills necessary to assess the health of athletes, prevent and treat sports injuries and diseases.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the fundamentals of sports medicine, including methods for assessing the health of athletes, preventing sports injuries and diseases, as well as providing medical support for the training process and sports competitions. The course covers practical techniques for conducting therapeutic physical education (PT) and methods of health-improving physical education and sports activities for various groups of the population. Students acquire knowledge about the physiological and medical foundations of physical activity, the ability to apply exercise therapy techniques, as well as skills in managing educational and training processes aimed at increasing the training effect and preventing diseases and injuries in people of different genders and ages.</p> <p><b>Know:</b> Fundamentals of sports medicine techniques</p> <p><b>Be able to:</b> apply medical means of restoring sports performance. Apply sports medicine methods to</p>

					<p>various types of sports activities.</p> <p><b>Skills:</b> competently apply sports pharmacology in the sports life of athletes.</p> <p><b>Learning outcomes:</b> 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><b>The purpose of the discipline</b> is to develop comprehensive knowledge and skills necessary for effective teaching and training of volleyball.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the fundamentals of the game of volleyball, including the rules, techniques of serving, receiving, attacking and defending, as well as strategy and tactics. Particular attention is paid to the methodological aspects of teaching volleyball: planning the educational process and training, the development of physical qualities, approaches to teaching various age groups and levels of preparedness. The practical part of the course includes conducting training sessions and refereeing games, which contributes to the accumulation of experience and the development of skills in analyzing and adjusting the actions of players.</p> <p><b>Know:</b> 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><b>Be able to:</b> give commands, organize a formation for performing exercises, explain and show exercises, identify and correct errors, select and compose exercises, referee competitions.</p> <p><b>Skills:</b> 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><b>Learning outcomes:</b> 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><b>The purpose of the discipline</b> is to develop complex knowledge and skills necessary for a deep understanding of the theoretical foundations and methodological approaches to teaching and training volleyball.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the theoretical foundations and methodological approaches to teaching and training volleyball. The course covers the analysis of game</p>

				<p>strategies and tactics, the historical development of volleyball, the psychological aspects of coaching, as well as modern methods and innovations in the training process. Students acquire knowledge of volleyball research, the ability to develop and implement new training programs and strategies, and skills to critically analyze and evaluate the effectiveness of various teaching and coaching techniques. The discipline contributes to the training of specialists who are able to improve the training process and introduce advanced methodological approaches in volleyball.</p> <p><b>Know:</b> - theoretical and practical fundamentals of volleyball, requirements for mastering the professional and pedagogical skills of the basics of volleyball technique, structure and conduct of a lesson.</p> <p><b>Be able to:</b> - give commands, organize a formation for performing exercises, explain and show exercises, identify and correct errors, select and compose exercises, referee competitions.</p> <p><b>Skills:</b> 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><b>Learning outcomes:</b> 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)	-	<p><b>Brief content of the discipline:</b> 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><b>Know:</b> - 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><b>Be able to:</b> - 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><b>Learning outcomes:</b> able to plan and conduct analytical, simulation and experimental studies;</p>

					<p>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	-	<p><b>The purpose of the discipline</b> is to develop complex knowledge and skills necessary for effective teaching and training in table tennis.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the technique and tactics of table tennis, as well as methods of teaching it. The course covers basic game techniques, competition rules and features of the training process. Attention is paid to teaching methods, including lesson planning, development of physical qualities, approaches to teaching various age groups and levels of preparedness. The discipline is aimed at developing in students the knowledge, skills and abilities necessary for effective teaching and training in table tennis, which contributes to the organization of the educational process and the formation of a sustainable interest in table tennis among students.</p> <p><b>Know:</b> - 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><b>Be able to:</b> Be able to organize and conduct competitions in this sports game.</p> <p><b>Skills:</b> 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><b>Learning outcomes:</b> 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	-	<p><b>The purpose of the discipline</b> is to develop comprehensive knowledge and skills necessary for effective teaching and training in football.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the fundamentals of the game of football, including the rules, techniques of striking, passing, dribbling and defending, as well as strategy and tactics of the game. Particular attention is paid to the methodological aspects of teaching football: planning the educational process and training, the development of physical qualities, approaches to teaching various age groups and levels of preparedness. The practical part of the course</p>

				<p>includes conducting training sessions and participating in matches, which contributes to the accumulation of experience and the development of skills in analyzing and adjusting the students' game actions.</p> <p><b>Know:</b> 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 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><b>Skills:</b> 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><b>Learning outcomes:</b> 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	<p>-</p> <p><b>The purpose of the discipline</b> is the formation of complex knowledge and skills necessary for a deep understanding of the theoretical foundations and methodological approaches to teaching and training football, the development of analytical and practical skills to improve the training process.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the theoretical foundations and methodological approaches to teaching and training football. The course covers the analysis of game strategies and tactics, technique and technical-tactical actions, the historical development of football, psychological aspects of coaching, as well as modern methods and innovations in the training process. Students acquire knowledge of the physiological and biomechanical aspects of football, the ability to develop and implement new training programs and strategies, as well as the skills to critically analyze and evaluate the effectiveness of various teaching and training techniques. The discipline contributes to the training of specialists who are able to improve the training process and introduce advanced methodological approaches in football.</p> <p><b>Know:</b> 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><b>Be able to:</b> Be able to correctly apply methodological techniques in the educational process of football players of various age groups.</p>

					<p>Be able to methodically correctly organize the competitive process.</p> <p><b>Skills:</b> 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><b>Learning outcomes:</b> 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>
<b>MAIN DISCIPLINES</b>					
<b>Components of choice (CF)</b>					



1	Gymnastics with methods of teaching	3	Theory and methodology of the chosen sport	Theory and methodology of youth sports	<p><b>The purpose of the discipline</b> is to develop knowledge and skills for effective teaching of gymnastics and planning the training process</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the technique of performing gymnastic exercises, methods of teaching them, as well as planning and organizing the training process. Basic exercises, technical elements and their implementation, as well as methodological approaches to training are considered: planning and organization of training sessions, adaptation of exercises for different age groups and levels of training, rules and features of conducting classes, development of training programs for various age groups. Students acquire knowledge about the physiological and biomechanical foundations of gymnastics, the ability to effectively teach and correct the technique of performing exercises, as well as skills in planning training and assessing the physical fitness of students.</p> <p><b>Know:</b> development of coordination (accuracy of reproduction and differentiation of spatial, temporal and power parameters of movements, balance) abilities;</p> <p><b>Be able to:</b> 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><b>Skills:</b> methods of teaching basic movements; compiling combinations of exercises; symmetry, dynamic movements in cardio training.</p> <p><b>Competencies:</b> 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><b>Learning outcomes:</b> 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>
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1.	Theory and methodology of gymnastics	3	Theory and methodology of the chosen sport	Theory and methodology of youth sports	<p><b>The purpose of the discipline is</b> to develop in-depth knowledge about the theoretical foundations and methodological approaches to teaching gymnastics, including the analysis and development of new training methods, evaluation of the effectiveness of training programs and scientific substantiation of the training process.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the theoretical foundations and methodological approaches to teaching gymnastics. The course covers the analysis of existing training methods, the development of new approaches to training, evaluation of the effectiveness of training programs and the scientific substantiation of the training process. Students acquire in-depth knowledge of the physiological and biomechanical foundations of gymnastics, the ability to analyze and develop training methods, as well as the skills to conduct scientific research and evaluate their results to improve the effectiveness of the training process.</p> <p><b>Know:</b> Basics of gymnastics methodology</p> <p><b>Be able to:</b> 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><b>Skills:</b> master the technique of performing basic exercises on gymnastic apparatus, master the technique of safe placement of apparatus in the gym.</p> <p><b>Learning outcomes:</b> 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><b>The purpose of the discipline is</b> to develop knowledge and skills to ensure hygienic conditions and prevent diseases in the process of physical education, with an emphasis on developing a healthy lifestyle and strengthening the health of students through physical activity.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying hygienic conditions and disease prevention in the process of physical education in educational institutions. The course covers sanitary and hygienic requirements for organizing physical education lessons, health-saving technologies, and the impact of physical activity on the health of children and adolescents. Students acquire knowledge about sanitary and hygienic standards and rules, the ability to create safe and healthy conditions for physical education, as well as skills in planning and implementing programs aimed at promoting health and increasing the physical performance of students.</p> <p><b>Know:</b> 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><b>Be able to:</b> develop and follow hygienic</p>

					<p>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><b>Skills:</b> 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><b>Learning outcomes:</b> 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	<p>Theory and methodology of children's and youth sports</p>	<p><b>The purpose of the discipline</b> is to develop knowledge and skills to ensure rational and safe nutrition for athletes.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the principles of rational and safe nutrition for athletes. The course covers the basics of balanced nutrition, assessing nutritional needs, developing personalized dietary plans and ensuring food safety. Particular attention is paid to nutrition planning depending on the type of physical activity, phases of the training cycle and the individual needs of the athlete. Students acquire knowledge about nutrients and their role in the body, the ability to design diets for different sports and fitness levels, as well as the skills to monitor and adjust nutrition to optimize athletic performance and maintain health.</p> <p><b>Know:</b> 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><b>Be able to:</b> 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><b>Skills:</b> - 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><b>Learning outcomes:</b> 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	Theory and methodology of physical culture	<p>Fighting teaching methodology (Judo, Sambo)</p>	<p><b>The purpose of the discipline</b> is the formation of in-depth knowledge and skills necessary for conducting effective educational and training sessions and camps, mastering the system of scientific knowledge in the chosen sport.</p> <p><b>Summary of the discipline</b> The discipline is aimed at studying the basic methodological principles of conducting educational and training sessions and</p>

					<p>training camps. The learning process is aimed at mastering the system of scientific knowledge in the chosen sport. During the training, students improve physical education methods to develop physical qualities, as well as learn and improve technical and tactical skills. The course covers the development and implementation of training programs, the use of modern technologies and techniques, as well as analysis and adjustment of the training process to achieve high sports results.</p> <p><b>Know:</b> - 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><b>Be able to:</b> - give commands, organize a formation for performing exercises, explain and show exercises, identify and correct errors, select and compose exercises, referee competitions.</p> <p><b>Skills:</b> - 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><b>Learning outcomes:</b> 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	Theory and methodology of physical culture	Fighting teaching methodology (Judo, Sambo)	<p><b>The purpose of the discipline</b> is to develop in-depth knowledge and skills to optimize the training process, introduce advanced techniques and technologies, as well as analyze and correct coaching activities to achieve high sports results.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying in-depth aspects of professional coaching activities in the chosen sport. The course covers optimization of the training process, implementation of advanced techniques and technologies, analysis and correction of coaching activities. Students acquire knowledge about modern scientific approaches and innovations in sports training, the ability to develop and implement effective training programs, analyze and evaluate the effectiveness of the training process, as well as the skills to adjust training to achieve high sports results.</p> <p><b>Know:</b> - 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><b>Skills:</b> - master the basics of sports training methods in the chosen sport.</p> <p><b>Learning outcomes:</b> analyze and summarize existing scientific, methodological and research experience in the chosen type of professional</p>

					activity; master innovative technologies in the field of sports and introduce them into professional activities, improve professional mastery during training sessions.
4	Professional work of the coaches and ski leader you head in the ITT	5	Gymnastics with teaching methods	Athletic facilities	<p><b>The purpose of the discipline</b> is to develop the knowledge and skills necessary for the effective organization and conduct of the training process, the development of teaching and training methods, as well as ensuring their preparation and participation in competitions.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the theoretical and practical foundations of the professional activities of coaches and instructors in their chosen sport. The course covers the organization and conduct of the training process, the development of teaching and training methods, as well as ensuring the preparation of athletes for participation in competitions. Students acquire knowledge about the principles of training planning and management, the ability to develop individual and group training programs, skills of motivation and psychological support for athletes, as well as methods for assessing and adjusting the training process to achieve optimal results.</p> <p><b>Know:</b> Basics of professional activities of trainers and instructors in temporary detention facilities</p> <p><b>Be able to:</b> organize and conduct educational and sports events both in elite sports and in work groups.</p> <p><b>Skills:</b> 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><b>Learning outcomes:</b> 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	Theory and methodology of physical culture	Theory and methodology of handball	<p><b>The purpose of the discipline</b> is to develop the knowledge and skills necessary for effective management of the training process, development and implementation of methods for training athletes.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the specifics of coaches' activities, including managing the training process, developing and implementing methods for training athletes, as well as taking into account the individual characteristics and needs of athletes. The course covers the analysis and generalization of existing scientific, methodological and research experience in the professional activities of a trainer. Students acquire knowledge about modern innovative technologies in the field of sports, the ability to introduce these technologies into professional activities, as well as the skills of critical analysis and application of scientific data to increase the efficiency of the training process and achieve high sports results.</p>

				<p><b>Know:</b> Fundamentals of the specific activities of trainers</p> <p><b>Be able to:</b> plan and conduct educational and training activities for athletes of all ages and skill levels.</p> <p><b>Skills:</b> 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><b>Learning outcomes:</b> 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>
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5	Sports facilities	5	History of physical culture and sports	Theory and methodology of children's and youth sports	<p><b>The purpose of the discipline</b> is to develop the knowledge and skills necessary for the design, construction, operation and management of sports facilities, including ensuring their safety, functionality and compliance with modern standards and requirements.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the basics of design and construction of sports facilities of various types. The course covers sports facilities such as stadiums, gyms, swimming pools, tennis courts and velodromes, as well as their functionality and requirements. Design principles that ensure safety, accessibility, and comfort for users are discussed. Particular attention is paid to technical equipment, maintenance and modernization of sports facilities. The issues of planning and management of infrastructure for sporting events are studied, as well as the influence of sports facilities on the development of physical culture and sports in the region. The practical part of the course includes the analysis of existing objects.</p> <p><b>Know:</b> Sports Facilities Basics</p> <p><b>Be able to:</b> be able to competently and rationally operate a sports facility.</p> <p><b>Skills:</b> 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><b>Learning outcomes:</b> 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	-	<p><b>The purpose of the discipline</b> is to develop knowledge and skills for introducing and conducting modern health activities that promote health and increase physical activity.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying modern types of physical education and recreational activities, their theoretical foundations and methods of implementation. Innovative approaches and methods of organizing classes, adapting programs for different age and social groups, as well as ways to motivate physical activity are considered. Includes the development and implementation of health programs, which helps to introduce innovative approaches to the practice of physical culture and sports. Students acquire knowledge about the physiological and psychological aspects of health activities, the ability to develop and implement effective programs, as well as the skills to assess their impact on the health and physical condition of participants.</p> <p><b>Know:</b> the history of Olympic sports</p> <p><b>Be able to:</b> competently plan the topics of Olympic education, paying attention to the key points of this discipline.</p> <p><b>Skills:</b> 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><b>Learning outcomes:</b> 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	Production and teaching practice	<p><b>The purpose of the discipline</b> is the formation of comprehensive knowledge and skills in the field of medical-biological, psychological-pedagogical and socio-economic aspects of training athletes, as well as the development of skills to apply this knowledge for effective planning and conduct of the training process in children's and youth sports.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at an integral study of all aspects that influence the training and results of athletes in children's and youth sports. It combines medical-biological, psychological-pedagogical and socio-economic disciplines, each of which contributes to the overall result of the athlete's training. The course is based on the theory of sports and includes the study of the theory and methodology of individual sports. Students acquire knowledge about an integrated approach to training young athletes, the ability to apply medical-biological and psychological-pedagogical knowledge in the training process, as well as skills in analyzing and managing socio-economic aspects that influence the</p>



				<p>development of children's and youth sports.</p> <p><b>Know:</b> 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><b>Be able to:</b> 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><b>Skills:</b> 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 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>
6	Features of training in children's and youth sports	5	Improving professional coaching activities in temporary detention facilities	<p>Production and teaching practice</p> <p><b>The purpose of the discipline</b> is the formation of specialized knowledge and skills necessary for the development and implementation of effective training programs that take into account the age and physiological characteristics of young athletes.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the features of the training process in children's and youth sports, taking into account the age and physiological characteristics of young athletes. The course covers the development and implementation of training programs adapted for various age groups, methods for ensuring comprehensive physical and psychological development, as well as the prevention of injuries and fatigue. Students acquire knowledge about the specifics of physical and mental stress in children's and youth sports, the ability to plan and conduct training taking into account individual characteristics, as well as the skills to monitor and adjust the training process to achieve optimal results and maintain the health of young athletes.</p> <p><b>Know:</b> 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</p>

				<p>facilities</p> <p><b>Be able to:</b> 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><b>Skills:</b> 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	<p>Production and teaching practice</p> <p><b>The purpose of the discipline</b> is to develop students' comprehensive knowledge and skills in the field of physical culture and sports management.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the fundamentals of management in the field of physical culture and sports, including the principles and methods of effective management of the educational process. The course covers modern requirements for the personal and professional qualities of a teacher, methods of managing student behavior and motivating their educational and cognitive activities. Students acquire knowledge about pedagogical and management technologies, the ability to develop and implement educational programs, as well as skills to promote personal growth and development of students through physical education and sports.</p> <p><b>Know:</b> - 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><b>Be able to:</b> implement management functions in professional activities;  - make management decisions;  -manage the dynamics of conflict and master methods of its prevention;</p> <p><b>Skills:</b> 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</p>

					organization of management and marketing at different levels of physical culture and sports management.
7	Innovations in physical culture and sports	4	Theory and methodology of game sports	Production and teaching practice	<p><b>The purpose of the discipline</b> is to develop the knowledge and skills necessary for the development, implementation and evaluation of modern innovative technologies and techniques in the field of physical culture and sports.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying and implementing modern innovative technologies and techniques in the field of physical culture and sports. The course covers the analysis of historical and modern methods of teaching and education, development and evaluation of innovative approaches to the training process and physical education. Students acquire knowledge about professional, pedagogical, organizational and managerial aspects, the ability to use this knowledge to improve the effectiveness of training and educational programs, as well as the skills to develop and implement innovations that help improve sports results and maintain the health of those involved.</p> <p><b>Know:</b> - 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><b>Be able to:</b> -follow the ethics of business communication in behavior. be able to analyze market signs administrative and command management.</p> <p><b>Skills:</b> 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	-	<p><b>The purpose of the discipline</b> is to develop comprehensive knowledge and skills for organizing and conducting tourism activities, including route planning, ensuring the safety of groups and the use of terrain orientation methods as an integral part of general tourist training.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying the theoretical and practical foundations of organizing and conducting tourism events. The course covers route planning, group safety, navigation techniques, and tourism program development and implementation. Students acquire knowledge about the principles of tourism organization, the ability to develop safe and exciting routes, skills in managing tourist groups and ensuring their safety. Particular attention is paid</p>

				<p>to practical exercises that help to practice acquired knowledge and skills in real conditions.</p> <p><b>Know:</b> 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 group</p> <p><b>Be able to:</b> collect equipment for a multi-day hike, taking into account meteorological forecasts;</p> <p><b>Skills:</b> 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	-	<p><b>The purpose of the discipline</b> is to develop specialized knowledge and skills necessary for accurate and effective navigation in various natural conditions and types of tourism, with an emphasis on the use of maps, compasses and GPS devices to ensure safety and successful completion of tourist routes.</p> <p><b>Summary of the discipline:</b> The discipline is aimed at studying specialized methods and techniques of orienteering in various natural conditions and types of tourism. The course covers the use of maps, compasses and GPS devices, route planning techniques, and assessing and managing difficult terrain. Students acquire knowledge of topography, skills in reading and interpreting maps, the ability to navigate accurately and effectively in any conditions, as well as ensure the safety and successful completion of tourist routes. Particular attention is paid to practical exercises and field studies to develop acquired knowledge and skills.</p> <p><b>Know:</b> 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><b>Be able to:</b> collect equipment for a multi-day hike, taking into account meteorological forecasts;</p> <p><b>Skills:</b> 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 study 2 year

Income year: 2024

№	Наименование дисциплины	Код дисциплины	Кол-во кредитов	Семестр
<b>2. Базовые дисциплины</b>				
<b>Component of choice 1</b>				
1	Anatomy the basics of sports morphology and biomechanics	ABSMB 1212	6	1
	Human anatomy	HA 1212		
<b>Component of choice 2</b>				
2	Theory and methods of teaching basic sports	TMTBS 1213	6	1
	Theory and methods of weightlifting sports	TMWS 1213		
<b>Component of choice 3</b>				
3	Athletics with methods of teaching	AWMT 1214	5	2
	Bases of training in athletics	BTA 1214		
<b>Component of choice 4</b>				
4	Basketball teaching methods	BTM 1215	5	2
	Basketball history	BH 1215		
<b>Component of choice 5</b>				
5	History of physical culture and sports	HPCS 1216	5	1
	Olympic sport	OS 1216		
<b>Component of choice 6</b>				
6	Biochemistry of physical culture and sports	BPCS 1217	4	2
	Biochemistry in sports practice	BSP 1217		
<b>Component of choice 7</b>				
7	Theory and methodology of physical culture	TMPC 1218	4	1
	Fundamentals of the theory and methodology of physical education and sport	FTMPES 1218		
<b>Component of choice 8</b>				
8	Physiological basis of physical education and sports	PBPES 1219	3	2
	Age-related physiology	ARP 1219		
<b>Component of choice 9</b>				
9	Skiing with the methods of teaching	SWMT 2220	6	3
	Theory and methodology of skiing	TMS 2220		
<b>Component of choice 10</b>				
10	Handball and Football with methodology of teaching	HFWMТ 2221	6	3
	Sports games teaching methods. Handball	SGTMH 2221		
<b>Component of choice 11</b>				
11	Swimming with methods of teaching	SWMT 1222	5	2
	Theory and methods of teaching swimming	TMTS 1222		
<b>Component of choice 12</b>				
12	Therapeutic physical culture	TPC 2223	5	3
	Therapeutic physical culture and massage	TPCM 2223		
13	<b>Component of choice 13</b>			

	Volleyball with the methods of teaching	VWMT 2224	5	3
	Theory and methodology of volleyball	TMV 2224		
14	<b>Component of choice 14</b>			
	National sports (togyz kumalak, wrestling)	NS 2225	5	4
	Sports facilities	SF 2225		
15	<b>Component of choice 15</b>			
	Organizational structure of the international sports and Olympic movement	OSISOM 2226	5	4
	Olympic education	OE 2226		
<b>3. Profiling discipline</b>				
1	<b>Component of choice 1</b>			
	Gymnastics with methods of teaching	GWMT 1305	3	2
	Theory and methodology of gymnastics	TMG 1305		
2	<b>Component of choice 2</b>			
	Hygiene of physical education	HPE 2306	4	3
	Nutritional hygiene for athletes	NHA 2306		
3	<b>Component of choice 3</b>			
	Professional development in the chosen sport	PDCS 2307	5	3
	Improvement of vocational coaching with activities in the ITT	IVCWAITT 2307		
4	<b>Component of choice 4</b>			
	Professional work of the coaches and ski leader you head in the ITT	PWCSLUH 2308	5	3
	Osobnosti performance coaches	OPC 2308		
5	<b>Component of choice 5</b>			
	The activities of international and national sports federations	AINSF 2309	5	4
	International sports organization	ISO 2309		
6	<b>Component of choice 6</b>			
	Theory and methodology of youth and professional sports	TMPS 2310	5	4
	Features of training in youth sports	FTUS 2310		
7	<b>Component of choice 7</b>			
	Management of physical culture and sports	MPCS 2311	4	4
	Innovations in physical culture and sports	IPCS 2311		
8	<b>Component of choice 8</b>			
	Tourism and orienteering	TO 2312	3	4
	Accommodation in different types of tourism	ADTT 2312		