

«ALIKHAN BOKEIKHAN UNIVERSITY» EDUCATIONAL INSTITUTION
Department of Information and Technology and Economics
Department of applied biology

6B01404 "Physical culture and sports"
CATALOGUE OF THE ELECTIVE COURSES
full-time (BB) ДІОТ- 2 year
Year of entrance -2021

Semey 2021 year

Considered and approved at the meeting of educational-methodic Council of the faculty

Minutes №_5_ from 20.05.2021y.

Approved at the meeting of EMC of the University

Minutes №_1_ from 17.09.2021 y.

Academic degree: bachelor of education in the educational program

Elective course №	The name of subject	Number of credits	Number of credits	Post requisites	Short description of the content, the aims of education, expected results
BASIC DISCIPLINES					
Elective courses (EC)					
1	Anatomy the basics of sports morphology and biomechanics	6	School course of biology	Physiological basis of physical education and sports	<p>This discipline considers the skeleton, the bones and their connections. Skeletal muscle. Internal organs. Nervous system. The role of morphofunctional indicators in sports selection. Biomechanical characteristics of the human body and its movement: external and internal forces, taking into account deviations in the health of the human motor apparatus.</p> <p>Know: The basics of anatomy with the basics of sports morphology</p> <p>Be able to: conduct laboratory work on the structure of various muscle groups</p> <p>Skills: Improve Professional Skill</p> <p>Learning outcomes: anatomical data and processes occurring in muscular and sporting activities and to apply this knowledge and understanding in a professional manner. The ability to manage the body's training based on knowledge of the body's functions, its individual adaptive capabilities and reserves, taking into account the response of its systems to physical activity</p>

1	Human anatomy	6	School course of biology	Physiological basis of physical education and sports	<p>Human anatomy refers to one of the fundamental disciplines in the system of biological education. Without in-depth knowledge of the structure of the human body, it is impossible to successfully master a number of fundamental disciplines, such as physiology, histology, biochemistry, biophysics, embryology, etc. in the course.</p> <p>Know: the anatomical structure of the human body, the justification of the means and methods of physical education.</p> <p>To be able to: perform physical exercises affecting the body and outline ways to improve it.</p> <p>Skills: to use knowledge of the structure of the human body, the activity of the central nervous system and organs of internal secretion; - determine the effect of physical activity on the human body.</p> <p>Learning outcomes: anatomical data and processes occurring in muscular and sporting activities and to apply this knowledge and understanding in a professional manner.</p>
2	Theory and methods of teaching basic sports	6	Theory and methodology chosen sport	Professional development in the chosen sport	<p>This discipline reveals the theoretical basis for the use of basic types of physical culture and sports activities in the learning process, the basic methodological principles for solving the problems of a school physical education class and a training session in a sports school. Includes basic tactics of sports like: athletics, gymnastics, sports and outdoor games.</p> <p>Know: The history of the emergence of basic types of physical education. The value and place of basic and new types in the system of physical education and sports.</p> <p>To be able to: Formulate the specific tasks of teaching the basic types of physical education and sports in various parts of the physical education system, taking into account the state of health, age, level of physical development, physical fitness of the students, and existing conditions for classes.</p> <p>Skills: Features of the educational process of basic sports.</p> <p>Learning outcomes: to demonstrate knowledge and understanding in the field of theory and methods of physical culture, including the elements of the most advanced knowledge; to implement a system of selection and sports orientation in a selected sport using modern methods to determine the anthropometric, physical and mental characteristics of students. Ability to carry out scientific research in educational activities and use their results in the theory and practice of physical education and sport.</p>
2	Theory and	6	Theory	Professional	To prepare students for independent

	methods of weightlifting sports		and methodology chosen sport	development in the chosen sport	<p>pedagogical and organizational work on TAVS at various levels of the physical culture movement, equip future physical education teachers with the latest methods of developing power abilities.</p> <p>Know: Basic principles, means and methods of training and initial training in basic types of physical education and sports.</p> <p>To be able to: Select and apply in the educational process of the basic types of physical education and sports modern scientifically-based means and methods of training, education and initial training that are adequate to the assigned tasks.</p> <p>Skills: The rational organization of the educational process in accordance with the content of existing programs and the specifics of the contingent involved.</p> <p>Learning outcomes: to demonstrate knowledge and understanding in the field of theory and methods of physical culture, including the elements of the most advanced knowledge; to implement a system of selection and sports orientation in a selected sport using modern methods to determine the anthropometric, physical and mental characteristics of students.</p>
3	Athletics with methods of teaching	5	Theory and methodology chosen sport	Volleyball with the methods of teaching	<p>Discipline examines general and special physical training in athletics. Technical tactical training in athletics. Technique running. Running as a natural way of moving a person. Cyclic movements. Analysis of the technique of running step. The speed of movement and the dependence on the length and frequency of steps in the run.</p> <p>Know: The theoretical and practical foundations of athletics, the requirements for mastering the professional and pedagogical skills of the basics of technology in athletics, the structure and conduct of the lesson.</p> <p>To be able to: give commands, organize the construction for the exercises, explain and show the exercises, identify and correct errors, select and compose exercises, judge the competition.</p> <p>Skills: own the means and methods of managing sports training in athletics in various</p> <p>Learning outcomes: to demonstrate knowledge and understanding in the field of theory and methods of physical culture, including the elements of the most advanced knowledge; to implement a system of selection and sports orientation in a selected sport using modern methods to determine the anthropometric, physical and mental characteristics of students.</p>

3	Bases of training in athletics	5	Theory and methodology chosen sport	Volleyball with the methods of teaching	<p>This discipline considers technical and tactical training in athletics. Methods of training in athletics. Fundamentals of training coach in athletics. Increase of sports skill in track and field athletics. Enhance coaching skills in weightlifting. The history of athletics. Technique weightlifting exercises. Method of training weightlifter. Planning a weightlifter training.</p> <p>Know: the sequence of training in the technical and tactical actions of athletics, to know the basic means and methods of sports training, to study the features of the training process at various stages of weightlifting training.</p> <p>To be able to: - give commands, organize the construction for the exercises, explain and show the exercises, identify and correct errors, select and compose exercises, judge the competition.</p> <p>Skills: - to instill skills in the development and improvement of general and special physical training using the basic means and methods of physical education at different stages of the training process.</p> <p>Learning outcomes: to demonstrate knowledge and understanding in the field of theory and methods of physical culture, including the elements of the most advanced knowledge; to implement a system of selection and sports orientation in a selected sport using modern methods to determine the anthropometric, physical and mental characteristics of students.</p>
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4	Basketball teaching methods	5	Theory and methodology chosen sport	Handball and Football with methodology of teaching	<p>We study the theory and methods of teaching basketball, the mastery of techniques and tactical actions, the acquisition of the necessary skills and abilities for the independent work of a teacher of a basketball and handball coach with different contingent of students.</p> <p>Know: The theoretical and practical foundations of sports games, the requirements for mastering the professional and pedagogical skills of the basics of sports game techniques, the structure and conduct of the lesson.</p> <p>To be able to: give commands, organize the construction for the exercises, explain and show the exercises, identify and correct errors, select and compose exercises, judge the competition.</p> <p>Skills: own 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; - perfectly master the technique of a sports game; - own a technique for teaching the technique of a sports game, building a training process for athletes of various sports qualifications; - have the skills to control the level of sports training, research work and management of sports training.</p> <p>Learning outcomes: to demonstrate knowledge and understanding in the field of theory and methods of physical culture, including the elements of the most advanced knowledge; to implement a system of selection and sports orientation in a selected sport using modern methods to determine the anthropometric, physical and mental characteristics of students.</p>
4	Basketball history	5	Theory and methodology chosen sport	Handball and Football with methodology of teaching	<p>The training of a young basketball player is carried out through education and training, which is a single pedagogical process aimed at the formation and consolidation of certain skills, at achieving the optimal level of physical development and high athletic performance of students.</p> <p>Know: Basics of Basketball Technique</p> <p>Be able to: apply the methods of educational work in elementary school</p> <p>Skills: Improve Professional Skill</p> <p>Learning outcomes: to demonstrate knowledge and understanding in the field of theory and methods of physical culture, including the elements of the most advanced knowledge; to implement a system of selection and sports orientation in a selected sport using modern methods to determine the anthropometric, physical and mental characteristics of students.</p>

5	History of physical culture and sports	5	Physical education course	National sports (togyz kumalak, wrestling)	<p>The History of Physical Culture and Sport deals with the evolution of the origin 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 the means, forms, methods.</p> <p>Know: the history, social essence, structure and functions of physical education, goals, objectives, the main components of the pedagogical process in the field of physical education. - The history, theory and methodology of the chosen sport.</p> <p>To be able to: use the values accumulated in the field of physical culture and sports to foster patriotism and love for the homeland, the desire for a healthy lifestyle, personal hygiene skills, prevention and control of the state of your body, the need for regular physical education and health classes. - to argue the social and personal significance of the chosen type of sports activity, to predict the conditions and directions of its development in the socio-cultural aspect, to form the motivation of the population to engage in the chosen sport.</p> <p>Skills: Improve Professional Skill</p> <p>Learning outcomes: to know the history of sport development, its essence, functions, forms, conditions of functioning in the society, development trends, basics of the system of sports training and competitions, structure of sports training, main stages and stages of long-term training of sportsmen; systems, functions, theoretical, economic, legal and organizational basics of physical culture and sports management, schools of scientific management of physical culture and sports, and its modern models.</p>
5	Olympic sport	5	Physical education course	National sports (togyz kumalak, wrestling)	<p>The history of the emergence and development of Olympic games. IOC its rules and regulations. The countries and sports included in the IOC. History of the development of the national Olympic Committee. The general history of physical culture and sports: the history of the appearance of the Olympic movement, the development of world and continental sports events.</p> <p>Know: the history of Olympic sports</p> <p>Be able to: apply the methods of educational work in elementary school</p> <p>Skills: Improve Professional Skill</p> <p>Learning outcomes: to know the history of sport development, its essence, functions, forms, conditions of functioning in the society, development trends, basics of the system of sports training and competitions, structure of sports training, main stages and stages of long-term training of sportsmen; systems, functions,</p>

					theoretical, economic, legal and organizational basics of physical culture and sports management, schools of scientific management of physical culture and sports, and its modern models.
6	The basics of the sport	6	History of physical culture and sports	National sports (togyz kumalak, wrestling)	<p>This discipline uncovers questions of the theory and methodology of physical education: its essence, basic terms and concepts that a professionally competent specialist should be fluent in. Also consider the basics of sports training, building process, sports training.</p> <p>Know: The basics of sports. The basics of sports training, process building, sports training.</p> <p>Be able to: apply methods of educational work at school</p> <p>Skills: Improve Professional Skill</p> <p>Learning outcomes: to know the history of sport development, its essence, functions, forms, conditions of functioning in the society, development trends, basics of the system of sports training and competitions, structure of sports training, main stages and stages of long-term training of sportsmen; systems, functions, theoretical, economic, legal and organizational basics of physical culture and sports management, schools of scientific management of physical culture and sports, and its modern models.</p>
6	Fundamentals of sport and Wellness orientation	6	History of physical culture and sports	National sports (togyz kumalak, wrestling)	<p>Discipline examines the general characteristics of physical education (orientation, means, methods, principles); main aspects of the content and methods of physical education. Possibilities of directional effects on the physical development of a person and the laws governing the optimization of recoverable factors (physical exercises, etc.)</p> <p>Know: The Basics of Sports</p> <p>Be able to: apply methods of educational work at school</p> <p>Skills: Improve Professional Skill</p> <p>Learning outcomes: to know the history of sport development, its essence, functions, forms, conditions of functioning in the society, development trends, basics of the system of sports training and competitions, structure of sports training, main stages and stages of long-term training of sportsmen; systems, functions, theoretical, economic, legal and organizational basics of physical culture and sports management, schools of scientific management of physical culture and sports, and its modern models.</p>

7	Theory and methodology of physical culture	5	Theory and methods of educational work	Management of physical culture and sports	<p>Methodical and practical bases of sports training and competitive activity of athletes. Principles of sports training. Fundamentals of sports terminology, sports periodization of the athlete's annual cycle by sports; classification of sports; competition system.</p> <p>Know: - the methodology of modeling the educational system of the class; - planning educational work of the class teacher; - the methodology for the formation of the children's team, methods and forms of cooperation between the school and the family in raising children.</p> <p>To be able to: determine the goals, objectives and content of the education of schoolchildren; - to model the educational system of the class, the system of versatile educational work with students; - carry out diagnostics of the class and personality of students, analyze the results of the study and use them as input to determine the development and education of students;</p> <p>Skills: - organize various types of student activities; - plan educational work with parents of students.</p> <p>Learning outcomes: to analyze and generalize the existing scientific, methodological and research experience in the chosen type of professional activity; to master innovative technologies in the field of sports and introduce them into professional activity; ability to apply modern technologies, organizational forms, methods, techniques, means of education and upbringing to improve the quality of educational activity.</p>
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7	Fundamentals of the theory and methodology of physical education and sport	5	Theory and methods of educational work	Management of physical culture and sports	<p>Methodical and practical basics of sports training and training of athletes; classification of sports; system of competitions, types of competitions on goals, sports periodization of the athlete's annual cycle by sports.</p> <p>Know: the methodology of modeling the educational system of the class; - planning educational work of the class teacher; - the methodology for the formation of the children's team, methods and forms of cooperation between the school and the family in raising children.</p> <p>To be able to: - determine the goals, objectives and content of the education of schoolchildren; - to model the educational system of the class, the system of versatile educational work with students; - carry out diagnostics of the class and personality of students, analyze the results of the study and use them as input to determine the development and education of students;</p> <p>Skills: organize various types of student activities; - plan educational work with parents of students.</p> <p>Learning outcomes: to analyze and generalize the existing scientific, methodological and research experience in the chosen type of professional activity; to master innovative technologies in the field of sports and introduce them into professional activity; ability to apply modern technologies, organizational forms, methods, techniques, means of education and upbringing to improve the quality of educational activity.</p>
8	Physiological basis of physical education and sports	5	Anatomy the basics of sports morphology and biomechanics	Swimming with methods of teaching	<p>Physiological research methods in FC and C. Features of the body's adaptation to muscle activity. Physiological reserves of the body. Physiological classification of exercise. Physiological characteristics of the body's states during physical activity (prelaunch states, warm-up, activation, steady state, dead center and second breath, fatigue, recovery). Physiological mechanisms of motor skills.</p> <p>Know: knows and possesses key concepts and a set of scientific knowledge in physiology, the basics of the influence of physical stress on the body.</p> <p>To be able to: - knows how to analyze physiological conditions and processes that occur during muscle and sports activities;</p> <p>Skills: - able to apply a set of skills for physiological control and self-analysis of the athlete's state, making decisions during sports selection according to physiological indicators and for correcting physical exertion when applied incorrectly.</p> <p>Learning outcomes: anatomical data and</p>

					processes occurring in muscular and sporting activities and to apply this knowledge and understanding in a professional manner. The ability to manage the body's training based on knowledge of the body's functions, its individual adaptive capabilities and reserves, taking into account the response of its systems to physical activity.
8	Age-related physiology	5	Anatomy the basics of sports morphology and biomechanics	Swimming with methods of teaching	<p>“Physiology of sports” - formation of systematized knowledge in the field of physiology of physical exercises and human sports activities (physiological, physical and chemical processes occurring in the body, systems and organs during physical exertion and in the recovery process, mechanisms of their regulation).</p> <p>Know: Physiological characteristics of adaptation to physical activity in sports. Changes in the functions of various organs and body systems in sports. - Hereditary effects on morphological and functional characteristics and physical qualities of a person in sports.</p> <p>To be able to: determine the value of a genetically adequate and inadequate choice of sports specialization, the style of competitive activity and sensorimotor dominance in sports; - use genetic markers to search for highly and quickly trained athletes in sports</p> <p>Skills: able to apply a set of skills for physiological control and self-analysis of the athlete's state, making decisions during sports selection according to physiological indicators and for correcting physical exertion when applied incorrectly. Learning outcomes: anatomical data and processes occurring in muscular and sporting activities and to apply this knowledge and understanding in a professional manner.</p>

9	Skiing with the methods of teaching	6	Physiological basis of physical education and sports	Organizational structure of the international sports and Olympic movement	<p>Classification and terminology in skiing. Basic terms in skiing and their application in practical work. Classification of ways to ski. Technique and methods of teaching skiing. Basics of skiing technology. The sequence of learning how to ski. Methods of primary education in skiing technique: “skier's school”.</p> <p>Know: The theoretical foundations of winter sports, the requirements for mastering professional pedagogical skills in the basics of technology and winter sports, the organization and conduct of classes, the methods of teaching winter sports, and the mechanics of refereeing. To be able to: give commands, organize the construction for performing exercises, explain and show exercises, identify and correct mistakes, select and compose exercises, carry out, use literary sources, carry out repairs and care for training places, equipment and inventory.</p> <p>Skills: methods of teaching basic movements; drawing up bundles of exercises; teaching methods of winter sports, refereeing mechanics.</p> <p>Learning outcomes: to analyze and evaluate social and cultural, service, tourism activities, international markets of social, cultural and tourist services, promotion and delivery of services to consumers; to forecast the results of social, cultural and tourist activities; within the framework of the educational process, which provides for an independent analysis of the effectiveness of selected methods and forms of the function of educational management.</p>
9	Theory and methodology of skiing	6	Physiological basis of physical education and sports	Organizational structure of the international sports and Olympic movement	<p>The discipline covers the theory and practice of training athletes in skiing, biathlon, biathlon, skiing, slalom, giant slalom, downhill, snowboarding, sledding, ice hockey, and speed skating.</p> <p>Know: The Basics of Skiing</p> <p>Be able to: apply the methods of educational work in elementary school</p> <p>Skills: Improve Professional Skill</p> <p>Learning outcomes: to analyze and evaluate social and cultural, service, tourism activities, international markets of social, cultural and tourist services, promotion and delivery of services to consumers; to forecast the results of social, cultural and tourist activities; within the framework of the educational process, which provides for an independent analysis of the effectiveness of selected methods and forms of the function of educational management.</p>

10	Handball and Football with methodology of teaching	6	Basketball teaching methods	Preparation for writing a thesis	<p>It provides for the study of the theory and methods of teaching basketball and handball, mastering techniques and tactical actions, acquiring the necessary skills and abilities for independent work of a teacher of a basketball and handball coach with various contingent engaged. General concepts and bases of implementation in teaching: types of training (theoretical, physical, psychological, integral) planning.</p> <p>Know: The basics of handball techniques Be able to: apply the methods of educational work in elementary school Skills: Improve Professional Skill Learning outcomes: to evaluate the effectiveness of basic and new physical education and sport activities. Analyze the techniques and tactics of movement, the level of physical fitness of those involved.</p>
10	Sports games teaching methods. Handball	6	Basketball teaching methods	Preparation for writing a thesis	<p>Theoretical, methodical and practical bases of sports training and training of basketball players; competition rules, possess judicial skills in technical and tactical methods of the game. Characteristics of the volume of equipment necessary for the mastering of handball players in the initial stage of sports training: catching high, low flying ball and passing the ball and their varieties, methods of dribbling the ball, throwing the ball around the goal, dribbling the ball, methods of deceptive actions.</p> <p>Know: The basics of handball techniques Be able to: apply the methods of educational work in elementary school Skills: Improve Professional Skill Learning outcomes: to evaluate the effectiveness of basic and new physical education and sport activities. Analyze the techniques and tactics of movement, the level of physical fitness of those involved.</p>
11	Swimming with methods of teaching	5	Physiological basis of physical education and sports	Therapeutic physical culture	<p>Discipline studies the basics of technology and tactics of sports swimming, the general characteristics of the movements performed while swimming. Analysis of swimming technique sports methods. General characteristics of the technique: body position, movements with the legs, movements with the arms, movements and a combination of these movements with the arms, combination of movements with the legs.</p> <p>Know: Basics of swimming with teaching methods Be able to: with various swimming methods Skills: Improve Professional Skill Learning outcomes: to analyze the adequacy of physical activity to the physiological capabilities of the organism depending on age,</p>

					sex, level of sports training in cyclic sports; to possess the skills of analysis, education, demonstration of physical exercise techniques, sports tactical actions.
11	Theory and methods of teaching swimming	5	Physiological basis of physical education and sports	Therapeutic physical culture	<p>Concept of swimming technique. The variability of technology from the individual characteristics of the athlete (anatomical, psychological, physiological) and other factors. The concept of general patterns and characteristics inherent in a rational version of the technique of swimming.</p> <p>Know: Basics of swimming with teaching methods</p> <p>Be able to: with various swimming methods</p> <p>Skills: Improve Professional Skill</p> <p>Learning outcomes: to analyze the adequacy of physical activity to the physiological capabilities of the organism depending on age, sex, level of sports training in cyclic sports; to possess the skills of analysis, education, demonstration of physical exercise techniques, sports tactical actions.</p>
12	Therapeutic physical culture	5	Swimming with methods of teaching	Preparation for writing a thesis	<p>"Therapeutic physical culture" is the mastering of knowledge about the effect of massage on the human body, mastering the method of their use in the classroom with healthy people and with people with disabilities in health or any disease. It is necessary to know the features of the methods and techniques of exercise therapy and massage, the mechanisms of their therapeutic action in case of injuries and diseases.</p> <p>Know: the main mechanisms of the therapeutic effect of massage; principles for determining indications and contraindications for the use of massage; - psychological and pedagogical features of work on the rehabilitation of persons with disabilities.</p> <p>To be able to: - perform the techniques of classic, sports, segmented reflex and acupuncture; - develop skills of self-massage.</p> <p>Skills: - on physical therapy and medical control for various injuries in physical education classes.</p> <p>Learning outcomes: to formulate arguments and solve problems in the field of theory and methodology of the selected sport. Ability to manage the body's training on the basis of knowledge about the body's functions, its individual adaptation capabilities and reserves, taking into account the reaction of its systems to physical activity.</p>

12	Therapeutic physical culture and massage	5	Swimming with methods of teaching	Preparation for writing a thesis	<p>Means of exercise therapy, dosage method of physical exercise. Indications for use. Mastering the knowledge about the effect of massage on the human body, mastering the method of their use in the classroom with healthy people with deviations in health or any disease.</p> <p>Know: Fundamentals of exercise therapy</p> <p>Be able to: apply the methods of educational work in elementary school</p> <p>Skills: Improve Professional Skill</p> <p>Learning outcomes: to formulate arguments and solve problems in the field of theory and methodology of the selected sport. Ability to manage the body's training on the basis of knowledge about the body's functions, its individual adaptation capabilities and reserves, taking into account the reaction of its systems to physical activity.</p>
13	Volleyball with the methods of teaching	5	Athletics with methods of teaching	Preparation for writing a thesis	<p>The discipline outlines the issues of training and improvement of technical, tactical, physical, psychological training in volleyball, the issues of planning and integrated control in the process of educational and training activities. The essence of volleyball as an academic discipline, its place and role in the system of physical education is revealed.</p> <p>Know: the theoretical and practical foundations of sports games, the requirements for mastering professionally-pedagogical skills of the fundamentals of sports game techniques, the structure and conduct of the lesson.</p> <p>To be able to: - give commands, organize the construction for the exercises, explain and show the exercises, identify and correct errors, select and compose exercises, judge the competition.</p> <p>Skills: own the means and methods of managing sports training in volleyball in various age groups, taking into account individual characteristics and adaptation to physical activity; - perfectly master the technique of volleyball; have the skills to control the level of sports training, research work and management of sports training.</p> <p>Learning outcomes: to formulate arguments and solve problems in the field of theory and methodology of the selected sport. Ability to manage the body's training on the basis of knowledge about the body's functions, its individual adaptation capabilities and reserves, taking into account the reaction of its systems to physical activity.</p>

13	Theory and methodology of volleyball	5	Athletics with methods of teaching	Preparation for writing a thesis	<p>Theoretical, methodical and practical bases of sports training and training of basketball players; competition rules, possess judicial skills in technical and tactical methods of the game. Teach students to plan and organize the training process in volleyball; to teach students how to organize and conduct volleyball competitions.</p> <p>Know: The theoretical and practical foundations of volleyball, the requirements for mastering the professional and pedagogical skills of the basics of the volleyball technique, the structure and conduct of the lesson.</p> <p>To be able to: give commands, organize the construction for the exercises, explain and show the exercises, identify and correct errors, select and compose exercises, judge the competition.</p> <p>Skills: perfectly master the technique of volleyball; - own a technique for teaching volleyball techniques, building a training process for athletes of various sports qualifications; - have the skills to control the level of sports training, research work and management of sports training. Learning outcomes: to formulate arguments and solve problems in the field of theory and methodology of the selected sport. Ability to manage the body's training on the basis of knowledge about the body's functions, its individual adaptation capabilities and reserves, taking into account the reaction of its systems to physical activity.</p>
14	National sports (togyz kumalak, wrestling)	5	History of physical culture and sports	Military - applied sports	<p>This discipline considers the history of the development of national sports. National sports: classification, characterization. Fundamentals of technology and methods of teaching national sports. Organizing and conducting competitions in national sports. Organization and methods of conducting national sports with children, teenagers, young men and adults.</p> <p>Know: the history of development and the place of national sports in the system of physical education of various population groups; - causes of injury and ways to prevent it when practicing national sports; - rules of competitions in national sports;</p> <p>Be able to: formulate specific tasks, plan and conduct the main types of classes in national sports with various groups of the population; - organize recreational and physical education work on national sports with various age groups of the population;</p> <p>Skills: the basics of knowledge on national sports in the educational process; - methods of teaching exercises in national sports; - methods</p>

					<p>of teaching exercises in national sports; - own a technique for the development of physical qualities when practicing national sports.</p> <p>Learning outcomes: to be able to plan and conduct analytical, simulation and experimental research; be able to critically evaluate data and draw conclusions. Organize, conduct sports festivals, judge physical education and sports competitions in educational institutions, clubs, and institutions; master pedagogical technologies of education, control and correction of training, taking into account functional capabilities in age, sex and qualification aspects.</p>
14	Sports facilities	5	History of physical culture and sports	Military - applied sports	<p>The history of the development of sports facilities. Sports facilities of the new time. The main provisions of the organization of planning, composition and equipment of sports facilities in accordance with the accepted design and construction of sports facilities. Calculation of planning a network of sports facilities. Sports facilities for athletics, winter sports, shooting sports. Sports facilities for auto and bike sports.</p> <p>Know: the categorization and class of sports facilities, the composition and equipment of sports facilities in accordance with the accepted classification; - normative-technological and operational-technical requirements; - the main provisions of design and construction; - principles of calculation and planning of a network of sports facilities, operating rules and safety precautions.</p> <p>Be able to: work with regulatory, technical and design documentation; - calculate the composition of the network of sports facilities and their equipment; - draw up a technological plan, design assignment.</p> <p>Skills: designing, constructing, repairing and operating sports facilities designed for sports, as well as for widespread mass sports at the place of residence, in production, in medical and health facilities, in pre-school, school institutions; - achieving high results in the training process with the integrated use of various types of training equipment, technical equipment and simulators.</p> <p>Learning outcomes: to be able to plan and conduct analytical, simulation and experimental research; be able to critically evaluate data and draw conclusions. Organize, conduct sports festivals, judge physical education and sports competitions in educational institutions, clubs, and institutions; master pedagogical technologies of education, control and correction of training, taking into account functional capabilities in age, sex and</p>

					qualification aspects.
15	Organizational structure of the international sports and Olympic movement	5	Tourism and orienteering	Preparation for writing a thesis	<p>The objectives of the development of the discipline "The organizational structure of the international sports and Olympic movement" are: acquaintance with the peculiarities of historical and modern processes in society in the field of physical culture; studying the history and values of the international Olympic movement; familiarity with the basic concepts used in the Olympic movement; development of the ability to analyze the current state of the field of sports.</p> <p>Know: The development of international sports relations required the development and adoption of uniform rules, standards, standard refereeing conditions and determination of the results of competitions, as well as coordination of the activities of national sports systems.</p> <p>To be able to: capable and ready to formulate program goals, solve problems, criteria and indicators for achieving goals, build a structure of their interconnections, identify priorities for solving problems</p> <p>Skills: integrate comprehensive knowledge, formulate conclusions on the basis of incomplete or limited information, while taking into account the social and ethical responsibility associated with their use</p> <p>Learning outcomes: to be able to plan and conduct analytical, simulation and experimental research; be able to critically evaluate data and draw conclusions. Organize, conduct sports festivals, judge physical education and sports competitions in educational institutions, clubs, and institutions; master pedagogical technologies of education, control and correction of training, taking into account functional capabilities in age, sex and qualification aspects.</p>
15	Olympic education	5	Tourism and orienteering	Preparation for writing a thesis	<p>Goals and objectives of the Olympic movement. Definition and brief description of the concepts of the Olympic movement, Olympic education, Olympism. Principles of Olympism. Symbols and rituals of MOD. The development of international sports relations required the development and adoption of common rules, regulations, standard terms of refereeing and determining the results of competitions, as well as coordination of the activities of national sports systems</p> <p>Know: Didactic and psychological foundations for teaching Olympic education</p>

					<p>and professional sports. The concept of school physical education. The sequence of introduction of the material into the educational process.</p> <p>Be able to: Plan the work of a physical education teacher and trainer in the designated discipline. Organize and conduct various forms of organization of the educational process using different means and methods of training. Plan and implement the content of the school course of physical education in the educational process. Effectively apply the methodological training system. Engage in continuous self-education.</p> <p>Skills: To promote the development of creative thinking, the formation of the scientific worldview of students, to equip the future teacher with a complex of knowledge, practical skills and skills for active pedagogical activity.</p> <p>Learning outcomes: to be able to plan and conduct analytical, simulation and experimental research; be able to critically evaluate data and draw conclusions. Organize, conduct sports festivals, judge physical education and sports competitions in educational institutions, clubs, and institutions; master pedagogical technologies of education, control and correction of training, taking into account functional capabilities in age, sex and qualification aspects.</p> <p>to be able to plan and conduct analytical, simulation and experimental research; be able to critically evaluate data and draw conclusions.</p>
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6B01403 "Primary military training"

Elective course №	The name of subject	Number of credits	Prerequisites	Post requisites	Short description of the content, the aims of education, expected results
Profiling disciplines					
Elective courses (EC)					
1	Gymnastics with methods of teaching	3	Theory and methodology chosen sport	Swimming with methods of teaching	<p>Classification, systematics and terminology in gymnastics. Ensuring the safety of gymnastics. Technique basics of its development, tactics, physical and mental qualities and functional training in gymnastics. Sports - pedagogical skills. Managing the process of sports improvement in different parts of the system of sports training.</p> <p>Know: development of coordination (accuracy of reproduction and differentiation of spatial, temporal and power parameters of movements, balance) abilities;</p>

					<p>Be able to: maintain balance when performing exercises; to form the correct posture, skills of voluntary relaxation; - The main didactic algorithms for teaching motor actions in health aerobics; symmetry, dynamism of movements in cardio training;</p> <p>Skills: - methods of teaching basic movements; drawing up bundles of exercises; symmetry, dynamism of movements in cardio training.</p> <p>Learning outcomes: to analyze the adequacy of physical activity to the physiological capabilities of the organism depending on the age, the sex, the level of sports training in gaming sports; to possess the skills of analysis, education, demonstration of physical exercises and sports tactical actions;</p>
1	Theory and methodology of gymnastics	3	Theory and methodology chosen sport	Swimming with methods of teaching	<p>History, occurrence. Development and current state of gymnastics. Classification of types of gymnastics. Wellness, educational - developing. Sports types of gymnastics. Features of gymnastics with applied focus. Technique basics of its development, tactics, physical and mental qualities and functional training in gymnastics.</p> <p>Know: The basics of gymnastics</p> <p>Be able to: apply the methods of educational work in elementary school</p> <p>Skills: Improve Professional Skill</p> <p>Learning outcomes: to analyze the adequacy of physical activity to the physiological capabilities of the organism depending on the age, the sex, the level of sports training in gaming sports; to possess the skills of analysis, education, demonstration of physical exercises and sports tactical actions;</p>
2	Tourism and orienteering	4	Theory and methods of teaching basic sports	Organizational structure of the international sports and Olympic movement	<p>Features of the influence of sports tourism on the body. Classification, systematics and terminology. Technical tactics of hiking. Management of physical qualities, functional and mental properties of the body. Knowledge, skills, abilities, necessary in tourism. Control regulatory requirements.</p> <p>Know: types and types of bonfires, rules for making bonfires and fire safety; - the rules for setting up tents on a hiking trip, types of tents for mass hiking; - safety rules when driving in a tourist group</p> <p>To be able to: collect equipment for a multi-day trip taking into account meteorological forecasts;</p> <p>Skills: - owns knitting technique; - able to organize meals in camp conditions; - able to break a bivouac for a halt on a trekking route and for spending the night in a multi-day trek</p> <p>Learning outcomes: to analyze and evaluate social and cultural, service, tourism activities,</p>

					international markets of social, cultural and tourist services, promotion and delivery of services to consumers; to forecast the results of social, cultural and tourist activities; within the framework of the educational process, which provides for an independent analysis of the effectiveness of selected methods and forms of the function of educational management.
2	Accommodation in different types of tourism	4	Theory and methods of teaching basic sports	Organizational structure of the international sports and Olympic movement	<p>Theoretical, methodical and practical bases of sports training and preparation of players; competition rules, possess judicial skills. technical and tactical methods of the game. Features of the impact of sports tourism on the body .. Technical and tactics of hiking. Management of physical qualities, functional and mental properties of the body.</p> <p>Know: - safety rules when driving in a tourist group; - The principle of operation and components of a tourist compass, the rules of orientation on a topographic map and compass, topographic signs; - ways of providing first aid, the composition of the tourist first-aid kit. To be able to: - collect equipment for a multi-day trip taking into account meteorological forecasts; Skills: - owns knitting technique; - able to organize meals in camp conditions; - able to break a bivouac for a halt on a trekking route and for spending the night in a multi-day trek</p> <p>Learning outcomes: to analyze and evaluate social and cultural, service, tourism activities, international markets of social, cultural and tourist services, promotion and delivery of services to consumers; to forecast the results of social, cultural and tourist activities; within the framework of the educational process, which provides for an independent analysis of the effectiveness of selected methods and forms of the function of educational management.</p>
3	Professional development in the chosen sport	5	Theory and methods of teaching basic sports	The activities of international and national sports federations The activities of international and national sports federations	<p>"Professional improvement in the chosen sport" reveals the basic methodological principles of conducting training sessions and fees. The learning process is one of the means of mastering the system of scientific knowledge of a particular sport. In the process of learning, students improve the methods of physical culture for the education of physical qualities, training and improvement of technical and tactical skills.</p> <p>Know: the methodology of teaching the technique of competitive exercises; - The theoretical foundations of the organization and methods of conducting training sessions in the chosen sport; - a system of many years of sports training in temporary detention facilities;</p> <p>To be able to: carry out historical analysis on</p>

					<p>IVS; - analyze sports training; Skills: master the methodology of teaching motor actions and exercises of the chosen sport of people of different age groups; Learning outcomes: to analyze and summarize the existing scientific, methodological and research experience in the selected type of professional activity; to master innovative technologies in the field of sports and implement them in professional activities, to improve professional skills in the process of training sessions. Possession of technical and tactical actions in the selected sport.</p>
3	Improvement of vocational coaching with activities in the ITT	5	Theory and methods of teaching basic sports	<p>The activities of international and national sports federations The activities of international and national sports federations</p>	<p>Theoretical, methodical and practical basics of training sports trainers for sports instructors. Theoretical basics of technical and tactical training of a sport, requirements for mastering the professional and pedagogical skills of the basics of ITT equipment, organizing and conducting the training process with the basics of technical and tactical training of a sport. Know: a system of long-term sports training in a temporary detention facility; - The fundamentals of scientific and methodological activities in temporary detention facilities; - The basics of coaching skills in temporary detention facilities. To be able to: show and explain individual exercises, compose a separate set of exercises, conduct a lesson (training). Skills: - master the basics of the methodology of sports training in a chosen sport. Learning outcomes: to analyze and summarize the existing scientific, methodological and research experience in the selected type of professional activity; to master innovative technologies in the field of sports and implement them in professional activities, to improve professional skills in the process of training sessions. Possession of technical and tactical actions in the selected sport.</p>
4	Professional work of the coaches and ski leader you head in the ITT	5	Theory and methodology chosen sport	<p>Theory and methodology of youth and professional sports</p>	<p>Basics of building a process of sports training. Sports training as a long-term process and its structure. Technology planning in the sport. General provisions of technology planning. Planning of sports training in long-term cycles. Planning the training - competitive process in the annual cycle of training. Know: The basics of the professional activities of trainers and instructors in temporary detention facilities Be able to: apply methods of educational work at school Skills: Improve Professional Skill Learning outcomes: to analyze and summarize the existing scientific, methodological and research experience in the selected type of</p>

					professional activity; to master innovative technologies in the field of sports and implement them in professional activities, to improve professional skills in the process of training sessions. Possession of technical and tactical actions in the selected sport.
4	Osobnosti performance coaches	5	Theory and methodology chosen sport	Theory and methodology of youth and professional sports	<p>The purpose of the discipline "Features of the activity of trainers" is: to provide the necessary amount of theoretical knowledge, practical and professional pedagogical skills necessary for the preparation of teachers-trainers in sports for work in general education schools, sports schools, sports schools and specialized boarding schools of sports profile.</p> <p>Know: Basics of the features of the activities of trainers</p> <p>Be able to: apply methods of educational work at school</p> <p>Skills: Improve Professional Skill</p> <p>Learning outcomes: to analyze and summarize the existing scientific, methodological and research experience in the selected type of professional activity; to master innovative technologies in the field of sports and implement them in professional activities, to improve professional skills in the process of training sessions. Possession of technical and tactical actions in the selected sport.</p>
5	The activities of international and national sports federations	5	Professional work of the coaches and ski leader you head in the ITT	Preparation for writing a thesis	<p>Basics of the functioning of international and national federations. Aims and objectives of sports organizations and their functionaries. Activities for the organization and conduct of mass sports and sports events in accordance with the requirements of international law.</p> <p>Know: Fundamentals of International Sports Organizations</p> <p>Be able to: apply methods of educational work at school</p> <p>Skills: Improve Professional Skill</p> <p>Learning outcomes: to be able to plan and conduct analytical, simulation and experimental research; be able to critically evaluate data and draw conclusions. Organize, conduct sports festivals, judge physical education and sports competitions in educational institutions, clubs, and institutions; master pedagogical technologies of education, control and correction of training, taking into account functional capabilities in age, sex and qualification aspects.</p>
5	International sports organization	5	Professional work of the	Preparation for writing a thesis	Considered aspects of the development of physical culture and Olympic sports from the standpoint of a systematic approach. The

			coaches and ski leader you head in the ITT		<p>structure of the socio-economic system is presented: global, international, national level of the management mechanism. The main approaches to management are investigated. The role of international organizations in managing the development of Olympic sports has been determined</p> <p>Know: Fundamentals of International Sports Organizations</p> <p>Be able to: apply methods of educational work at school</p> <p>Skills: Improve Professional Skill</p> <p>Learning outcomes: to be able to plan and conduct analytical, simulation and experimental research; be able to critically evaluate data and draw conclusions. Organize, conduct sports festivals, judge physical education and sports competitions in educational institutions, clubs, and institutions; master pedagogical technologies of education, control and correction of training, taking into account functional capabilities in age, sex and qualification aspects.</p>
6	Theory and methodology of youth and professional sports	5	Theory and methodology of physical culture	Preparation for writing a thesis	<p>Discipline "Theory and methods of children. Youth Sport "is an integral and unites all spheres of scientific research about a person: medical-biological, psychological-pedagogical and socio-economic disciplines, the result of training an athlete and the result shown to him depend on each of them to varying degrees. The study of the theory of sports is based on the study of the theory and methodology of individual sports.</p> <p>Know: The phenomenon of culture, its role in human life. Sanitary and hygienic fundamentals of activities in the field of physical education and sports. Psychophysiological, socio-psychological and biomedical laws of the development of physical qualities and motor skills of those involved, psychological and pedagogical means and methods of organizing and managing an individual, a group of people.</p> <p>Be able to: apply the knowledge gained in practice; Use the values accumulated in the field of physical culture and sports to foster patriotism and love for the homeland, the desire for a healthy lifestyle, personal hygiene skills, prevention and control of the state of your body, and the need for regular physical education and health classes.</p> <p>Skills: Skills of psychophysical self-improvement based on the scientific concept of a healthy lifestyle</p> <p>Learning outcomes: to analyze and summarize the existing scientific, methodological and research experience in the</p>

					selected type of professional activity; to master innovative technologies in the field of sports and implement them in professional activities, to improve professional skills in the process of training sessions. Possession of technical and tactical actions in the selected sport.
6	Features of training in youth sports	5	Theory and methodology of physical culture	Preparation for writing a thesis	<p>The content of the discipline covers the physical training of children, adolescents, boys, girls and professional athletes. Improving the knowledge of sports training of young athletes implies the possession of future bachelors of physical culture with modern methods of sports training in their chosen sport.</p> <p>Know: The history of the development of pedagogical thought, didactic technologies, methods of pedagogical control and quality of education. The theory and methodology of the chosen sport. The main provisions of the management sciences, the organizational foundations of the sphere of physical education and sports. Organizational and methodological foundations of youth sports and a reserve training system in temporary detention facilities</p> <p>To be able to: Use in professional activities relevant teaching and upbringing methods, various forms of classes, taking into account the age, morphofunctional and psychological characteristics of those involved, their physical and sports fitness, health status, select means and methods that are appropriate for the tasks.</p> <p>Skills: apply the knowledge gained in practice;</p> <p>Learning outcomes: to analyze and summarize the existing scientific, methodological and research experience in the selected type of professional activity; to master innovative technologies in the field of sports and implement them in professional activities, to improve professional skills in the process of training sessions. Possession of technical and tactical actions in the selected sport.</p>
7	Management of physical culture and sports	6	Theory and methodology of physical culture	Professional activity of trainers and instructors and IVS	<p>Disciplines consider theoretical and practical knowledge in the field of organization and management of physical culture and sports, a set of modern systematized knowledge about the main stages of the formation of a modern complex of branches of science focused on the knowledge of the essence of the phenomena of physical culture and sports reality, to form students' skills of scientific thinking.</p> <p>Know: functions, types and psychology of management;</p>

				<p>- the basics of organizing the work of a team of performers;</p> <p>-principles of business communication in a team;</p> <p>To be able to: implement management functions in professional activities;</p> <p>- make management decisions;</p> <p>-manage the dynamics of the conflict and own methods for its prevention;</p> <p>Skills: to form students' understanding of modern management and its relevance, practical significance in modern conditions; to study the functions, types of management;</p> <p>Learning outcomes: to analyze the results of scientific research and apply them in solving specific educational and research tasks. To develop perspective and operative plans and programs of concrete lessons in the sphere of children's and youth sports and with sportsmen of mass categories; independent carrying out of training sessions on a chosen kind of sports in children's and youth sports and with sportsmen of mass categories, realization of preventive maintenance of traumatism. in the organization of management and marketing at different levels of management of physical culture and sports.</p>
7	Innovations in physical culture and sports	6	Theory and methodology of physical culture	<p>Preparation for writing a thesis</p> <p>The goal of the course is to develop in the students of the department of physical culture professional thinking, skills, abilities and competencies that will allow the use of innovative technologies of physical culture in future work activities.</p> <p>Know: information technology in the field of management in the physical culture and sport;</p> <p>-features of management in the field of professional activity</p> <p>Be able to: to follow the ethics of business communication in behavior. be able to analyze market signs administrative and command management</p> <p>Skills: to form students' understanding of modern management and its relevance, practical significance in modern conditions; to study the functions, types of management;</p> <p>Learning outcomes: to analyze the results of scientific research and apply them in solving specific educational and research tasks. To develop perspective and operative plans and programs of concrete lessons in the sphere of children's and youth sports and with sportsmen of mass categories; independent carrying out of training sessions on a chosen kind of sports in children's and youth sports and with sportsmen of mass categories, realization of preventive maintenance of traumatism. in the organization of management and marketing at different</p>

					levels of management of physical culture and sports.
8	Military - applied sports	5	National sports (togyz kumalak, wrestling)	Preparation for writing a thesis	<p>Competitions and sports in general contribute to the development of physical abilities of young people. In turn, military-applied sports, among other things, educate the military in psychological stability, provide an opportunity to master specialties, allow to reveal the qualities that are necessary for the successful conduct of the service.</p> <p>Know: Basics of Military - Applied Sports Be able to: apply methods for conducting military-applied sports with children, adolescents, youths, adult athletes Skills: Improve Professional Skill Learning outcomes: to analyze the results of scientific research and apply them in solving specific educational and research tasks. To develop perspective and operative plans and programs of concrete lessons in the sphere of children's and youth sports and with sportsmen of mass categories;</p>
8	Military applied and service applied sports	5	National sports (togyz kumalak, wrestling)	Preparation for writing a thesis	<p>Military-applied and service-applied sports, the main of which are special actions related to the performance of military duties and employees of some federal bodies of executive power, and which are developed in the framework of one or several federal bodies of executive power.</p> <p>Know: Types of military equipment and their application Be able to: conduct military applied and service applied sports Skills: Improve Professional Skill Learning outcomes: to analyze the results of scientific research and apply them in solving specific educational and research tasks. To develop perspective and operative plans and programs of concrete lessons in the sphere of children's and youth sports and with sportsmen of mass categories; independent carrying out of training sessions on a chosen kind of sports in children's and youth sports and with sportsmen of mass categories</p>

List of elective courses for the educational program

**on specialty
6B01404 "Primary military training"**

Training period: 2 year
Form of study: full-time on the basis of higher education

Year of receipt: 2021

Name of the discipline	Code of discipline	Number of credits	Semester
Basic disciplines			
Component selection			
Component selection1			
Anatomy the basics of sports morphology and biomechanics	ABSMB 2212	6	1
Human anatomy	HA 2212		
Component selection2			
Theory and methods of teaching basic sports	TMTBS 2213	6	2
Theory and methods of weightlifting sports	TMWS 2213		
Component selection3			
Athletics with methods of teaching	AWMT 2214	5	1
Bases of training in athletics	BTA 2214		
Component selection4			
Basketball teaching methods	BTM 2215	5	1
Basketball history	BH 2215		
Component selection5			
History of physical culture and sports	HPCS 2216	5	2
Olympic sport	OS 2216		
Component selection6			
The basics of the sport	BS 3217	6	2
Fundamentals of sport and Wellness orientation	FSWO 3217		
Component selection7			
Theory and methodology of physical culture	TMPC 3218	5	2
Fundamentals of the theory and methodology of physical education and sport	FTMPES 3218		
Component selection8			
Physiological basis of physical education and sports	PBPES 3219	5	2
Age-related physiology	ARP 3219		
Component selection9			
Skiing with the methods of teaching	SWMT 3220	6	3
Theory and methodology of skiing	TMS 3220		
Component selection10			
Handball and Football with methodology of teaching	HFWMT 3221	6	3
Sports games teaching methods. Handball	SGTMH 3221		
Component selection11			
Swimming with methods of teaching	SWMT 3222	5	3
Theory and methods of teaching swimming	TMTS3222		
Component selection12			
Therapeutic physical culture	TPC 4223	5	3
Therapeutic physical culture and massage	TPCM 4223		
Component selection13			
Volleyball with the methods of teaching	VWMT 4224	5	4
Theory and methodology of volleyball	TMV 4224		
Component selection14			

National sports (togyz kumalak, wrestling)	NS 4225	5	4
Sports facilities	SF4225		
Component selection15			
Organizational structure of the international sports and Olympic movement	OSISOM 4226	5	4
Olympic education	OE4226		
Profiling disciplines			
Component selection			
Component selection1			
Gymnastics with methods of teaching	GWMT 2306	3	1
Theory and methodology of gymnastics	TMG 2306		
Component selection2			
Tourism and orienteering	TO 3307	4	2
Accommodation in different types of tourism	ADTT 3307		
Component selection3			
Professional development in the chosen sport	PDCS 3308	5	3
Improvement of vocational coaching with activities in the ITT	IVCWAITT 3308		
Component selection4			
Professional work of the coaches and ski leader you head in the ITT	PWCSLUH 3309	5	4
Osobnosti performance coaches	OPC 3309		
Component selection5			
The activities of international and national sports federations	AINSF 4310	5	4
International sports organization	ISO 4310		
Component selection6			
Theory and methodology of youth and professional sports	TMPS 4311	5	4
Features of training in youth sports	FTUS 4311		
Component selection7			
Management of physical culture and sports	MPCS 4312	6	3
Innovations in physical culture and sports	IPCS 4312		
Component selection8			
Military - applied sports	MAS 4313	5	4
Military applied and service applied sports	MASAS 4313		