

MODULAR EDUCATIONAL PROGRAM
6B01404 "Physical culture and sports"

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Developed by the Department of Applied Biology

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1. EXPLANATORY NOTE

The modular educational program (MEP) is compiled on the basis of the following documents:

- The Law of the Republic of Kazakhstan "On Education" dated 27.07.2007 with additions and amendments dated 21.02.2019;
- The State Standard of Higher and Postgraduate Education approved by the Order of the Minister of Science and Higher Education of the Republic of Kazakhstan dated July 20, 2022 № 2;
- Rules for the organization of the educational process on credit technology of education, approved by the Order of the Minister of Education and Science of the Republic of Kazakhstan №152 dated April 20, 2011;
- Model rules for the activities of organizations of Higher and (or) postgraduate Education, approved by the Order of the Minister of Education and Science of the Republic of Kazakhstan dated October 30, 2018 № 595;
- Professional standard "Teacher" approved by the order of the Acting Minister of Education of the Republic of Kazakhstan dated December 15, 2022 No. 500;
- Form 26 "Structure of the modular educational program"

The MEP is designed as a set of sequential training modules for the entire period of study and is aimed at mastering the competencies necessary for awarding the Bachelor of Education **degree under** the educational program 6B01404 "Physical Culture and Sports".

The modules of the block of general education disciplines (GED) include disciplines of the mandatory component (MC) – 51 credits and elective components (EC) – 5 credits.

The block of basic disciplines (BD) includes disciplines of the university component (UK) – 37 credits and components of choice (CC) – 75 credits.

The block of profile disciplines (PD) includes disciplines of the university component (UK) – 30 credits and components of choice (CC) - 34 credits.

Additional types of training (ATT) – 8 credits, which include the final certification.

The criterion for the completion of the educational process is the development of 240 credits by a student.

The MEP consists of 21 modules.

The purpose of the educational program

Training of qualified teaching staff according to the educational program "Physical Culture and Sport" - having professional competencies aimed at meeting the needs of the teaching staff of the region. Capable of implementing professional activities at a high scientific and pedagogical level in any socio-economic conditions, capable of carrying out professional activities in the following areas: education in the spirit of patriotism, friendship of the peoples of the Republic of Kazakhstan, respect for different cultures, traditions and customs; formation of universal and socio-personal values;

Expected results of the educational program (formed learning outcomes)

ON1 - analyze anatomical data and physiological processes occurring in the human body during muscular and athletic activity and apply this knowledge when performing physical exercises in the process of various sports.

ON2 – apply knowledge and understanding at a professional level, formulate arguments and solve problems in the field of theory and methodology of the chosen sport. Have the ability to manage the fitness of the body based on knowledge about the functions of the body, its individual adaptive capabilities and reserves, taking into account the reaction of its systems to physical exertion.

ON3 - demonstrate knowledge and understanding in the field of the history of physical culture, including elements of the most advanced knowledge; Implement a system of selection and sports orientation in the chosen sport using modern methods for determining the anthropometric, physical and mental characteristics of students. Have the ability to carry out scientific research in educational activities and use their results in the theory and practice of physical culture and sports.

ON4 - analyze and generalize the 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 activity; the ability to apply modern technologies, organizational forms, methods, techniques, teaching and upbringing tools in pedagogical activity to improve the quality of educational activities.

ON5 – demonstrate specialized knowledge and understanding in the field of linguistics, computer science, including elements of the most advanced knowledge at a professional level.

ON6 – analyze and evaluate socio - cultural, service, tourism activities, international markets of socio -cultural and tourist services, promotion and delivery of services to consumers; predict the results of socio - cultural and tourism activities.

ON7 – Use the basic provisions of general hygiene and hygiene of physical culture and sports, sanitary and hygienic bases of activity in the field of physical culture and sports, patterns of biochemical and physiological adaptation to muscle work of various capacities and duration, biochemical bases of rational nutrition of athletes. To give hygienic and chemical assessment of nutrition of athletes of different ages.

ON8 – demonstrate theoretical and methodological knowledge, practical skills and abilities necessary for independent pedagogical activity when working at various sports facilities. Apply innovative technologies in the field of sports in practice, improve professional skills during training sessions. Demonstrate technical and tactical actions in outdoor games.

ON9 – apply theoretical and practical knowledge of the methodological principles of teaching basic subjects of physical culture and sports, the nature of the formation of physical qualities, motor skills and abilities, the use of physical education tools to solve educational, practical and professional tasks in the field under study. Apply in practice the knowledge of methodically competent distribution of physical activity of students, taking into account different age groups, physical fitness of students. Demonstrate the skills of organizing and conducting sports events of a school-student scale, judicial skills of servicing sports competitions in basic sports of the school curriculum; implementation of the development of teaching materials, programs, methods of teaching and upbringing; knowledge of normative acts in the field of education, the content of the subject. Monitor the learning process, develop and apply a system of criteria-based assessment of students.

ON10 – to apply practical methods of physical therapy and methods of health-improving physical culture and sports activities with various groups of the population; to demonstrate the skills and management skills of educational and training processes, allowing to increase the training effect of preventing possible diseases and injuries with non-rational physical exercises for people of different genders and ages.

ON11 – develop and analyze long-term and operational plans and programs of specific classes in the field of youth sports and with athletes of mass categories; independently conduct training sessions on the chosen sport in youth sports and with athletes of mass categories, the implementation of injury prevention.

ON12 – demonstrate knowledge of the main provisions and categories of modern psychological and pedagogical science, age physiology and school hygiene, apply in practical pedagogical activity skills in the application of methods and technologies of educational activities and inclusive education in accordance with the age characteristics of students, as well as in the management of the holistic pedagogical process of the school; to comply with modern requirements for personal and professional qualities of a teacher; to manage the behavior of students, motivating their educational and cognitive activities, to promote their personal growth.

ON13 – possess the skills of using professional-pedagogical and organizational-managerial knowledge and skills in the field of physical culture and sports based on the analysis of historical and modern methods of teaching and education.

ON14 – Demonstrate knowledge of the idea of a modern law state to instill entrepreneurial skills, leadership qualities, receptivity to innovation based on scientific research with integrity, as well as ensuring safety standards.

In order to create special conditions for people with special educational needs to receive education, the graduate's competence model is supplemented with professional competencies that ensure the adaptive nature of the main educational program. To this end, courses for the formation of the ability of persons with special educational needs to successfully socialize in society and actively adapt to the labor market, taking into account the characteristics of the disease, are introduced into the catalog of courses of the additional educational program "Minor".

2. The graduate's competence model

The learning outcomes are determined on the basis of the Dublin descriptors of the first level (Bachelor's degree) and are expressed through competencies.

Competence is the possession of a certain competence, the knowledge, skills and abilities necessary for effective activity in a certain professional field.

Competence is the ability to apply knowledge, skills, and successfully act on the basis of practical experience in solving professional tasks.

Competencies are formed both at the level of the entire program, and at the level of a module and a separate discipline.

The competencies that a graduate should have after mastering the MEP are listed below.

1. Competence of general education

- aimed at the formation of ideological, civic and moral positions of the future specialist, competitive on the basis of knowledge of information and communication technologies, building communication programs in Kazakh, Russian and foreign languages, orientation to a healthy lifestyle, self-improvement and professional success;
- they form a system of general competencies that ensure the socio-cultural development of the personality of the future specialist on the basis of the formation of his ideological, civil and moral positions;
- develop the ability to interpersonal social and professional communication in Kazakh, Russian and foreign languages;
- contribute to the development of information literacy through the mastery and use of modern information and communication technologies in all areas of their lives and activities;
- form the skills of self-development and education throughout life;
- they form a personality capable of mobility in the modern world, critical thinking and physical self-improvement;
 - to evaluate the surrounding reality on the basis of worldview positions formed by knowledge of the fundamentals of philosophy, which provide scientific understanding and study of the natural and social world by methods of scientific and philosophical cognition, to reveal the meaning of the content and specific features of the mythological, religious and scientific worldview;
 - to show a civic position based on a deep understanding and scientific analysis of the main stages, patterns, peculiarities of the historical development of Kazakhstan, to use methods and techniques of historical description to analyze the causes and consequences of the events of the history of Kazakhstan;
 - to assess situations in various spheres of interpersonal, social and professional communication, taking into account the basic knowledge of sociology, political science, cultural studies, psychology, arguing their own assessment of everything happening in the social and industrial spheres, as well as synthesize knowledge of these sciences as a modern product of integrative processes;

- to use scientific methods, methods of research of a specific science, as well as the entire socio-political cluster, to choose a methodology, analyze and summarize the results of the study; *вырабатывать собственную нравственную и гражданскую позицию на основе общественных, деловых, культурных, правовых и этических норм казахстанского общества;*
- to put into practice knowledge in the field of social sciences and humanities, which has worldwide recognition, synthesize new knowledge and present it in the form of humanitarian socially significant products;
- to engage in communication in oral and written forms in Kazakh, Russian and foreign languages, using linguistic and speech means based on grammatical knowledge to solve the problems of interpersonal, intercultural and industrial (professional) communication, as well as to analyze information, actions and deeds of communication participants in accordance with the situation of communication;
- use various types of information and communication technologies in personal activities: Internet resources, cloud and mobile services for the search, storage, processing, protection and dissemination of information;
- to build a personal educational trajectory throughout life for self-development and career growth, to focus on a healthy lifestyle to ensure full-fledged social and professional activities through methods and means of physical culture;
- to know and understand the basic laws of the history of Kazakhstan, the basics of philosophical, socio-political, economic and legal knowledge, communication in oral and written forms in Kazakh, Russian and foreign languages;
- apply the acquired knowledge for effective socialization and adaptation in changing socio-cultural conditions, possess the skills of quantitative and qualitative analysis of social phenomena, processes and problems.

2. Basic Competencies (BC):

- to conduct psychological and pedagogical research in order to identify the specifics of human mental functioning, taking into account the peculiarities of age stages, developmental crises and risk factors, in order to assess and analyze the processes of higher nervous activity; to apply methods and technologies of educational activities and inclusive education in accordance with the age characteristics of students based on knowledge about the peculiarities of the regulation of behavior and human activity at various age levels; to select the means of training and education, methods and technologies of education that meet the modern requirements of traditional and inclusive education; to use the basic theories of motivation, leadership and power to solve managerial tasks; to apply risk management in educational organizations to make managerial decisions to reduce the degree of risk.
- use professional documentation in the state and foreign languages; use Kazakh, Russian and foreign languages in professional and research activities; present their position in a reasoned manner and conduct scientific discussions; perceive and analyze scientific articles in foreign journals and reports at international conferences.
- to plan, design and analyze the educational process in the organization of education; to solve the tasks of education and spiritual and moral development of students in educational and extracurricular activities; to develop programs of extracurricular work in biology and chemistry: scientific circles, excursions, field expeditions to study the flora and fauna of the region, research of the chemical composition of soils, reservoirs et al.
- to analyze and synthesize the studied material to isolate and reveal the causal relationships of the formation of the human body;

- to determine the main anatomical formations on a living person, to demonstrate the details of the structure on bone preparations.
- demonstrate knowledge and understanding in the field of theory and methodology of physical culture, including elements of the most advanced knowledge; Implement a system of selection and sports orientation in the chosen sport using modern techniques to determine the anthropometric, physical and mental characteristics of students.
- to analyze the adequacy of physical activity to the physiological capabilities of the body depending on age, gender, level of athletic training in cyclic sports; to possess the skills of analysis, training, demonstration of movement techniques of physical exercises, sports tactical actions.

3. Professional Competencies (PC):

In order to create special conditions for people with special educational needs to receive education, the graduate's competence model is supplemented with professional competencies that ensure the adaptive nature of the main educational program. To this end, courses for the formation of the ability of persons with special educational needs to successfully socialize in society and actively adapt to the labor market, taking into account the characteristics of the disease, are introduced into the catalog of courses of the additional educational program "Minor".

- to master the technique of performing basic exercises on gymnastic projectiles, to master the technique of techniques for the safe location of projectiles in the gym.
- to analyze and summarize 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, to improve professional skills in the process of training sessions. Mastering technical and tactical actions in a chosen sport.
- to form students' understanding of modern management and its relevance, practical significance in modern conditions; to study the functions, types of management;
- able to plan and conduct analytical, simulation and experimental studies; Able to critically evaluate data and draw conclusions. Organize, hold sports holidays, judge competitions in physical culture and sports in educational institutions, clubs, institutions; possess pedagogical technologies of training, control and correction of preparedness, taking into account functional capabilities in age, gender and qualification aspects.
- owns the technique of knitting knots; - able to organize meals in field conditions; able to set up a bivouac for a halt on the route of the hike and for an overnight stay in a multi-day hike.
- to analyze the results of scientific research and apply them in solving specific educational and research tasks. To develop long-term and operational plans and programs of specific classes in the field of youth sports and with athletes of mass categories; independent training sessions on the chosen sport in youth sports and with athletes of mass categories, the implementation of injury prevention. in the organization of management and marketing at different levels of physical culture and sports management.
- to master the methodological basics of conducting sports activities, to master the basic technical, tactical, judicial skills in the chosen sport.

Table 1. The sequence of mastering disciplines in the process of forming special competencies

№	Competencies	The list of compulsory, elective disciplines and the sequence of their study		Expected results
		List of disciplines	The sequence of their study	
Basic disciplines				
1	Professional	Anatomy the basics of sports morphology and biomechanics	3rd semester	<p>To know: about changes in the structure of organs in connection with function, general signs of the structure of organ systems as a whole, morphological research methods.</p> <p>Be able to: determine on a living person the main anatomical formations of bone protrusions, crevices, the direction of ligaments, muscle contours, the place of their origin and attachment, the projection of internal organs, vessels and peripheral nerves; use the knowledge gained in practice and in the subsequent study of other disciplines of the biological cycle and in further work in the specialty.</p> <p>Skills: to analyze and synthesize the studied material to isolate and reveal the cause-and-effect relationships of the formation of the human body; - to determine the main anatomical formations on a living person to demonstrate the details of the structure on bone preparations;</p>
		Human anatomy	3rd semester	<p>To know: - anatomical structure of the human body, justification of means and methods of physical education.</p> <p>Be able to: - perform physical exercises that affect the body and outline ways to improve it.</p> <p>Skills: - competently use knowledge about the structure of the human body, about the activity of the central nervous system and organs of internal secretion; - determine the impact of physical exertion on the human body.</p>
		Theory and methods of teaching basic sports	3rd semester	<p>To know: The history of the emergence of basic types of physical education. The importance and place of basic and new types in the system of physical education and sports.</p> <p>Be able to: Formulate specific tasks of teaching 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 students, available conditions for classes.</p> <p>Skills: To master the features of the educational and training process of basic sports.</p>

		Theory and methods of weightlifting sports	3rd semester	<p>To know: Basic principles, means and methods of training and initial training in basic types of physical education and sports.</p> <p>Be able to: Select and apply in the educational and training process of basic types of physical education and sports adequate to the tasks set modern scientifically based means and methods of training, education and initial training.</p> <p>Skills: Rational organization of the educational and training process in accordance with the content of existing programs and the specifics of the contingent of students.</p>
		Theory and methodology chosen sport	3rd semester	<p>Know: knowledge of the principles, techniques, methods of physical education;</p> <p>Be able to: carry loads during sports training, depending on gender, age, physical development, mental and motor abilities</p> <p>Skills: competent preparation of the lesson in accordance with the goals and objectives based on the state program. Correct execution of the movement technique</p>
		Athletics with methods of teaching	4th semester	<p>To know: - the theoretical and practical foundations of athletics, the requirements for mastering the professional and pedagogical skills of the basics of technique in athletics, the structure and conduct of the lesson.</p> <p>Be able to: - submit commands, organize the formation for performing exercises, explain and show exercises, identify and correct mistakes, select and compose exercises, judge competitions.</p>
		Bases of training in athletics	4th semester	<p>To know: - the sequence of training in technical and tactical actions in athletics, to know the basic means and methods of sports training, to study the features of the training process at various stages of training a weightlifter.</p> <p>Be able to: - submit commands, organize the formation for performing exercises, explain and show exercises, identify and correct mistakes, select and compose exercises, judge competitions.</p> <p>Skills: - to instill skills and abilities for the development and improvement of general and special physical training with the help of basic means and methods of physical culture at different stages of the training process.</p>
		Basketball teaching methods	4th semester	<p>To know: - the theoretical and practical foundations of sports games, the requirements for mastering the professional and pedagogical skills of the basics of the technique of sports play, the structure and conduct of the lesson.</p> <p>Be able to: - submit commands, organize the formation for performing exercises, explain and show exercises, identify and correct mistakes, select and compose exercises, judge competitions.</p> <p>Skills: - possess the means and methods of managing sports training in a sports game in various age groups, taking into account individual characteristics and adaptation to</p>

			physical exertion; - 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 the skills to control the level of sports training, research work and sports training management.
	Theory and methodology of basketball	4th semester	Know: safety requirements in basketball classes; basic concepts; rules of the game; requirements. Be able to: perform stands and movements; transfers on the spot and in motion; throws into the ring, etc. techniques. Skills: Organizational skills for conducting sports competitions, technical and tactical motor actions in the game basketball brought to automatism.
	History of physical culture and sports	4th semester	To know: - the history, social essence, structure and functions of physical culture, goals, objectives, the main components of the pedagogical process in the field of physical culture. - history, theory and methodology of the chosen sport. Be able to: - use the values accumulated in the field of physical culture and sports to foster patriotism and love for the fatherland, the desire for a healthy lifestyle, personal hygiene skills, prevention and control of the state of your body, the need for regular physical fitness 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. Skills: - to 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; - to possess the general principles of the evolution of physical culture and sports, such as its wellness orientation, the formation of positive personal qualities in the process of physical education.
	Olympic sport	4th semester	Know: the history of Olympic sports Be able to: competently plan the topics of Olympic education, paying attention to the key points of this discipline. Skills: on the use of means, forms and methods, ideas and theory in the field of physical culture and sports; to instill skills for research work, methodological foundations of control and management of sports training.
	Gymnastics with methods of teaching	4th semester	Know: development of coordination (accuracy of reproduction and differentiation of spatial, temporal and force parameters of movements, balance) abilities; Be able to: maintain balance when performing exercises; form correct posture,

			voluntary relaxation skills; basic didactic algorithms for teaching motor actions in recreational aerobics; symmetry, dynamism of movements in cardio training; Skills: methods of teaching basic movements; composing bundles of exercises; symmetry, dynamism of movements in cardio training. Competencies: is able to model the educational process and implement it in practice; is capable of forming healthy lifestyle skills in accordance with the requirements of hygiene, occupational safety and the rules of protection from possible negative external influences.
	Theory and methodology of gymnastics	4th semester	Know: Basics of gymnastics techniques Be able to: methodically correctly plan and conduct classes on the basics of gymnastics, dose physical activity depending on the age groups of those involved and their physical fitness. Skills: master the technique of performing basic exercises on gymnastic projectiles, master the technique of techniques for the safe location of projectiles in the gym.
	Outdoor games with the methods of teaching	4th semester	To know: the history of the emergence and development of mobile games; the importance and place of mobile games in the system of physical education; Features of the formation of motor skills and the development of physical qualities in mobile games; methods of conducting classes on mobile games with different age groups of students; methods of conducting mobile games in the classroom and after school; methods of organizing and conducting scientific and methodical and research works on outdoor games; Methods of organizing and conducting outdoor games competitions; Age and physiological characteristics of students of junior, middle and senior classes. Be able to: take into account age characteristics, use the skills of organizing and conducting outdoor games and the methodology of developing physical qualities when practicing outdoor games; determine the causes of errors that occurred during the game, be able to predict them and find opportunities to eliminate them; setting specific tasks, planning and conducting the main types of outdoor games classes with different groups of students; organization and verification of research and scientific-methodical work on outdoor games; Showing and conducting research and scientific-methodical works on mobile games; Skills: to combine knowledge of a complex nature, to draw conclusions based on incomplete or limited information, taking into account the social and ethical responsibility associated with their use.
	Biochemistry of physical culture and sports	5th semester	To know: the basic principles of the structural organization of biological macromolecules – proteins, nucleic acids, carbohydrates, lipids; physico-chemical properties of amino acids and their role in the formation of the structure and

			<p>functioning of the protein molecule; the functional role of proteins and nucleic acids in the processes of vital activity; the main provisions of enzymatic catalysis, specific properties and kinetic characteristics of enzymes; the role of enzymes for biotechnology; properties and the role of DNA and RNA in the reproduction and transmission of genetic information; structural features and properties of carbohydrates and lipids, their biological functions.</p> <p>Be able to: use your knowledge of the general course of Biochemistry to master other biological disciplines (molecular biology, molecular genetics, physiology), to solve practical issues of biotechnology, in particular engineering enzymology.</p> <p>Skills: to isolate biopolymers, identify functional groups of organic compounds, natural organic compounds of different classes, investigate the properties of natural compounds, work with enzymes.</p>
	Biochemistry in the practice of sports	5th semester	<p>To know: basic biochemical processes, anabolic and catabolic directions of metabolism, the main classes of biomolecules, principles of energy exchange in living organisms, the role of enzymes in metabolism;</p> <p>Be able to: conduct a qualitative analysis for proteins and enzymes;</p> <p>Skills: knowledge and regularities of the main metabolic pathways in living organisms.</p>
	Theory and methodology of physical culture	5th semester	<p>To know: the methodology of modeling the educational system of the class; planning the educational work of the class teacher; the methodology of forming a children's team, methods and forms of cooperation between the school and the family in the upbringing of children.</p> <p>Be able to: determine the goals, objectives and content of the education of schoolchildren; model the educational system of the class, the system of versatile educational work with schoolchildren; diagnose the class and personality of students, analyze the research results and use them as input data to determine the program of development and education of schoolchildren;</p> <p>Skills: to organize various types of student activities; to plan educational work with parents of students.</p>
	Theory and methodology of game sports	5th semester	<p>To know: the methodology of modeling the educational system of the class; planning the educational work of the class teacher; the methodology of forming a children's team, methods and forms of cooperation between the school and the family in the upbringing of children.</p> <p>Be able to: determine the goals, objectives and content of the education of schoolchildren; model the educational system of the class, the system of versatile educational work with schoolchildren; diagnose the class and personality of students,</p>

			analyze the research results and use them as input data to determine the program of development and education of schoolchildren; Skills: to organize various types of student activities; to plan educational work with parents of students.
	Physiological basis of physical sports	5th semester	Know: knows and owns key concepts and a complex of scientific knowledge on physiology, the basics of the influence of physical activity on the body. Be able to: be able to analyze physiological states and processes occurring during muscular and athletic activity ; Skills: is able to apply a set of skills for physiological control and independent analysis of the athlete's condition, decision-making during sports selection according to physiological indicators and for correction of physical exertion in case of incorrect application.
	Hygienic basics of physical culture and sports	5th semester	To know: The basic principles of "Hygienic foundations of physical culture and sports" requirements for personal hygiene, sanitary and hygienic conditions of playgrounds and halls where sports training is held. Types of hygiene depending on the type of sport. Be able to: determine the value of a genetically adequate and inadequate choice of sports specialization, style of competitive activity and sensorimotor dominance in sports; use genetic markers to search for highly and quickly trained athletes in sports Skills: to give future specialists in physical culture and sports theoretical, practical knowledge of personal hygiene and sports hygiene, to organize safe, harmless activities.
	Hygiene of physical education	5th semester	Know: the organization and content of physical exercises; - the volume and intensity of physical exertion during physical exercises; - the nature of nutrition during various sports; - technical equipment and equipment of athletes Be able to: develop and follow hygienic recommendations, norms and rules for creating favorable conditions for physical culture and sports; - improve health-improving efficiency and ensure that athletes can achieve high sports results without compromising their health; Skills: to prevent diseases, to correct the functional state of the human body by means of physical culture and sports; - to form a harmonious physical development of the younger generation and prolong the period of active longevity of the adult population.
	Hygiene of athletes' nutrition	5th semester	To know: features of the energy supply of the body at rest and under muscular loads; 3 - characteristics of the energy supply of the main functional systems of the body that ensure the movement of athletes; - features of the athlete's nutrition organization at

			<p>various stages of preparation; - features of the influence of various foods on the athlete's body; - consumption rates of various nutrients and biologically active substances.</p> <p>Be able to: reasonably form a list of food products necessary for the proper nutrition of a training athlete (which products predominate, in what quantity and ratio); - to calculate the energy consumption and energy consumption of an athlete at various stages of sports training;</p> <p>Skills: - proficiency in conducting research in the field of rational nutrition; - skills in planning, organizing and implementing rational nutrition activities for different ages and genders of students.</p>
	Fighting teaching methodology (Judo, Sambo)	5th semester	<p>Know: Classification of judo techniques. Classification of judo tactics. Mastering the technique of shifting judo. Professional development of the athlete. Physical qualities such as strength, speed, agility develop.</p> <p>Be able to: Manage the training process by sports from the selected type, training exercises, running, walking, jumping, throwing, training tactics with techniques.</p> <p>Skills: Mastering the technique of judo wrestling and its improvement. Training of highly qualified specialists.</p>
	Kazakh (Russian) language	5th semester	<p>To know:</p> <ul style="list-style-type: none"> - professional vocabulary and terminology; - the specifics of oral communication in the professional sphere; - language features of oral and written communication; - features of business communication and business etiquette. <p>Be able to:</p> <ul style="list-style-type: none"> - use the Russian language in interpersonal communication and professional activities; - to carry out business communication and conduct business conversations on professional topics; - to formalize and transmit the necessary information in writing; - explain your point of view and critically evaluate the proposed provisions; - create your own statements, essays, etc. - apply the norms of business etiquette in speech <p>Own:</p> <ul style="list-style-type: none"> - skills of expressing their thoughts and opinions in interpersonal and business communication in Russian; - professional terms and concepts; - professional text analysis;

				- information competence: the ability to work with a book, textbook, reference literature, dictionaries, to find the necessary information.
		Skiing with the methods of teaching	6th semester	To know: the theoretical foundations of winter sports, the requirements for mastering the professional pedagogical skills of the basics of technology and winter sports, the organization and conduct of classes, methods of teaching winter sports, the mechanics of judging. Be able to: give commands, organize a formation for performing exercises, explain and show exercises, identify and correct mistakes, select and compose exercises, exercise, use literary sources, repair and care for places of study, equipment and inventory. Skills: methods of teaching basic movements; compilation of bundles of exercises; methods of teaching winter sports, mechanics of judging.
		Theory and methodology of skiing	6th semester	Know: The basics of skiing Be able to: apply methodological techniques of ski racing training for all age groups and degree of preparedness. Skills: master the technique of walking on skis in classic and skating, turns at different sliding angles.
		Handball with methodology of teaching	6th semester	Know: The basics of the handball technique Be able to: organize handball classes in accordance with all methodological and theoretical requirements of the higher school. Skills: master the basic technical and tactical motor actions perfectly, master the skills of judging.
		Theory and methodology of handball	6th semester	Be able to: organize handball classes in accordance with all methodological and theoretical requirements of the higher school. Skills: master the basic technical and tactical motor actions perfectly, master the skills of judging
		Swimming with methods of teaching	6rd semester	Know: The basics of swimming with teaching methods Be able to: competently plan and methodically rationally build the learning process of swimming. Skills: to master at a practical level the main methods of swimming: crawl, Breaststroke, butterfly, freestyle, as well as the skills of servicing competitions of various scales.
		Theory and methods of teaching swimming	6th semester	Know: The basics of swimming with teaching methods Be able to: competently plan and methodically rationally build the learning process of

		swimming. Skills: to master at a practical level the main methods of swimming: crawl, Breaststroke, butterfly, freestyle, as well as the skills of servicing competitions of various scales.
Professional development in the chosen sport	6th semester	To know: the methodology of teaching the technique of competitive exercises; - theoretical foundations of the organization and methods of conducting training sessions in the chosen sport; a system of long-term sports training in the IVS; Be able to: conduct historical analysis on IVS; conduct analysis of sports training; Skills: to master the methodology of teaching motor actions and exercises of the chosen sport to people of different age groups;
Improvement of vocational coaching with activities in the ITT	6th semester	Know: - the system of long-term sports training in the IVS; - fundamentals of scientific and methodological activities in IVS; - fundamentals of coaching skills in IVS. Be able to: - show and explain individual exercises, make a separate set of exercises, conduct a lesson (training). Skills: - master the basics of sports training techniques in your chosen sport.
Professional work of the coaches and ski leader you head in the ITT	6th semester	To know: The basics of professional activity of trainers and instructors in IVS Be able to: organize and conduct educational and sports events, both in high-performance sports and in labor collectives. Skills: to master the methodological basics when conducting sports activities, to master the basic technical and tactical, judicial skills in the chosen sport.
Osobnosti performance coaches	6th semester	To know: The basics of the specifics of the activity of trainers Be able to: plan and conduct training activities for athletes of all ages and skills. Skills: master the techniques of transferring all technical and motor skills to their pupils. Master the skills of judging and organizational methods in the course of classes.
Professionally-oriented foreign language	6th semester	To know: - lexical material on the topics of this discipline; - regulatory requirements for registration (official letter, essay, etc.). - improve pronunciation skills; - develop productive and receptive lexical and grammatical skills; - to improve the skills of dialogical speech of a general nature related to situations of everyday and professional communication; - develop listening skills (with full understanding of what you have heard); - develop and improve writing skills;

		<p>- improve the skills of introductory, studying, viewing and searching reading.</p> <p>Be able to:</p> <ul style="list-style-type: none"> - automate technical skills of reading about yourself; to develop the ability to transmit scientific information and literature of a socio-political nature; -develop skills of monologue (prepared) speech – thesis deployment; -master the reversed reading aloud of a prepared message; -teach referencing skills. <p>Own:</p> <ul style="list-style-type: none"> - complexity in solving practical, educational, educational and developmental goals (with practical goals acting as the leading ones); the communicative orientation of the learning process.
Therapeutic physical culture and massage	7th semester	<p>To know: - the main mechanisms of the therapeutic effect of massage; principles of determining indications and contraindications to the use of massage; - psychological and pedagogical features of work on rehabilitation of disabled people.</p> <p>Be able to: - perform classical, sports, segmental reflex and acupressure techniques; - develop self-massage skills.</p> <p>Skills: - physical therapy and medical control for various injuries in physical education classes.</p>
Fundamentals of Sports Medicine	7th semester	<p>Know: Basics of Sports Medicine methodology</p> <p>Be able to: apply medical means to restore athletic performance. Apply methods of sports medicine to various types of sports activities.</p> <p>Skills: competently apply sports pharmacology in the sports life of athletes.</p>
Volleyball with the methods of teaching	7th semester	<p>To know: the theoretical and practical foundations of sports games, the requirements for mastering the professional and pedagogical skills of the basics of the technique of sports play, the structure and conduct of the lesson.</p> <p>Be able to: submit commands, organize the formation for performing exercises, explain and show exercises, identify and correct mistakes, select and compose exercises, judge competitions.</p> <p>Skills: to possess the means and methods of managing sports training in volleyball in various age groups, taking into account individual characteristics and adaptation to physical exertion; to master the volleyball technique perfectly; to have the skills to control the level of sports training, research work and sports training management.</p>
Theory and methodology of volleyball	7th semester	<p>To know: - the theoretical and practical basics of volleyball, the requirements for mastering the professional and pedagogical skills of the basics of volleyball technique,</p>

		<p>the structure and conduct of the lesson.</p> <p>Be able to: - submit commands, organize the formation for performing exercises, explain and show exercises, identify and correct mistakes, select and compose exercises, judge competitions.</p> <p>Skills: to master the technique of volleyball perfectly; to master the methodology of teaching volleyball techniques, building a training process for athletes of various sports qualifications; to have skills in monitoring the level of sports training, research work and sports training management.</p>
National sports (togyz kumalak, wrestling)	7th semester	<p>To know: - the history of development and the place of national sports in the system of physical education of various groups of the population; - the causes of injuries 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 activities of national sports with different groups of the population; - organize recreational and physical culture mass work on national sports with different age groups of the population;</p> <p>Skills: - basic knowledge of national sports in the educational process; - methods of teaching exercises in national sports; - methods of teaching exercises in national sports; - master the methodology of developing physical qualities when practicing national sports.</p>
Table tennis with teaching methods	7th semester	<p>Know: - Know the rules of the game and refereeing. Methodically competently build an educational and training process in table tennis. Use physical education methods in your work.</p> <p>Be able to: Be able to organize and conduct competitions in this sports game.</p> <p>Skills: As a result of mastering the discipline, the student should know: the history of the emergence and development of table tennis, knowledge and place of table tennis in the system of physical education. Features of the formation of motor skills and the development and development of physical qualities necessary for playing table tennis.</p>
Football with teaching methods	7th semester	<p>To know: Technical and tactical training, general physical training, the history of the development of the game of football, the marking of the playing field, the basics of refereeing, the organization and conduct of football for various age groups</p> <p>Be able to: - be able and ready to form program goals, solve tasks, criteria and indicators for achieving goals, build a structure of their interrelations, identify priorities for solving tasks</p> <p>Skills: The variety of technical and tactical techniques of football players and methods of their application, which make up the content of this discipline, allows you to</p>

			purposefully influence the development of all the main functions of the body in accordance with motor capabilities.
	Theory and methodology of football	7th semester	<p>To know: To know the specifics of the selection of young football players, the assignment of sports titles in football, to plan the work of a physical education teacher and a coach on the theory and methodology of football.</p> <p>To be able to: Be able to correctly apply methodological techniques in the educational process of football players of different age groups. Be able to methodically competently organize the competitive process.</p> <p>Skills: To organize and carry out various forms of organization of 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 methodical system of training. Engage in continuous self-education</p>
	Sports facilities	7th semester	<p>Know: The basics of sports facilities</p> <p>Be able to: be able to competently, rationally operate a sports facility.</p> <p>Skills: possess practical skills in the maintenance and maintenance of sports facilities in proper order, up to major changes in the drawing of the sports complex.</p>
	New types of physical fitness classes	7th semester	<p>Know: New types of physical education and wellness classes</p> <p>Be able to: make a plan of wellness activities for all age groups and the degree of preparedness of those involved.</p> <p>Skills: master the basic motor skills of wellness training perfectly.</p>
	Theory and methodology of youth sports	7th semester	<p>To know: The phenomenon of culture, its role in human life. Sanitary and hygienic bases of activity in the field of physical culture and sports. Psychophysiological, socio-psychological and medico-biological patterns of the development of physical qualities and motor skills of students, psychological and pedagogical means and methods of organization and management of an individual, a group of people.</p> <p>Be able to: apply the acquired knowledge in practice; Use the values accumulated in the field of physical culture and sports to foster patriotism and love for the fatherland, the desire for a healthy lifestyle, personal hygiene skills, prevention and control of the state of your body, the need for regular physical fitness classes.</p> <p>Skills: Skills and abilities of psychophysical self-improvement based on the scientific understanding of a healthy lifestyle</p>
	Features of training in youth sports	7th semester	<p>To know: The history of the development of pedagogical thought, didactic technologies, methods of pedagogical control and quality of education. Theory and methodology of the chosen sport. The main provisions of management sciences,</p>

		<p>organizational foundations of the sphere of physical culture and sports. Organizational and methodological foundations of youth sports and the reserve training system in the IVS</p> <p>Be able to: Use in professional activities relevant methods of teaching and upbringing, various forms of classes, taking into account the age, morphofunctional and psychological characteristics of those involved, their level of physical and athletic fitness, health status, select tools and methods adequate to the tasks.</p> <p>Skills: apply the acquired knowledge in practice;</p>
Management of physical culture and sports	8th semester	<p>Know: - functions, types and psychology of management; - the basics of organizing the work of a team of performers; - principles of business communication in a team;</p> <p>Be able to: implement management functions in professional activities; - make management decisions; - manage the dynamics of the conflict and own methods of its prevention;</p> <p>Skills: to form students' understanding of modern management and its relevance, practical significance in modern conditions; to study the functions, types of management;</p>
Innovations in physical culture and sports	8th semester	<p>Know: - information technologies in the field of management in the field of physical culture and sports; - features of management in the field of professional activity</p> <p>Be able to: - follow the ethics of business communication in behavior. be able to analyze the signs of market and administrative command management.</p> <p>Skills: to form students' understanding of modern management and its relevance, practical significance in modern conditions; to study the functions, types of management;</p>
Tourism and orienteering	8th semester	<p>To know: types and types of bonfires, rules of bonfires and fire safety; - rules for the installation of tents on foot, types of tents for mass hiking; safety rules when performing movement in a tourist group.</p> <p>Be able to: collect equipment for a multi-day hike, taking into account meteorological forecasts;</p> <p>Skills: owns the technique of knitting knots; - able to organize meals in field conditions; able to set up a bivouac for a halt on the route of the hike and for an overnight stay in a multi-day hike.</p>
Accommodation in different types of tourism	8th semester	<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; methods of providing first aid, the composition of a tourist</p>

			<p>first aid kit.</p> <p>Be able to: collect equipment for a multi-day hike, taking into account meteorological forecasts;</p> <p>Skills: owns the technique of knitting knots; is able to organize meals in field conditions; is able to break a bivouac for a halt on the route of the hike and for an overnight stay in a multi-day hike.</p>
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Table 2. Sequence of mastering disciplines of social and professional interaction

Course	Providing disciplines	Competence	Expected result
1	History of Kazakhstan	General education	<p>To know:</p> <ul style="list-style-type: none"> - demonstrate knowledge and understanding of the main stages of the development of the history of Kazakhstan; <p>Be able to:</p> <ul style="list-style-type: none"> - to correlate the phenomena and events of the historical past with the general paradigm of the world-historical development of human society through critical analysis; - be able to objectively and comprehensively comprehend the immanent features of the modern Kazakh model of development; <p>Own:</p> <ul style="list-style-type: none"> - possess the skills of analytical and axiological analysis in the study of historical processes and phenomena of modern Kazakhstan; - to systematize and give a critical assessment of historical phenomena and processes of the history of Kazakhstan
1	Kazakh (Russian) language	General education	<p>To know:</p> <ul style="list-style-type: none"> - theoretical foundations of the course (language, its functions, forms of speech, text, its features, speech styles, functional and semantic types of speech); - features of dialogic and monologue speech; - types of scientific information and specifics of its implementation in a scientific text; - elements of structural and semantic analysis and semantic analysis of a scientific text, components of a speech situation, intentions of the speaker. <p>Be able to:</p> <ul style="list-style-type: none"> - to make the right choice and use of language and speech means to solve certain communication and cognition tasks based on knowledge of a sufficient volume of vocabulary, grammatical knowledge system, pragmatic means of expressing intentions; - to compose everyday, socio-cultural, official and business texts in accordance with generally accepted norms,

			<p>functional orientation, using lexical, grammatical and pragmatic material of a certain certification level adequate to the goal;</p> <ul style="list-style-type: none"> - to convey the factual content of texts, formulate their conceptual information, describe the deductive knowledge (pragmatic focus) of both the entire text and its individual structural elements; - interpret the information of the text, explain the stylistic and genre specifics of the texts of socio-cultural, socio-political, official-business and professional spheres of communication in the scope of certification requirements; - participate in communication in various situations of different spheres of communication in order to realize their own intentions and needs (domestic, educational, social, cultural), stating them ethically correctly, meaningfully fully, lexically-grammatically and pragmatically adequate to the situation; - discuss ethical, cultural, socially significant issues in discussions, express your point of view, defend it in a reasoned manner, critically evaluate the opinion of interlocutors; - to build programs of speech behavior in situations of personal, social and professional communication in accordance with the norms of language, culture, specifics of the sphere of communication, certification requirements; - request and report information in accordance with the communication situation, evaluate the actions and actions of participants, use information as a tool to influence the interlocutor in situations of cognition and communication in accordance with certification requirements. <p>Own:</p> <ul style="list-style-type: none"> - the skills of producing oral and written speech in accordance with the communicative purpose and professional sphere of communication; - language skills in various situations of everyday, socio-cultural, professional communication; - skills of searching, processing information in Russian; - types of speech activity.
1	Foreign language	General education	<p>To know:</p> <ul style="list-style-type: none"> - lexical minimum and language material of topics and subtopics in this discipline (social and household and socio-cultural spheres of communication). <p>Be able to:</p> <ul style="list-style-type: none"> - understand by ear not only individual phrases and frequently used words, but also more voluminous statements on topics directly related to him, - understand the main content of short simple messages on the radio, at the airport, at the train station. - understand when reading the content of short, simple texts, advertisements, brochures, menus, bus and train schedules, a short, simple personal letter, an electronic message. - communicate in simple typical situations that require the exchange of information within familiar topics and activities, be able to talk about family, living conditions, training sessions. - write a simple personal letter, a note, an autobiography.

			<p>Own:</p> <ul style="list-style-type: none"> - understanding of foreign-language dialogic and monologue speech within the framework of general cultural and professional topics; - a foreign language at the level that allows you to carry out the main types of speech activity; - various ways of oral and written communication; - skills of adequate response in situations of everyday, academic and professional communication; - listening, reading, writing skills.
1	Information and communication technology	General education	<p>To know: - what economic and political factors contributed to the development of information and communication technologies; - features of various operating systems, architecture.</p> <p>Be able to: - identify the main trends in the field of information and communication technologies; - use information resources to search and store information; - work with spreadsheets, consolidate data, build graphs; - apply methods and means of information protection; design and create simple websites; - process vector and raster images; create multimedia presentations; use various platforms for communication; - calculate and evaluate performance indicators of supercomputers; - use various forms of e-learning to expand professional knowledge; - use various cloud services.</p> <p>Possess: possess the skills of: - developing the database structure; - designing and creating presentations; - receiving data from the server; - creating video files; - work with Smart applications; - work with services on the e-government website.</p>
1	Модуль Social and Political хзнаний	Sociology	<p>General education</p> <p>To know:</p> <ul style="list-style-type: none"> - patterns and stages of the historical process, the main historical facts, dates, events and names of world and domestic historical figures; - the main events and processes of national history in the context of world history <p>Be able to:</p> <ul style="list-style-type: none"> - critically perceive, analyze and evaluate historical information, factors and mechanisms of historical changes; - analyze civil and ideological positions in society, form and improve their views and beliefs, transfer philosophical worldview to the field of material and practical activities; - use various philosophical methods to analyze trends in the development of modern society, philosophical and legal analysis <p>Own:</p> <ul style="list-style-type: none"> - skills of a holistic approach to the analysis of society's problems; - methods of philosophical, historical and cultural studies, techniques and methods of analyzing the problems of society; - causal relationships in the development of Kazakhstan society; <p>the place of a person in the historical process and the political organization of society;</p> <p>skills of respectful and careful attitude to the historical heritage</p>

1	Politicalogy	General education	<p>To know:</p> <ul style="list-style-type: none"> - the main stages of the development of political knowledge in the history of civilization; - schools and directions of modern political science; - political life of society; - the political system and its institutions; - the essence of political processes in the country and the world. <p>Be able to:</p> <ul style="list-style-type: none"> - analyze the features of political systems and the functioning of political institutions; - critically evaluate the theoretical approaches of political science; - to identify the interrelationships and patterns of the political process; - to compare political systems, institutions and actors in an inter-country and subnational context, based on the knowledge gained and the methods mastered. <p>Own:</p> <ul style="list-style-type: none"> - Have the skills (gain experience) of working with primary sources on the topics of the course; analysis of regulatory legal acts and other documents; search, processing and analysis of information; solving problems related to the assessment of the political course; working in groups, project activities, business games; public speaking; academic writing. <p>Possess the skills to express their thoughts and opinions in interpersonal and business communication in a foreign language; the skills to extract the necessary information from the original text in a foreign language.; - develop their civic position and bear social responsibility to society.</p>
1	Culturology	General education	<p>To know:</p> <ul style="list-style-type: none"> - basic theories of culture, basic concepts of cultural studies; the main directions of the methodology of modern cultural analysis; - the history of the formation of world culture and civilization, theoretical features of basic cultural concepts, various interpretations of culture and civilization in world and domestic literature; - actual problems of the development of modern culture; - the idea of culture as a socio-historical phenomenon; - patterns of the development of world cultures, as well as the typology of the classification of cultures; - basic knowledge about the history of the most important cultures of mankind; - about the ways of acquiring, storing and transmitting the basic values of culture - about the diversity and self-worth of various cultures, - forms and types of culture, patterns of their functioning and development, the main cultural and historical regions - the history of Kazakh culture, its place in the system of world culture and civilization <p>Be able to:</p> <ul style="list-style-type: none"> - be able to identify the features of this culture, the dominant values in it;

				<ul style="list-style-type: none"> - explain the specifics of intercultural communication; - be able to conduct independent professional activity in a dynamically changing multicultural society; - be able to navigate the cultural environment of modern society; - be able to explain the phenomenon of culture, its role in human life; - be able to navigate cultural issues, independently understand the issues of the influence of cultural factors on the behavior of individuals; - <p>Possess:</p> <ul style="list-style-type: none"> - practical skills in the preservation and enhancement of national and world cultural heritage; - practical skills of practical use of knowledge and skills in the issues of taking into account the specifics of cultural behavior of various individuals and collectives in the modern conditions of the formation of civil society in the Republic of Kazakhstan.
1		Psychology	General education	<p>To know: the meaning and place of psychology in the system of sciences; the main directions of personality development in modern psychology; personal values and meanings in professional self-determination; the relationship and interaction of the psyche and body; techniques and techniques of effective communication.</p> <p>Be able to: interpret basic psychological theories, concepts; use methods and mechanisms of emotion regulation in everyday life; identify patterns of behavior in a conflict situation and conduct self-diagnosis.</p> <p>Possess: definitions of individual psychological characteristics of personality, value-semantic concepts in professional self-determination of personality; recognition of psychological impact and effective communication.</p>
1	Модуль экономико-правовых знаний	Fundamentals of economic and legal knowledge	General education	<p>To know: methods of scientific research in economics, various theories about entrepreneurship, financial literacy and market economy, types of entrepreneurship, entrepreneurship, to master various quantitative and qualitative methods for creating a future business, entrepreneurial calculations, analytical calculations and forecasts, the main provisions of the Constitution and current legislation of the Republic of Kazakhstan, the system of public administration and the scope of their powers, the mechanism of interaction of substantive and procedural law, the essence of corruption and the causes of its origin, the current legislation in the field of anti-corruption.</p> <p>Be able to: analyze and justify the reality of business plans, market segmentation, competently and professionally assess the market situation for the organization of their business, creatively approach the solution of various economic tasks, possess practical skills of independent economic work in the field of entrepreneurship, calculate personal budget, have clear background information and a quick and correct orientation to economic indicators, analyze events and actions from the point of view of the field of legal regulation and be able to refer to the necessary regulations, navigate the current legislation, using the law to protect their rights and interests, use spiritual and moral mechanisms to prevent corruption.</p> <p>Skills: acquire practical skills in constructing graphs and diagrams illustrating various economic models, independently conducting economic work in the field of entrepreneurship, quickly and correctly navigate the actual source information and calculated economic indicators, determine the levels of financial security, have the skills to identify economic problems when analyzing specific situations and solving them, taking into account the actions of</p>

			economic patterns on the micro- and macro-levels, conducting discussions on legal issues, on the application of norms in the modern period, analysis of the situation of conflict of interests and moral choice.
	Module of economic and natural knowledge	Fundamentals of scientific and environmental knowledge	General education To know: forms and methods of pre-scientific, scientific and extra-scientific cognition, modern approaches to socio-humanitarian knowledge and their commensurability; basic epistemological models, the nature of transformations of the concept of rationality; fundamentals of ecology and safe human activity in the habitat, environmental factors and their impact on living organisms, methods for identifying, eliminating the influence of harmful factors on humans and environment, and providing comfortable conditions for human life and activity. Be able to: formulate and solve problems that arise in the course of research and require in-depth professional knowledge; modify existing and develop new methods based on the tasks of a specific study; choose methods of protection from hazards in relation to the field of their professional activities and choose ways to ensure comfortable living conditions. Possess: the skills of conducting independent research and scientific and pedagogical activities that require extensive education in the appropriate direction; the ability to apply methodological and methodological knowledge in conducting scientific research; the skills to ensure the safety of life in professional activities, living conditions and in emergency situations.
1	Age physiology and school hygiene	Basic	Students should:- know: • general patterns of growth and development of the body; • age-related features of physiology and hygiene of all systems of the child's body;• hygienic requirements for buildings, classrooms, the air environment, lighting of classrooms and equipment of schools; • hygienic foundations of the organization of the educational process and the daily routine for children of six years of age; • fundamentals of the health of children and adolescents, familiarization with the rules of a healthy lifestyle; - be able to: • apply methods and means of cognition, training and self-control for their intellectual development, cultural level improvement, professional competence, preservation of their health, moral and physical self-improvement; - possess the skills of: • using knowledge about the modern natural science picture of the world in educational and professional activities;• organization of educational work with children and adolescents, taking into account the anatomical and physiological characteristics of the body in different age periods, as well as taking into account hygienic requirements for buildings and classrooms, furniture and equipment of schools; • ensuring the protection of life and health of students in the educational process and extracurricular activities; • countering adverse environmental factors by introducing children and adolescents to the formation of a healthy lifestyle and health promotion.
1	Pedagogy	Basic	To know: - about the role of science and education in public life; - about current trends in the global educational space; - about the professional competence of a teacher of 12-year secondary education; - about the social purpose and role of a teacher in modern society;- about the social meaning and content of their future specialty;- about the object of the future teacher's activity; - about the factors of continuous professional and personal formation of the teacher;- about the education system of the Republic of Kazakhstan;- theoretical and methodological foundations of pedagogy and the history of its development, the world pedagogical heritage; - theory and practice of the holistic

			<p>pedagogical process; - technology for the implementation of the pedagogical process;</p> <p>be able to: - carry out pedagogical communication and interaction in the pedagogical process; - to design and carry out educational work in accordance with the laws, educational mechanisms of the pedagogical process; - carry out diagnostics of the educational process in the classroom according to the main characteristics (variables) and predict its further development; - formulate educational tasks, choose activities adequate to these tasks, forms and methods; - develop their own approaches to the process of education and upbringing, comprehend the trends in the development of educational systems at different stages of history;</p> <p>possess the skills of: - research activities; - pedagogical communication and pedagogical techniques; - organization of subject-subject interaction of all participants in the pedagogical process; - the use of pedagogical technologies in the educational process; - the application of acquired knowledge in the period of professional practice.</p>
1	Psychology and human development	Basic	<p>To know: - the history of the development of the subject of psychology and human development and Soviet and foreign psychology; - characteristics of psychology and human development as a science, its methods and tasks; dynamics of development and structure of personality and human activity; - To have an idea of the psychological characteristics of a person's personality in ontogenesis and phylogeny.</p> <p>Have: - an idea of the psychological characteristics of a person's personality in ontogenesis and phylogenesis:</p> <p>Be able to: - use the acquired knowledge in practice; - to create a methodological basis for monitoring the progress, completeness of the content and conditions of the child's mental development.</p>
1,2	Physical culture	General education	<p>To know: - the role of physical culture in the development and training of a specialist; - fundamentals of the state policy of the Republic of Kazakhstan in the field of physical culture and sports; - theoretical and methodological foundations of physical culture; - the main achievements of the Republic of Kazakhstan in the field of physical culture; - hygienic and organizational bases of physical culture and sports.</p> <p>Be able to: - use practical skills and abilities in life that ensure the preservation and strengthening of health, development and improvement of psychophysical abilities and qualities; - use physical culture, sports and wellness activities to achieve life and professional goals; - apply the rules for the safe conduct of physical exercises and sports.</p> <p>Possess: - the skills of organizing mass sports competitions; - exercises for professional and pedagogical physical training, general physical training, special physical training, as well as apply special games in practice; - a system of practical skills that ensure the preservation and strengthening of health, development and improvement of psychomotor abilities and qualities.</p>
2	Philosophy	General education	<p>To know:</p> <ul style="list-style-type: none"> - basic philosophical concepts and categories, patterns of development of nature, society and thinking; - the essence of philosophical categories, terminology of philosophy and the structure of philosophical knowledge, functions of philosophy methods of philosophical research; - the place and role of philosophy in public life; <p>Be able to:</p>

			<ul style="list-style-type: none"> - to use the basics of philosophical knowledge to form a worldview position; - analyze ideological, socially and personally significant philosophical problems; - to orient oneself in the system of philosophical knowledge as a holistic view of the foundations of the universe and the prospects for the development of planetary society; - to understand the characteristic features of the modern stage of philosophy development <p>Own:</p> <ul style="list-style-type: none"> - skills of philosophical analysis of various types of worldview; - the skills of philosophical thinking to develop a systematic, holistic view of the problems of society; - skills of analyzing texts with philosophical content
2	Management in education	Basic	<p>To know: - theoretical and methodological foundations of management in education: functions, patterns, principles, methods of pedagogical management, system-forming factors of pedagogical management, the history of the development of management concepts in education: features of school management based on systematic, humane, competence and technological approaches: - fundamentals of the management of the holistic pedagogical process of the school; -conditions for effective management of pedagogical by the school staff</p> <p>Be able to: - apply the acquired theoretical knowledge in the practice of managing an educational institution; - to carry out diagnostic, analytical and design activities within the framework of a unified management system of an educational institution; - to design and carry out various types of management activities; - to use the skills of a systematic, humane, human-centered, competence-based and technological approaches to the management of an educational institution; - evaluate the quality of management activities from the standpoint of the holistic pedagogical process of the school as an open pedagogical system; - to be involved in the methodological work of an educational institution, analyze and evaluate the effectiveness of the educational process using modern methods of assessing the quality of teaching, education and development of students, apply methods of work to overcome the limitations of pedagogical management.</p> <p>Possess: - theoretical knowledge on the basics of pedagogical management in accordance with modern requirements; skills in designing and analyzing the management of the holistic pedagogical process of the school. - skills of research activity; - skills of pedagogical communication; - skills of organizing subject-subject interaction of all participants in the pedagogical process; - skills of applying the acquired knowledge during the period of professional practice, as well as in solving professional tasks; be flexible and mobile in various conditions and situations related to the activities of the management of the CPP.</p>
2	Theory and methods of educational work	Basic	<p>Must master the knowledge: - about the essence, goals and objectives of educational work in school and classroom; - about the modern concept of education in the Republic of Kazakhstan and educational systems of school and class; - about the system and activities of the class teacher; - on the forms and methods of pedagogical interaction and cooperation of the subjects of the educational process-teachers, students, parents; - about the patterns of development and methods of forming a children's team; - about the forms, methods, means and techniques of educational work in various directions, - about modern technologies of education; - on the diagnosis of the results of educational work.</p>

			<p>Must be able to: - model, plan and conduct educational work in the classroom, school with a focus on the formation of a citizen of Kazakhstan on the basis of universal and national values; - choose types of education taking into account its goals and objectives, as well as age and individual characteristics of pupils; - variatively apply methods and techniques of education, select and use means, organizational forms of education; - to carry out pedagogical guidance and management of the process of forming a class team and organizing its activities; - to organize class hours, CTD and educational events of various directions; - to choose and use innovative technologies of education, including technologies of re-education of difficult children; - choose forms of effective cooperation with parents; - organize work with gifted children; - plan, organize and conduct career guidance work in the classroom and school; - study the effectiveness of the educational process and methodically ensure it.</p> <p>Must master the following skills: - theoretical knowledge on the basics of pedagogical management in accordance with modern requirements; -the skills of designing and analyzing the management of the holistic pedagogical process of the school; - the skills of research activities;</p> <p>- the skills of pedagogical communication; - the skills of organizing subject-subject interaction of all participants in the pedagogical process; - the skills of applying the acquired knowledge during the period of professional practice, as well as when solving professional tasks; be flexible and mobile in various conditions and situations related to the activities of the management of the CPP.</p>
2	Inclusive education	Basic	<p>To know:</p> <ul style="list-style-type: none"> - The Law of the Republic of Kazakhstan "On social and medical-pedagogical correctional support for children with disabilities"; other international and republican legal and by-laws regulating the activities of general education organizations operating in inclusive education; - the essence, content, structure of educational processes and systems, pedagogical technologies and innovative processes in the field of inclusive education; - the main directions and prospects for the development of inclusive education and pedagogical science; - the essence and specifics of the professional activity of teachers of general education organizations and teachers-defectologists in the process of inclusive education; - concepts of psychological and pedagogical assistance and systems of correctional and pedagogical influence. <p>Be able to:</p> <ul style="list-style-type: none"> - to find, analyze and systematize information on the organization of inclusive education; - to use in professional activity the main international and domestic documents on the rights of the child and the rights of persons with disabilities to receive a quality education; - design work to inform the public about the problems of education of persons with disabilities; - to design the directions of correctional and pedagogical influence in the conditions of inclusive education, depending on the type of impaired development, the needs of the child, learning conditions, resources of the locality; - to organize and provide optimal socio-environmental and educational (professional) conditions for children with disabilities in general education organizations.

3. The list of modules included in the educational program

Table 3. List of modules included in the educational program

Module №	Name of the module	List of disciplines included in the module	Block	Term	Volume credits	Form control	Total Credits modulo
M1	History of Kazakhstan	History of Kazakhstan	MC GE	1	5	SE	5
M2	Language and communication	Foreign language	MC GE	1,2	10	Exam	20
		Kazakh (Russian) language	MC GE	1,2	10	Exam	
M3	Information technology	Information and communication technology	MC GE	2	5	Exam	5
M4	Socio-political knowledge and philosophy/ Economic-legal and economic-natural knowledge	Sociology	MC GE	3	5	Exam	18
		Politicalology	MC GE	1	2	Exam	
		Culturology	MC GE	2	2	Exam	
		Psychology	MC GE	1	2	Exam	
		Sociology	MC GE	2	2	Exam	
		Fundamentals of economic and legal knowledge	UC GE	2	3	Exam	
Fundamentals of scientific and environmental knowledge	UC GE	2	2	Exam			
M5	Physical education and sports	Physical culture	MC GE	1,2,3,4	8	Dif.offset	8
M6	Introduction to the teaching profession	Age physiology and school hygiene	UC BD	2	3	Exam	14
		Pedagogy	UC BD	1	5	Exam	
		Educational practice	UC BD	2	2	Dif.offset	
		Psychology and human development	UC BD	1	4	Exam	
M7	Pedagogical and educational process and its management	Management in education	UC BD	3	3	Exam	
		Theory and methodology of teaching basic sports (according to the school curriculum)/ Theory and methods of weightlifting sports	CC BD	3	6	Exam	

		Theory and methods of educational work	UC BD	3	3	Exam	23
		Pedagogical practice	UC BD	5	6	Dif.offset	
		Inclusive education	UC BD	4	3	Exam	
		Psychological and pedagogical practice	UC BD	4	2	Dif.offset	
M8	Basics of sports training: athletics and basketball	Athletics with methods of teaching / Bases of training in athletics	CC BD	4	5	Exam	10
		Basketball teaching methods / Theory and methodology of basketball	CC BD	4	5	Exam	
M9	Outdoor games with teaching methods/ Gymnastics: theory and methodology of teaching	Outdoor games with the methods of teaching	UC PD	4	5	Exam	8
		Gymnastics with methods of teaching / Theory and methodology of gymnastics	CC PD	4	3	Exam	
M10	Theory and methodology of physical culture and sports; game sports; selected sports	Theory and methodology of physical culture / Theory and methodology of game sports	CC BD	5	4	Exam	9
		Theory and methodology chosen sport	UC PD	3	5	Exam	
M11	The structure and physiology of the human body	Anatomy the basics of sports morphology and biomechanics / Human anatomy	CC BD	3	6	Exam	17
		Physiological basis of physical sports / Hygienic basics of physical culture and sports	CC BD	5	3	Exam	
		Biochemistry of physical culture and sports / Biochemistry in sports practice	CC BD	5	4	Exam	
		Hygiene of physical education/ Nutritional hygiene for athletes	UC PD	5	4	Exam	
M12	The history of the formation of the FKIS area and the foundations of its development	History of physical culture and sports / Olympic sport	CC BD	4	5	Exam	10
		Fighting teaching methodology (Judo, Sambo)	UC PD	5	5	Exam	
M13	Professional languages	Professional kazakh (russian) language	UC BD	5	3	Exam	6
		Professionally-oriented foreign language	UC BD	6	3	Exam	

M14	Orientation on the terrain. Techniques and methods	Tourism and orienteering / Accommodation in different types of tourism	CC PD	8	3	Exam	9
		Skiing with the methods of teaching / Theory and methodology of skiing	CC BD	6	6	Exam	
M15	The role of the coach and instructor in the development of physical educa- tion	Professional development in the chosen sport /Improvement of vocational coaching with activities in the ITT	CC PD	6	5	Exam	10
		Professional work of the coaches and ski leader you head in the ITT /Osobnosti performance coaches	CC PD	6	5	Exam	
M16	Basics of teaching Olympic sports: vol- leyball and handball	Handball with methodology of teaching /Theory and methodology of handball	CC BD	6	6	Exam	11
		Volleyball with the methods of teaching / Theory and methodology of volleyball	CC BD	7	5	Exam	
M17	Recreational activities as a condition of physical education	Swimming with methods of teaching / Theory and methods of teaching swimming	CC BD	6	5	Exam	10
		Therapeutic physical culture and mas- sage/Fundamentals of Sports Medicine	CC BD	7	5	Exam	
M18	Innovations in physical education and its scope of application	Sports facilities/New types of physical fitness classes	CC PD	7	5	Exam	14
		Theory and methodology of youth sports / Fea- tures of training in youth sports	CC PD	7	5	Exam	
		Management of physical culture and sports / Innovations in physical culture and sports	CC PD	8	4	Exam	
M19	Methods of teaching physical culture/ Integration of military skills and sports	National sports (togyz kumalak, wrestling)/ Table tennis with teaching methods	CC BD	7	5	Exam	10
		Football with teaching methods / Theory and meth- odology of football	CC BD	7	5	Exam	

M20	Work focused on professional and practical training of students	Production -pedagogical practice	UC BD	8	15	Dif.offset	15
M21	Final certification	Final certification	ATT	8	8	FC	8
Итого					240		240