

CATALOG OF ELECTIVE DISCIPLINES

7M01 - Pedagogical sciences

(Code and classification of the field of education)

7M014 - Teacher training with subject specialisation for general development

(Code and classification of the direction of training)

0114

(Code in the International Standard Classification of Education)

M005 - Training of teachers of physical culture

(Code and classification of the educational program group)

7M01401 - Physical education and sports

(Code and name of the educational program)

Master

(Level of preparation)

set of 2023

Developed

Academic Committee of the OP
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Reviewed

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Chairman of the Quality Assurance Commission B.S. Zheldybayeva

Approved

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Chairman of the Academic Council Oralkanova I.A.

Methods of planning and execution of scientific works on physical culture and sports

Discipline cycle	Profiling discipline
Course	1
Credits count	5
Knowledge control form	Examination

Short description of discipline

The discipline considers the issues of scientific and methodological activities in the field of physical culture and sports, science as type of activity, history and methodology of scientific knowledge and research, choice of direction and planning research, search for initial information, theoretical level of scientific research, modeling and formulation problems of scientific research, as well as the features and methods of conducting a pedagogical experiment.

Purpose of studying of the discipline

Be able to choose and plan the direction of research in the field of Physical Culture and sports, master the features and methodological ways of conducting a pedagogical experiment.

Learning Outcomes

ON2 Master the methodology and algorithm of planning and organization of research and scientific and pedagogical activities.

ON9 Own modern technologies for designing and organizing scientific research in their professional activities based on an integrated approach.

Learning outcomes by discipline

- can determine and plan the direction of research in the field of Physical Culture and sports;

- can work with originals;

- the search for information, along with the theoretical level of scientific research, has mastered the features and methodology of conducting scientific research and experiments.

Prerequisites

Bachelor

Postrequisites

Final examination

Organizational and methodical bases of sports directing

Discipline cycle	Profiling discipline
Course	2
Credits count	5
Knowledge control form	Examination

Short description of discipline

The discipline improves knowledge and practical skills in the theory and methodology of physical culture and sports for conducting mass sports competitions. The issues of development, organization and planning of scenarios for sports competitions are considered. Basic concepts and planning of the organization and conduct of sports competitions. Professional screenwriter and work with extras. Teaching and skills planning and execution of planned activities.

Purpose of studying of the discipline

Mastering the process of organizing sports events in order to develop mass sports.

Learning Outcomes

ON5 Possess modern trends in the development of pedagogical education, means and methods of physical culture and wellness technologies.

ON7 Develop social programs to attract people with special educational needs to physical education classes using the latest technologies.

Learning outcomes by discipline

- understands the importance of mass sports;

- can organize sports activities with the public;

- mastered the documents for the organization of sports work.

Prerequisites

Basic and profile disciplines of the EP

Postrequisites

Final examination

Management of competitive activity in the chosen sport

Discipline cycle	Profiling discipline
Course	2
Credits count	5
Knowledge control form	Examination

Short description of discipline

The discipline studies the theoretical foundations of conducting competitions in the chosen sport, training system athletes and beginners of the highest sports category, organization and holding of competitions, training camps for selected sport, forms the ability to plan competitive practice at various stages of sports training at various levels. Considers methods of analysis and evaluation of the rules of competitive activity and rules judging.

Purpose of studying of the discipline

the theoretical foundations of conducting competitions in the selected sport, the system of training athletes and newcomers of the highest sports category, the organization and conduct of competitions, training camps in the selected sport

Learning Outcomes

ON8 To carry out scientific research using modern information technologies and apply their results to improve the effectiveness of pedagogical, recreational, coaching, cultural, educational and organizational management activities in the field of physical culture and sports.

Learning outcomes by discipline

- can organize training activities (multi-year preparatory stages, macrocycles, stages) on a basis aimed at optimizing training;
- can provide optimization of the athlete's behavior in micro-and mesocycles of training, individual competitions;
- can plan individual exercises and their complexes, programs of training sessions, individual starts of competitions, fights, fights.

Prerequisites

Basic and profile disciplines of the EP

Postrequisites

Final examination

New approaches to teaching

Discipline cycle	Basic disciplines
Course	1
Credits count	5
Knowledge control form	Examination

Short description of discipline

The discipline is aimed at improving potential professional abilities. Indication of the need to update the content of teaching methods; contribute to improving the quality of teaching and learning practices; assist all teachers in their professional development and improvement, as well as in choosing areas of work. Possess a solid skill in the field of interactive method; improve potential professional abilities; continuously reflect during their practices.

Purpose of studying of the discipline

Be able to analyze new educational technologies, regulatory documents, new ideas, scientific and educational concepts in a timely manner; learn to collect, group, and systematize new messages related to research work.

Learning Outcomes

ON5 Possess modern trends in the development of pedagogical education, means and methods of physical culture and wellness technologies.

ON9 Own modern technologies for designing and organizing scientific research in their professional activities based on an integrated approach.

Learning outcomes by discipline

- owns modern directions of development of pedagogical education, means and methods of physical culture and health technologies.
- owns modern technologies of design and organization of scientific research in his professional activity on the basis of an integrated approach.

Prerequisites

Bachelor

Postrequisites

Basic and profile disciplines of the EP

Teacher's professional guide

Discipline cycle	Basic disciplines
Course	1
Credits count	5
Knowledge control form	Examination

Short description of discipline

The discipline is aimed at a new approach during teaching and learning. Teaching critical thinking. Evaluate learning and evaluate for learning. Use ICT during teaching and learning. Stimulates the activities of organizations, determines the methods of solving professional tasks, evaluates their effectiveness and quality. To teach a talented as well as a gifted student. Teach and teach in accordance with the age characteristics of the student. Management and leadership in training.

Purpose of studying of the discipline

Mastering the peculiarities of the educational process of the university, training undergraduates to evaluate the work of students; formation of managerial and leadership qualities in the learning process.

Learning Outcomes

ON3 To solve modern scientific problems and practical tasks in the field of physical culture and sports on the basis of the development of theoretical and methodological thinking.

ON5 Possess modern trends in the development of pedagogical education, means and methods of physical culture and wellness technologies.

Learning outcomes by discipline

- mastered new learning approaches.
- uses ICT in teaching and learning. Owns the learning process of students in accordance with individual characteristics.
- formed managerial and leadership qualities in education.

Prerequisites

Bachelor

Postrequisites

Pedagogical practice

Physical education teaching technology in secondary vocational and university

Discipline cycle	Basic disciplines
Course	1
Credits count	5

Knowledge control form

Examination

Short description of discipline

The teaching of physical culture lessons is provided by a number of components: the focus of the lessons, teaching methods motor skills and abilities, methodological features of physical education of students of various school age, methods of dosing physical activity, education of physical qualities, etc., which individually cannot provide a system of pedagogical influences. This task can only be solved with the help of educational pedagogical technologies.

Purpose of studying of the discipline

Providing undergraduates with theoretical and practical knowledge in the field of theory and methodology of student sports, teaching practical understanding of its basic concepts in universities, faculties of physical culture and sports.

Learning Outcomes

ON5 Possess modern trends in the development of pedagogical education, means and methods of physical culture and wellness technologies.

ON7 Develop social programs to attract people with special educational needs to physical education classes using the latest technologies.

Learning outcomes by discipline

- the use of methodological knowledge of students in the organization of the educational process. be able to explain, carry out interdisciplinary communication in the educational process; create handouts to use it in the educational process.

-to use knowledge in the field of physical sciences in the pedagogical activity of students, to conduct teaching and educational work. Students should be able to use methods, forms of training, and the necessary means.

-the use of acquired knowledge in practical classes and experimental work.

Prerequisites

Bachelor

Postrequisites

The research work of a student, including an internship and the implementation of a master s thesis I

Development of mass sports infrastructure in educational institutions

Discipline cycle

Basic disciplines

Course

1

Credits count

5

Knowledge control form

Examination

Short description of discipline

The discipline is aimed at studying research technologies in the field of mass sports infrastructure development, application of the obtained theoretical knowledge in solving research problems; analysis and systematization information on the research topic; scientific research programs and organization of their implementation. Application modern health-saving technologies in the educational process, complexes of physical exercises for professional applied physical training, methodology for introducing health issues and programs into the educational process.

Purpose of studying of the discipline

To provide knowledge on the basics of design, construction and operation of sports facilities and to familiarize with various sports facilities for mass sports.

Learning Outcomes

ON7 Develop social programs to attract people with special educational needs to physical education classes using the latest technologies.

ON8 To carry out scientific research using modern information technologies and apply their results to improve the effectiveness of pedagogical, recreational, coaching, cultural, educational and organizational management activities in the field of physical culture and sports.

Learning outcomes by discipline

- Знает основы создания и применения учебной, материально-технической и нормативной базы по физической культуре и спорту, уверенно использует в учебном процессе.

Prerequisites

Bachelor

Postrequisites

Final examination

Modern innovative technologies in physical culture and sports

Discipline cycle

Basic disciplines

Course

1

Credits count

5

Knowledge control form

Examination

Short description of discipline

Analyze ideas, concepts, legal documents in the field of development of pedagogical innovations; analyze educational innovative technologies. Independent search for information on issues innovative pedagogy and analysis of the material in accordance with the requirements of scientific research; study and analysis real innovative pedagogical practice at different levels of its development.

Purpose of studying of the discipline

To improve innovative educational technologies in the training of physical culture and sports specialists, to achieve the effective application of theoretical knowledge of specialists during practice.

Learning Outcomes

ON3 To solve modern scientific problems and practical tasks in the field of physical culture and sports on the basis of the development of theoretical and methodological thinking.

ON5 Possess modern trends in the development of pedagogical education, means and methods of physical culture and wellness technologies.

Learning outcomes by discipline

-Can use innovative technologies in the organization of data transmission.

- Modular learning technologies and can reliably use educational information in the organization of the educational process.

Prerequisites

Bachelor

Postrequisites

Pedagogical practice

Modern problems of activation of physical culture and sports

Discipline cycle	Basic disciplines
Course	1
Credits count	5
Knowledge control form	Examination

Short description of discipline

Formation of the necessary knowledge and practical scientific and theoretical prerequisites for reforming the system aspects of improving the process of professionally applied physical training. Considers motor activity and its impact on the physical and mental performance of the younger generation and personal physical culture and its formation in society.

Purpose of studying of the discipline

Mastering modern requirements in the field of physical culture and sports. Formation of the necessary scientific-theoretical, practical knowledge. To reveal modern problems and find solutions in the field of professionally applied physical training.

Learning Outcomes

ON3 To solve modern scientific problems and practical tasks in the field of physical culture and sports on the basis of the development of theoretical and methodological thinking.

ON6 To form ways of studying physical culture and sports as a complex socio-cultural phenomenon.

Learning outcomes by discipline

-mastered modern requirements in the field of physical culture and sports.

-the necessary scientific, theoretical, practical knowledge corresponding to the requirements of the time has been formed.

-understands modern problems of professionally applied physical training. Can actively perform organizational work, understanding the problems of physical culture and sports.

-examines and activates the physical education of the individual and its formation in society.

Prerequisites

Bachelor

Postrequisites

Final examination

Fundamentals of student sports training

Discipline cycle	Basic disciplines
Course	1
Credits count	5
Knowledge control form	Examination

Short description of discipline

The course considers the methodological foundations of sports training, means, methods and principles of sports training, periodization of the training process, planning and control of sports training of athletes, as well as the formation of the necessary knowledge and practical skills for the organization and management of training and competitive students' activities in their chosen sport in the process of studying at a higher educational institution.

Purpose of studying of the discipline

In-depth training in selected sports, methodological and organizational foundations of sports training, planning and control of sports training of students, methods of organization.

Learning Outcomes

ON3 To solve modern scientific problems and practical tasks in the field of physical culture and sports on the basis of the development of theoretical and methodological thinking.

ON8 To carry out scientific research using modern information technologies and apply their results to improve the effectiveness of pedagogical, recreational, coaching, cultural, educational and organizational management activities in the field of physical culture and sports.

Learning outcomes by discipline

-mastered the methodological and organizational basics of sports exercises;

- knows and understands the tools, methods and principles of sports training;

- has the methods of planning and control, organization of sports training and can be used during practice in accordance with methodological requirements.

Prerequisites

Bachelor

Postrequisites

Final examination

Modern problems of University physical education

Discipline cycle	Basic disciplines
Course	1
Credits count	5
Knowledge control form	Examination

Short description of discipline

This course studies: the criteria for physical fitness of those involved in various health groups, problems the impact of training loads on the state of students with different levels of physical fitness. Modern approaches to the program- normative practice of physical education of students. Motivation university administrations in the development of student sports, the activities of sports clubs.

Purpose of studying of the discipline

Criteria of physical training of a student or a future specialist in accordance with the characteristics of a person`s personality (in accordance with health, age, sexual and physical level of development), problems of the impact of physical activity on the body, emerging changes in the body, problems and methods of organizing work to improve health.

Learning Outcomes

ON2 Master the methodology and algorithm of planning and organization of research and scientific and pedagogical activities.

ON4 To form theoretical knowledge and practical skills necessary for application in the field of physical culture and sports.

ON6 To form ways of studying physical culture and sports as a complex socio-cultural phenomenon.

Learning outcomes by discipline

- mastered modern changes in the field of Physical Culture and sports;
- can apply in accordance with the requirements of the organization;
- creatively orientates the decision-making process.

Prerequisites

Bachelor

Postrequisites

Basic and profile disciplines of the EP

Theory, methodology and practice of the chosen sport (at the university and in elite sports)

Discipline cycle	Basic disciplines
Course	1
Credits count	5
Knowledge control form	Examination

Short description of discipline

The discipline represents methods, means, principles of sports training, a system of conducting educational and training fees and competitions; methodological foundations of teaching the chosen sport, professional and pedagogical competence in higher education and sports of the highest achievements; theoretical and methodological aspects in selected sports; basics of pedagogical skills and types of communication; main methodological paradigms of knowledge formation and worldview in the field of the general theory of training, its integration with the theory of adaptation in the field of sports.

Purpose of studying of the discipline

To prepare undergraduates for professional-pedagogical, coaching and organizational work on the basics of training in various structural institutions of physical culture and sports.

Learning Outcomes

ON4 To form theoretical knowledge and practical skills necessary for application in the field of physical culture and sports.

ON6 To form ways of studying physical culture and sports as a complex socio-cultural phenomenon.

Learning outcomes by discipline

- knows the rules of the competition, the functions of the judges of the chosen sport;
- knows the principles, methods, and means of teaching.
- knows how to plan the training process;
- knows how to manage sports training.

Prerequisites

Bachelor

Postrequisites

The research work of a student, including an internship and the implementation of a master s thesis I

Non-traditional types of recreational gymnastics

Discipline cycle	Profiling discipline
Course	1
Credits count	5
Knowledge control form	Examination

Short description of discipline

The discipline contains the basics of theory and methodology for organizing and conducting a holistic educational process in physical culture. Considers directions in the system of physical education, reveals the features of sports training, forms a set of specially selected physical exercises to improve health and harmonious development of the body. The content of the discipline allows you to see and feel for yourself through the practice of various forms (types) of gymnastics, such as callanetics, gymnastics according to the "hatha yoga" system, step aerobics, hydro aerobics, breathing exercises, body flex and many others.

Purpose of studying of the discipline

Mastering traditional and non-traditional forms of gymnastics in the field of Physical Culture and sports

Learning Outcomes

ON7 Develop social programs to attract people with special educational needs to physical education classes using the latest technologies.

ON8 To carry out scientific research using modern information technologies and apply their results to improve the effectiveness of pedagogical, recreational, coaching, cultural, educational and organizational management activities in the field of physical culture and sports.

Learning outcomes by discipline

- fully mastered the characteristic features of traditional and non-traditional types of gymnastics;
- can apply in accordance with the requirements during the internship.

Prerequisites

Bachelor

Postrequisites

Basic and profile disciplines of the EP

Health-improving orientation of loads with teaching methods (by sports)

Discipline cycle	Profiling discipline
Course	1
Credits count	5
Knowledge control form	Examination

Short description of discipline

The discipline provides for the improvement of knowledge and skills in the theory and methods of teaching sports the content and methodology of conducting health-improving classes of loads by sports, analyzes technique of movements in order to build the learning process using the health-improving orientation of loads. understand in questions of modeling and planning of the training process. Apply health care products physical activity during physical education classes.

Purpose of studying of the discipline

familiarization of undergraduates with the content and methodology of the load in the direction of rehabilitation in sports.

Learning Outcomes

ON6 To form ways of studying physical culture and sports as a complex socio-cultural phenomenon.

ON8 To carry out scientific research using modern information technologies and apply their results to improve the effectiveness of pedagogical, recreational, coaching, cultural, educational and organizational management activities in the field of physical culture and sports.

Learning outcomes by discipline

- provides for the improvement of knowledge and skills using the health-improving direction of loads in the theory and methodology of teaching sports.

- issues of modeling and planning of the training process are analyzed.

Prerequisites

Bachelor

Postrequisites

Basic and profile disciplines of the EP

Problems of inclusive education in the field of physical education

Discipline cycle	Profiling discipline
Course	1
Credits count	5
Knowledge control form	Examination

Short description of discipline

The discipline provides for clinical and physiological substantiations and mechanisms of the therapeutic action of physical exercises, characteristics of diseases; organization of a special medical group in educational institutions, characteristics of physical education rehabilitation programs for children with health problems, organization of physical exercises with children with disabilities, anatomical, physiological and psychological pedagogical features of the development of the child's body.

Purpose of studying of the discipline

Mastering the features and organizational methods of the process of inclusive education in the field of Physical Culture and sports

Learning Outcomes

ON3 To solve modern scientific problems and practical tasks in the field of physical culture and sports on the basis of the development of theoretical and methodological thinking.

ON7 Develop social programs to attract people with special educational needs to physical education classes using the latest technologies.

Learning outcomes by discipline

-дене шынықтыру және спорт саласының негізгі міндеттерін толық түсінеді;

- денсаулықты сақтау немесе жақсартудың жолдарын игеру, заманауи талаптарын ескере отырып инклюзивті білім беруді практика барысында қолдана алады;

-инклюзивті білім берудің технологиясын туындаған жағыдайды ескере отырып пайдаланудың жолдарын толық игерген.

Prerequisites

Bachelor

Postrequisites

Final examination

Methodology and methods of scientific research

Discipline cycle	Profiling discipline
Course	1
Credits count	5
Knowledge control form	Examination

Short description of discipline

Forms in students the theoretical foundations of the organization of research activities: types of research, stages of organizing and conducting pedagogical research, methods and techniques for collecting and analyzing data in psychological and pedagogical research. Methodological foundations of scientific knowledge and dissertation research. Conceptual apparatus and stages of scientific research. Research methodology. Preparation and publication of scientific articles.

Purpose of studying of the discipline

To establish the ability of undergraduates to use in practice, teaching the theory of research work.

Learning Outcomes

ON2 Master the methodology and algorithm of planning and organization of research and scientific and pedagogical activities.

ON9 Own modern technologies for designing and organizing scientific research in their professional activities based on an integrated approach.

Learning outcomes by discipline

-ғылыми зерттеу жұмыстарының теориясын толық игерген;

-педагогикалық зерттеулерді ұйымдастырып және нәтежиелерін жинақтай алады;

-ақпараттарды жинау және алынған педагогикалық ғылыми ізденіс нәтежиелерімен ұштастыра біледі.

Prerequisites

Bachelor

Postrequisites

Final examination

Scientific and pedagogical research of physical culture and sports

Discipline cycle	Profiling discipline
Course	1
Credits count	5
Knowledge control form	Examination

Short description of discipline

The subject provides for such issues as the theoretical and scientific-pedagogical foundations of physical culture and sports, history of modern scientific and pedagogical research, new technologies for training scientific and pedagogical personnel. There are also materials on the basics of the theory of physical culture and sports, which outline the leading aspects theoretical preparation for the future professional activity of a teacher-trainer in physical culture and sports.

Purpose of studying of the discipline

Mastering the theory and scope of modern scientific and pedagogical research of Physical Culture and sports,

Learning Outcomes

ON2 Master the methodology and algorithm of planning and organization of research and scientific and pedagogical activities.

ON8 To carry out scientific research using modern information technologies and apply their results to improve the effectiveness of pedagogical, recreational, coaching, cultural, educational and organizational management activities in the field of physical culture and sports.

ON9 Own modern technologies for designing and organizing scientific research in their professional activities based on an integrated approach.

Learning outcomes by discipline

- fully mastered the theory of scientific research work of Physical Culture and sports;

- knows the methods of modern scientific and pedagogical research;

- knows how to apply theoretical knowledge in practice.

Prerequisites

Bachelor

Postrequisites

Final examination Pedagogical practice

Therapeutic and adaptive physical culture

Discipline cycle	Profiling discipline
Course	2
Credits count	5
Knowledge control form	Examination

Short description of discipline

The discipline considers the concept of human health as a phenomenon of its culture; about the ways, ways of becoming human health; modern scientific views on the factors affecting health, the functioning of the body a person in normal and pathological conditions; knowledge and skills in the field of assessing the features of adaptation of the functional systems of the body to physical activity in different sports, ways of valeological assistance to the population within the framework of professional activities.

Purpose of studying of the discipline

considers the idea of human health as a phenomenon of its culture; about the ways, ways of formation of human health; modern scientific views on factors affecting health, the functioning of the human body in the norm and pathology; the tendency of the functional systems of the body to physical activity in various sports

Learning Outcomes

ON4 To form theoretical knowledge and practical skills necessary for application in the field of physical culture and sports.

ON8 To carry out scientific research using modern information technologies and apply their results to improve the effectiveness of pedagogical, recreational, coaching, cultural, educational and organizational management activities in the field of physical culture and sports.

Learning outcomes by discipline

- can work with groups with health disorders;

- can group exercises according to their diagnosis;

- can advise on a scientific basis.

Prerequisites

Basic and profile disciplines of the EP

Postrequisites

Final examination

Therapeutic physical education and massage

Discipline cycle	Profiling discipline
Course	2
Credits count	5
Knowledge control form	Examination

Short description of discipline

The discipline studies the types of physical recovery and recreation, means of physical rehabilitation and recreation, their role in body recovery. Considers the role of therapeutic physical culture in the restoration of the body, the use physiotherapy and therapeutic massage, as well as special exercises on various simulators. Reveals acceptable physical activity for people of different ages with different forms and degrees of the disease.

Purpose of studying of the discipline

Improving the health of the human race through physical culture and sports.

Learning Outcomes

ON4 To form theoretical knowledge and practical skills necessary for application in the field of physical culture and sports.

ON8 To carry out scientific research using modern information technologies and apply their results to improve the effectiveness of pedagogical, recreational, coaching, cultural, educational and organizational management activities in the field of physical culture and sports.

Learning outcomes by discipline

- knows the physiological changes in the human body;*
- can use physical exercises according to age and gender;*
- shares information on the issue of improving health.*

Prerequisites

Basic and profile disciplines of the EP

Postrequisites

Final examination

Marketing of physical culture and sports

Discipline cycle	Profiling discipline
Course	2
Credits count	5
Knowledge control form	Examination

Short description of discipline

The discipline contains the methodological foundations of marketing, the concept of the market and market relations in the field of physical culture and sports. Examines the fundamentals of sports business and sports licensing, marketing communications, methods of pricing, research and market segmentation for the effective promotion of physical culture and sports services. Studies methods of sales markets, product and consumer marketing, marketing activities of the International Olympic Committee.

Purpose of studying of the discipline

The study of the main products of Physical Culture, which are socio-cultural services, provides for organized forms of physical exercises and sports for various purposes, as well as activities to provide them

Learning Outcomes

ON3 To solve modern scientific problems and practical tasks in the field of physical culture and sports on the basis of the development of theoretical and methodological thinking.

ON7 Develop social programs to attract people with special educational needs to physical education classes using the latest technologies.

Learning outcomes by discipline

- can identify real and potential consumers of Physical Culture and sports services of the organization;*
- can determine the nature and specific parameters of the request (target parameters, problems, requirements, requests and wishes);*
- knows how to develop strategies and plans for marketing activities.*

Prerequisites

Basic and profile disciplines of the EP

Postrequisites

Final examination

Managing the process of sports training in the chosen sport

Discipline cycle	Profiling discipline
Course	2
Credits count	5
Knowledge control form	Examination

Short description of discipline

The discipline forms the basis for managing the process of sports training in the chosen sport. Improves the system of training athletes of higher sportsmanship, the correct application of the specific principles of all types of training of athletes (physical, technical, tactical, psychological and intellectual) sports training. Reveals topical issues of sports development, sports selection and sports orientation. Gives information about the system of organizational management structures in various areas of sports activities, the management system for youth sports, elite sports and professional sports.

Purpose of studying of the discipline

formation of a set of professional competencies in the selected sport

Learning Outcomes

ON3 To solve modern scientific problems and practical tasks in the field of physical culture and sports on the basis of the development of theoretical and methodological thinking.

ON7 Develop social programs to attract people with special educational needs to physical education classes using the latest technologies.

Learning outcomes by discipline

- conducts sports training in the selected sport, taking into account the characteristics of those who are engaged in sports;
- knows how to develop operational plans and programs for specific classes;
- has the skills of conducting sports training in the selected sport.

Prerequisites

Basic and profile disciplines of the EP

Postrequisites

Final examination

Management of physical culture and sports

Discipline cycle	Profiling discipline
Course	2
Credits count	5
Knowledge control form	Examination

Short description of discipline

The discipline studies the theoretical foundations and basic concepts, the system of management of physical culture and sports, principles and methods of management activity, planning and forecasting of its development. Defines shapes organization and management of physical culture and sports. Considers legal factors and management methods physical culture and sports, organization of training sessions, training of highly qualified athletes and sports Olympic reserve.

Purpose of studying of the discipline

Legal factors and methods of managing physical culture and sports, organization of training sessions, training of highly qualified athletes and the Olympic Reserve

Learning Outcomes

ON4 To form theoretical knowledge and practical skills necessary for application in the field of physical culture and sports.

ON7 Develop social programs to attract people with special educational needs to physical education classes using the latest technologies.

Learning outcomes by discipline

- promotes the development of all types of sports;
- assist in the creation and strengthening of the material base and the development of appropriate infrastructure in the field of Physical Culture and sports.

Prerequisites

Basic and profile disciplines of the EP

Postrequisites

Final examination

Private massage techniques in the process of sports activities, rehabilitation

Discipline cycle	Profiling discipline
Course	2
Credits count	5
Knowledge control form	Examination

Short description of discipline

It is aimed at studying the stages of health-improving and rehabilitation physical culture in vocational education, effectiveness of recreational and rehabilitation activities, organizational and methodological features health-improving technology, methods of application of physical exercises and private massage for the purpose of their prevention and social rehabilitation with a sports, medical and rehabilitation focus. As well as indicators of health, clinical examination, comprehensive control in the preparation of athletes.

Purpose of studying of the discipline

orientation to the study of the stages of health-improving and rehabilitation physical culture, the effectiveness of recreational and rehabilitation activities, the organizational and methodological features of Physical Culture and Recreation technology, the methodology for the use of physical exercises and individual Massage in sports, therapeutic and rehabilitation directions for their prevention and social rehabilitation purposes.

Learning Outcomes

ON4 To form theoretical knowledge and practical skills necessary for application in the field of physical culture and sports.

ON8 To carry out scientific research using modern information technologies and apply their results to improve the effectiveness of pedagogical, recreational, coaching, cultural, educational and organizational management activities in the field of physical culture and sports.

Learning outcomes by discipline

- can organize physical education for a person with health disorders;
- advises according to the diagnosis;
- will be in creative search due to modern requirements.

Prerequisites

Basic and profile disciplines of the EP

Postrequisites

Final examination

Hygiene of physical culture and sports

Discipline cycle	Profiling discipline
Course	2
Credits count	5
Knowledge control form	Examination

Short description of discipline

The discipline studies the scientific and practical foundations of personal hygiene, hardening techniques and hygienic requirements for sports facilities and places of exercise. Considers ancillary hygiene means of restoring and improving the working capacity of those involved in physical exercises, additional risk factors affecting hygiene and health problems. Defines, reviews and analyzes medical biological basis of selection for sports.

Purpose of studying of the discipline

Considers auxiliary hygiene tools for restoring and improving working capacity of those engaged in physical exercises, additional risk factors affecting hygiene and health disorders.

Learning Outcomes

ON4 To form theoretical knowledge and practical skills necessary for application in the field of physical culture and sports.

ON8 To carry out scientific research using modern information technologies and apply their results to improve the effectiveness of pedagogical, recreational, coaching, cultural, educational and organizational management activities in the field of physical culture and sports.

Learning outcomes by discipline

- has mastered the requirements of human personal hygiene;
- can apply in practice;
- promotes hygiene requirements in the course of physical education and sports.

Prerequisites

Basic and profile disciplines of the EP

Postrequisites

Final examination

Fundamentals of health-saving technologies

Discipline cycle	Profiling discipline
Course	2
Credits count	5
Knowledge control form	Examination

Short description of discipline

The discipline demonstrates a set of principles, methods of pedagogical work that complement traditional technologies training and education of the use of technology in an educational institution aimed at providing physical, mental and social well-being of students. Considers medical - hygienic, physical education - health, environmental, health-saving educational security technologies life as a multi-level system for preserving the health of students and teachers.

Purpose of studying of the discipline

ensuring the physical, mental and social well - being of students, demonstrating a set of principles, methods of pedagogical work that complement traditional technologies for teaching and educating the use of technologies in an educational institution

Learning Outcomes

ON6 To form ways of studying physical culture and sports as a complex socio-cultural phenomenon.

ON8 To carry out scientific research using modern information technologies and apply their results to improve the effectiveness of pedagogical, recreational, coaching, cultural, educational and organizational management activities in the field of physical culture and sports.

Learning outcomes by discipline

- can organize the educational process in accordance with the requirements;
- conduct educational work on the importance of a healthy lifestyle on a large scale;
- can inform about the most effective methods and technologies of health care;
- - organizes Physical Culture and recreation activities based on the knowledge of age psychology, anatomy, physiology and hygiene.

Prerequisites

Basic and profile disciplines of the EP

Postrequisites

Final examination

Modern technologies for organizing mass health work

Discipline cycle	Profiling discipline
Course	2
Credits count	5
Knowledge control form	Examination

Short description of discipline

The discipline contains questions of the organization of mass sports and physical culture and health-improving work. Considers issues of conducting physical culture, recreational activities aimed at correction, education and development; training of highly qualified specialists and the integrity of the mass physical culture and sports movement; formation of a healthy lifestyle; theoretical foundations of organizational and legal relations that have developed in the field FC and sports of Kazakhstan, maintaining a high image of sports in the international arena, attracting to systematic occupations of the general population.

Purpose of studying of the discipline

Organization of mass sports and Physical Culture and recreation activities. conducting health-improving events, training of highly qualified specialists and the integrity of the mass Physical Culture and sports movement, the formation of a healthy lifestyle

Learning Outcomes

ON6 To form ways of studying physical culture and sports as a complex socio-cultural phenomenon.

ON8 To carry out scientific research using modern information technologies and apply their results to improve the effectiveness of pedagogical, recreational, coaching, cultural, educational and organizational management activities in the field of physical culture and sports.

Learning outcomes by discipline

- can organize work to improve the health of the population;
- mastered the documents of mass physical culture work;
- promotes the principle of healthy living.

Prerequisites

Basic and profile disciplines of the EP

Postrequisites

Final examination

Psychological and pedagogical characteristics of non-traditional types of physical culture and sports activities

Discipline cycle	Profiling discipline
Course	2
Credits count	5
Knowledge control form	Examination

Short description of discipline

The discipline is aimed at revealing the essence and specifics of training, upbringing, education, at creating a holistic view of undergraduates about non-traditional types of physical culture and sports activities, Widespread introduction of various new non-traditional sports as the most affordable, mass and highly effective means of recovery, physical and moral improvement of various age groups of the population. To teach the rules of refereeing and competitions in non-traditional sports, organization and planning mass sporting events.

Purpose of studying of the discipline

to reveal the essence and features of training, education, education, the formation of a holistic understanding of undergraduates about non-traditional types of Physical Culture and sports activities, the widespread introduction of various new non-traditional sports, mass and highly effective rehabilitation tools, means of Humane improvement of various age groups of the population and Physical Culture.

Learning Outcomes

ON4 To form theoretical knowledge and practical skills necessary for application in the field of physical culture and sports.

ON6 To form ways of studying physical culture and sports as a complex socio-cultural phenomenon.

Learning outcomes by discipline

- has skills in the methodology of organizing and implementing traditional and non-traditional sports activities;
- can organize the motivation of traditional and non-traditional sports activities;
- can organize control and self-control over the effectiveness of traditional and non-traditional sports activities.

Prerequisites

Basic and profile disciplines of the EP

Postrequisites

Final examination