

## **The list of academic disciplines of the university component**

**6B01 - Pedagogical sciences**

(Code and classification of the field of education)

**6B014 - 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)

**B005 - Training of teachers of physical culture**

(Code and classification of the educational program group)

**6B01401 - Physical Culture and Sport**

(Code and name of the educational program)

**bachelor**

(Level of preparation)

**set of 2023**

**Developed**

Academic Committee of the OP  
Head of JSC Mukayev Zh.T  
Manager OP Mukhambaev B.R

**Reviewed**

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Faculty of Natural Sciences and Mathematics  
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Chairman of the Quality Assurance Commission B.S. Zheldybayeva

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**Approved**

at the meeting of the Academic Council of the University  
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Chairman of the Academic Council of the University Orynbekov D.R.

## Introduction to the profession of a physical education and sports teacher

Discipline cycle	Basic disciplines
Course	1
Credits count	3
Knowledge control form	Examination

### Short description of discipline

*The discipline gives knowledge about the basics of general and sports pedagogy, the state system of physical education. It reveals a brief overview of the structure of the work of sports and educational institutions of physical culture, health and sports content. Provides information about the system of functioning of the educational process at the university. The features of the methodology for searching for the processing of the necessary information from various sources and application in the learning process are studied.*

### Purpose of studying of the discipline

*The discipline introduces the system of obtaining education in a higher educational institution, directs the development of organizational requirements of the general educational process, introduces the specifics of the specialty of Physical Culture and sports.*

### Learning Outcomes

*ON 3 Apply the basics of pedagogical knowledge in the field of physical education in the organization of the educational process, the application of the educational and material and regulatory framework of educational institutions.*

### Learning outcomes by discipline

- Mastered the requirements of the educational process in a higher educational institution
- Can be used in the organization of physical culture and sports
- Uses new technologies in the learning process.

### Prerequisites

*School course*

### Postrequisites

*Basic and profile disciplines of the EP*

## Age psychology and physiology

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

### Short description of discipline

*The course allows you to form an idea of human anatomy and physiology, the specifics and features of age-related development, the patterns of higher nervous activity and functional features of the human nervous system are considered. Forms students' systematic understanding of mental and physiological development in ontogenesis, the main patterns of development and neoplasms of age, the most important mental features of the emerging personality of the child on the basis of taking into account psychophysiological norms.*

### Purpose of studying of the discipline

*Formation of students' ideas about the diversity of approaches to the development of correct, scientific knowledge, mental and physiological development of a person in ontogenesis on the most important issues of psychology and physiological development in the aspect of cultural development. To equip students with theoretical and practical knowledge that contributes to strengthening their professional psychological, pedagogical and physiological training, in-depth study of the section of psychological and physiological knowledge.*

### Learning Outcomes

*ON2 Apply modern teaching technologies and criteria-based assessment, taking into account the individual, physiological and psychological characteristics of students.*

### Learning outcomes by discipline

1. the formation of an understanding of the mental and physiological development of a person about different views on the most important issues of physiological development with psychology in the aspect of cultural development.
2. strengthens the professional psychological, pedagogical and physiological training of students.
3. equipping with theoretical and practical knowledge, contributing to the improvement of psychophysiological knowledge.

### Prerequisites

*School course*

### Postrequisites

*Pedagogical practice (psychological and pedagogical)*

## Bases of economics, law and ecological knowledge

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

### Short description of discipline

*The integrated discipline includes the main issues and principles in the field of fundamentals of law and anti-corruption culture, economics, entrepreneurship and leadership, ecology and life safety. Features of the use of regulatory legal acts, the ability to use the business, ethical, social, economic, entrepreneurial and environmental standards of society. Specifics of environmental-legal, economic, entrepreneurial relations, leadership qualities and principles of combating corruption.*

### Purpose of studying of the discipline

*It consists in studying the basic patterns of the functioning of living organisms, the biosphere as a whole and the mechanisms of their sustainable development under the conditions of anthropogenic impact and emergency situations; in understanding the concept of corruption, the legitimacy of the fight against it, the content of the state penal policy; in the formation of students' basic fundamental*

stable knowledge on the basics of economic theory, in instilling the skills and abilities of economic thinking; in introducing students to the theory and practice of entrepreneurship, to the basics of creating their own business; in the formation of theoretical knowledge and practical skills for the development and improvement of leadership qualities.

### **Learning Outcomes**

ON 1 Demonstrate socio-cultural, economic, legal, environmental knowledge, communication skills, apply information technology, taking into account modern trends in the development of society.

### **Learning outcomes by discipline**

- ☒ analyzes the issues of safety and conservation of the natural environment as the most important priorities of life;
- ☒ demonstrates knowledge of the fundamentals of nature management and sustainable development, assesses the impact of man-made systems on the environment;
- ☒ shows knowledge of the main regulatory legal acts of the Republic of Kazakhstan, their understanding and application;
- ☒ shows knowledge of the patterns of development of economic processes, clearly formulates his own position, finds and clearly sets out arguments in its defense;
- ☒ is able to characterize the types of entrepreneurial activity and the entrepreneurial environment, draw up a business plan, create an entrepreneurial structure and organize its activities;
- ☒ knows the fundamental provisions about the role of leadership in managing large and small social groups.

### **Prerequisites**

School course

### **Postrequisites**

Basic and profile disciplines of the EP

## **History of Physical Culture and Sports**

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

### **Short description of discipline**

The discipline studies the theoretical foundations and historical prerequisites for the emergence and development of physical exercises, the system of physical culture and sports at various stages of history. Explains the historical patterns of the emergence of sports among different peoples. It reveals the history of the development of the Olympic and sports movement, the system of physical education in the Republic of Kazakhstan. It introduces the modern level of development of sports and physical culture and health-improving movement and the system of personnel training in the country.

### **Purpose of studying of the discipline**

To give students a deep theoretical foundations of physical culture and sports, as well as teach students to practically implement its basic concepts in various educational institutions and sports organizations.

### **Learning Outcomes**

ON 3 Apply the basics of pedagogical knowledge in the field of physical education in the organization of the educational process, the application of the educational and material and regulatory framework of educational institutions.

### **Learning outcomes by discipline**

- Mastered the stages of development of the history of physical culture and sports
- Understands modern requirements and organizational processes
- Organizes the preparatory work in accordance with the requirements of the new technology

### **Prerequisites**

School course

### **Postrequisites**

Basic and profile disciplines of the EP

## **Pedagogy**

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

### **Short description of discipline**

The content of the discipline is aimed at forming students` holistic understanding of the theoretical and methodological foundations of pedagogical science and the essence of professional pedagogical activity. Studying the course allows you to form the necessary knowledge about the content, principles, forms and methods of organizing a holistic pedagogical process in an educational environment. The study of the course forms the necessary competencies for the successful implementation of modern approaches in teaching and learning.

### **Purpose of studying of the discipline**

Pedagogy as an academic discipline aims to form students` knowledge about the object and subject of pedagogy, its functions, categorical apparatus, methodology of science. The study of the course provides for the formation of the necessary competencies in the design and evaluation of the pedagogical process in the conditions of an educational institution. The content of the discipline topics allows you to acquire knowledge and skills in the selection and successful application of forms, means, methods of teaching and upbringing.

### **Learning Outcomes**

ON2 Apply modern teaching technologies and criteria-based assessment, taking into account the individual, physiological and psychological characteristics of students.

### **Learning outcomes by discipline**

ON2 Apply modern teaching technologies and criteria-based assessment, taking into account the individual, physiological and psychological characteristics of students.

1. Knows the basic concepts of the theory of the subject
2. Has knowledge in the system of pedagogical training and makes decisions taking into account the holistic pedagogical process
3. Applies the basic skills of the teacher's profession

#### **Prerequisites**

School course

#### **Postrequisites**

Basic and profile disciplines of the EP

### **Educational practice**

Discipline cycle	Basic disciplines
Course	1
Credits count	2
Knowledge control form	Total mark on practice

#### **Short description of discipline**

*The discipline introduces a complex of psychological and diagnostic methods for mastering the basics of organizing the educational process of the university.*

*Introduces the educational and material base of the university and the system for receiving basic tests, tasks and exercises for the program of school physical education. Creates conditions for obtaining primary work experience in the physical culture team of the university.*

#### **Purpose of studying of the discipline**

*Educational practice is the development of general cultural competencies of students, the acquisition of primary professional competencies by students, the acquisition of the first skills of research activity, business correspondence skills, the acquisition of practical skills and work skills in accordance with the educational program.*

#### **Learning Outcomes**

*ON 3 Apply the basics of pedagogical knowledge in the field of physical education in the organization of the educational process, the application of the educational and material and regulatory framework of educational institutions.*

#### **Learning outcomes by discipline**

- know and understand the structure and content of state compulsory standards, standard programs of an academic subject;
- apply the regulatory framework in professional activities;
- apply interdisciplinary knowledge in professional activities;
- develop ideas about design, organization, analysis of the work of specialists and managers;
- organize work in a multicultural environment of the organization;
- reflect the results of design and analysis of activities in reporting documentation, select materials for a specific task.

#### **Prerequisites**

School course

#### **Postrequisites**

Pedagogical practice

### **Inclusive education**

Discipline cycle	Basic disciplines
Course	2
Credits count	3
Knowledge control form	Examination

#### **Short description of discipline**

*When studying the discipline, students acquire knowledge about the principles and methodological foundations of inclusive education. Ideas are being formed about modern models of psychological and pedagogical support for children with special needs, the elimination of existing barriers in the legal support of inclusive education and the competence of organization and management in the area of inclusive practice. Get an idea about the models of psychological and pedagogical support for children with disabilities in educational institutions.*

#### **Purpose of studying of the discipline**

*The purpose of this discipline is to familiarize students with the basic provisions of the organization and management of inclusive processes in education; the formation of a dynamic, effective, self-improving specialist, ready for professional activity in an inclusive education, owning innovative technologies for building an educational route for all students, taking into account their individual needs and capabilities, able to provide social psychological and pedagogical support for children and their families.*

#### **Learning Outcomes**

*ON2 Apply modern teaching technologies and criteria-based assessment, taking into account the individual, physiological and psychological characteristics of students.*

#### **Learning outcomes by discipline**

1. Scientific and practical ideas about the integration of children with disabilities are being formed.
2. Acquainted with the methodological and managerial work of educational organizations in the context of inclusive practice.
3. Understands the peculiarities of the education of children with disabilities in the educational process in inclusive educational organizations.

#### **Prerequisites**

Age psychology and physiology

#### **Postrequisites**

Pedagogical practice (psychological and pedagogical)

### **Technologies of the updated content of education and criteria assessment**

Discipline cycle	Basic disciplines
Course	2

Credits count	5
Knowledge control form	Examination

### Short description of discipline

*This discipline studies the methodology of using effective approaches to teaching the program of the updated content of education in the system of physical education in education. It covers a wide range of issues of organizational and pedagogical foundations that will allow for an effective and stimulating assessment of students' educational achievements, and also allows you to acquire skills in planning the educational process in updated education.*

### Purpose of studying of the discipline

1. To equip the future highly educated specialist working in the field of physical culture and sports with special knowledge, concepts, methods of organizing physical education and sports training sessions, methods and techniques.
2. To equip students with in-depth understanding, knowledge, various theories in areas related to physical education and sports, human education, spiritual consciousness.
3. Acquaintance of the higher education specialist working in the field of physical culture and sports with the special knowledge, terms, concepts, methods of performance and organization of training, business education.
4. To provide students with a broad, in-depth knowledge of the importance of physical culture in our country, its place in society.

### Learning Outcomes

ON2 Apply modern teaching technologies and criteria-based assessment, taking into account the individual, physiological and psychological characteristics of students.

### Learning outcomes by discipline

*In the course of studying the subject "Teaching Methods" according to the updated content of secondary education, students study the techniques, methods and principles of physical education necessary for the organization of physical education and sports training.*

3. Gains theoretical knowledge about the properties of physical energy, ways of its development.
4. Mastering planning technology, analysis of lessons.

### Prerequisites

School course

### Postrequisites

Basic and profile disciplines of the EP

## World of Abai

Discipline cycle	Basic disciplines
Course	2
Credits count	3
Knowledge control form	Examination

### Short description of discipline

*The discipline is aimed at studying historical facts, the philosophical and artistic foundations of the works of Abay Kunanbaev, Shakarim Kudaiberdiev, which form worldview and aesthetic values, the student's ability to express his opinion, practical skills and perception of such human qualities as morality, honesty, artistic character. The genius of the writers of Kazakh literature and the role of M. Auezov in the study and popularization of Abai's heritage, the significance of his works for history, literature and science are determined.*

### Purpose of studying of the discipline

*Formation of the meaning of philosophical and ideological being, understanding of the problems raised in the works of Abai Kunanbayuly, Shakarim Kudaiberdiuly, Mukhtar Auezov and application of the acquired knowledge in the practice of everyday life.*

### Learning Outcomes

ON 1 Demonstrate socio-cultural, economic, legal, environmental knowledge, communication skills, apply information technology, taking into account modern trends in the development of society.

### Learning outcomes by discipline

- 1) Analyzes the philosophical and artistic foundations of works, historical facts related to the creative heritage of Abai Kunanbayev, Shakarim Kudaiberdiyev, Mukhtar Auezov
- 2) Uses in practice the humanistic ideas of Abai's philosophical and artistic works
- 3) Assesses the place and significance of Abai's works in the history of literature and science

### Prerequisites

Kazakh language The module of socio-political knowledge (sociology, political science, cultural studies, psychology)

### Postrequisites

Basic and profile disciplines of the EP

## Educational and material and regulatory base of physical culture in educational institutions

Discipline cycle	Basic disciplines
Course	2
Credits count	5
Knowledge control form	Examination

### Short description of discipline

*The study of this subject is part of the professional training of the future teacher of physical culture. The content provides for the legal framework for organizing the process of physical education in educational institutions. The history of the emergence of sports facilities and the modern development of their sports and physical culture infrastructure are being studied. The issues of design, operation and maintenance of school sports facilities are considered.*

### Purpose of studying of the discipline

*The purpose of teaching physical education and regulatory framework in educational institutions - the purpose of teaching the course is closely linked with other disciplines.*

### Learning Outcomes

ON 3 Apply the basics of pedagogical knowledge in the field of physical education in the organization of the educational process, the application of the educational and material and regulatory framework of educational institutions.

## Learning outcomes by discipline

As a result of studying the discipline, the student must acquire the following knowledge and skills:

Know

- educational, material and regulatory base of port facilities
- Regulatory documents in the field of physical culture and sports.
- The sequence of the introduction of the material into the educational process.

Be able to

- Plan the teacher's work on the maintenance and operation of sports facilities
- Organize and conduct various forms of organizing the educational process at sports facilities
- Conduct control and diagnostics of equipment and inventory
- plan and implement in the educational process the content of the physical culture program,
- effectively apply the methodological training system,
- to form the terminology of physical culture and sports,
- engage in continuous self-education.

### Prerequisites

School course

### Postrequisites

Basic and profile disciplines of the EP

## Methods of teaching physical education

Discipline cycle	Basic disciplines
Course	3
Credits count	5
Knowledge control form	Examination

### Short description of discipline

This course covers the basics of the theory of teaching and methods of organization and implementation of the entire educational process in physical education in educational institutions. Gives an idea of the psychological and pedagogical foundations of physical education lessons and extracurricular activities. He studies directions in the system of physical education - the features of sports training and mass sports work are considered as an interconnected single structure.

### Purpose of studying of the discipline

To cover the basics of teaching theory and methodology for organizing and conducting a holistic educational process in the field of Physical Culture and sports in general education institutions.

### Learning Outcomes

ON2 Apply modern teaching technologies and criteria-based assessment, taking into account the individual, physiological and psychological characteristics of students.

### Learning outcomes by discipline

- Fully mastered the planning of work in the field of Physical Culture and sports;
- Able to organize the process of physical education in accordance with the requirements;
- Can fully perform work in accordance with the directions of physical education.

### Prerequisites

Introduction to the profession of a physical education and sports teacher

### Postrequisites

Pedagogical practice

## Basics of recreation and methods of statistics in sports

Discipline cycle	Basic disciplines
Course	3
Credits count	5
Knowledge control form	Examination

### Short description of discipline

The discipline "Organization of health-improving work" is aimed at acquiring pedagogical and sociological research, theoretical knowledge, professional skills and abilities in organizing health-improving, physical culture and mass-sports work in educational and sports institutions of various levels, cultivating promotion of a healthy lifestyle among the population of different ages with the provision of wide opportunities for the implementation of its physical and cultural areas.

### Purpose of studying of the discipline

restoration of human health and working capacity in the course of properly organized recreational activities in the field of physical culture and sports, scientifically based in accordance with methodological requirements.

### Learning Outcomes

ON 3 Apply the basics of pedagogical knowledge in the field of physical education in the organization of the educational process, the application of the educational and material and regulatory framework of educational institutions.

### Learning outcomes by discipline

«Apply the basics of pedagogical knowledge in the field of physical education in the organization of the educational process, the application of the educational and material and regulatory framework of educational institutions»

### Prerequisites

School course

### Postrequisites

Pedagogical practice

## Methods of organization of extracurricular work on the subject

Discipline cycle	Basic disciplines
Course	3
Credits count	5
Knowledge control form	Examination

### Short description of discipline

*The discipline allows to systematize the knowledge of future specialists in the organization outside of educational activities in physical culture and sports. In addition, it gives an idea of the main forms, means and methods of organizing mass-sports and physical culture and health-improving work in educational institutions. Forms skills for the development of physical culture, promotion and agitation of a healthy lifestyle, organization of training and educational processes in sports.*

### Purpose of studying of the discipline

*To give students a deep theoretical foundations of physical culture and sports, as well as teach students to practically implement its basic concepts in various educational institutions and sports organizations.*

### Learning Outcomes

*ON 3 Apply the basics of pedagogical knowledge in the field of physical education in the organization of the educational process, the application of the educational and material and regulatory framework of educational institutions.*

### Learning outcomes by discipline

- knows the features of extracurricular activities in physical culture and sports
- combines with a physical education lesson
- able to organize the useful use of extracurricular time of students

### Prerequisites

*School course*

### Postrequisites

*Basic and profile disciplines of the EP*

## Organization of mass recreation activities

Discipline cycle	Basic disciplines
Course	3
Credits count	5
Knowledge control form	Examination

### Short description of discipline

*The discipline `Organization of health-improving work` is aimed at acquiring pedagogical and sociological research, theoretical knowledge, professional skills and abilities in organizing health-improving, physical culture and mass-sports work in educational and sports institutions of various levels, cultivating promotion of a healthy lifestyle among the population of different ages with the provision of wide opportunities for the implementation of its physical and cultural areas.*

### Purpose of studying of the discipline

- 1. To equip the future highly educated specialist working in the field of physical culture and sports with special knowledge, concepts, methods of organizing physical education and sports training sessions, methods and techniques.*
- 2. To equip students with a deep understanding, knowledge, various theories in the field of physical education and sports, human education, spiritual consciousness.*
- 3. Acquaintance of the higher education specialist working in the field of physical culture and sports with the special knowledge, terms, concepts, methods of performance and organization of training, business education.*
- 4. To provide students with a broad, in-depth knowledge of the importance of physical culture in our country, its place in society.*

### Learning Outcomes

*ON 3 Apply the basics of pedagogical knowledge in the field of physical education in the organization of the educational process, the application of the educational and material and regulatory framework of educational institutions.*

### Learning outcomes by discipline

*As a result of studying the discipline, the student must acquire the following knowledge and skills:*

*Know*

- *Theory and methodology of physical culture and sports,*
- *The concept of school physical education.*
- *The sequence of the introduction of the material into the educational process.*

*Be able to*

- *Plan the teacher's work on the theoretical and practical foundations of physical culture and sports,*
- *Organize and conduct various forms of organization of the educational process using different means and methods of teaching,*
- *Conduct control and diagnostics of the level of physical fitness,*
- *plan and implement in the educational process the content of the physical culture program,*
- *effectively apply the methodological training system,*
- *to form the terminology of physical culture and sports,*
- *engage in continuous self-education.*

### Prerequisites

*School course*

### Postrequisites

*Basic and profile disciplines of the EP*

## Pedagogical practice

Discipline cycle	Basic disciplines
Course	3



Credits count

5

Knowledge control form

Total mark on practice

### **Short description of discipline**

*The content of psychological and pedagogical practice is aimed at forming an idea of the characteristics of the organization educational and pedagogical process and management system in the integral pedagogical process of the school. student gets acquainted with all types and areas of activity of the teacher, including the system of work of the class teacher, observation during lessons and extracurricular activities, psychological and pedagogical diagnostics of age-related features of development students. Conducts psychological and pedagogical educational work.*

### **Purpose of studying of the discipline**

*promoting the development of professional qualities and mental characteristics of the personality of a future physical education specialist in accordance with modern requirements for teaching staff, developing students' interest in the profession of a physical education teacher. Achieving this goal is ensured by consistently solving a set of tasks that reflect all components of the professional and pedagogical activity of a physical education teacher and are included in the content of the program for teaching practice.*

### **Learning Outcomes**

*ON 3 Apply the basics of pedagogical knowledge in the field of physical education in the organization of the educational process, the application of the educational and material and regulatory framework of educational institutions.*

### **Learning outcomes by discipline**

- understand the peculiarities of organizing educational, extracurricular, educational work;
- reproduce the activities of the teacher;
- carry out activities as a subject teacher within the framework of the updated content of education;
- design an educational process focused on solving modern problems of a specific educational programs;
- introduce integrative knowledge of pedagogy, psychology and private methods into the educational process;
- predict the results of professional and pedagogical activities;
- create didactic materials using modern information resources and technologies;
- work with children with special educational needs;
- adjust programs of self-education and professional and personal self-development.

### **Prerequisites**

*School course*

### **Postrequisites**

*Basic and profile disciplines of the EP*

## **Fundamentals of health-saving technologies**

Discipline cycle

Basic disciplines

Course

4

Credits count

5

Knowledge control form

Examination

### **Short description of discipline**

*The discipline demonstrates a set of foundations, methods and methods of pedagogical activity that complement the classical technologies of updated training and education in the problems of maintaining health and professional longevity. Analyzes medical-hygienic, health-improving, physical culture, environmental-health-saving, health-saving-educational technological processes, as well as technological processes for ensuring the security of life, as a multi-level concept of accumulating the well-being of students and teachers. Represents the means of regulatory and technical support for the system of saving the health of the population of the country.*

### **Purpose of studying of the discipline**

*To give students a deep theoretical foundations of physical culture and sports, as well as teach students to practically implement its basic concepts in various educational institutions and sports organizations.*

### **Learning Outcomes**

*ON 3 Apply the basics of pedagogical knowledge in the field of physical education in the organization of the educational process, the application of the educational and material and regulatory framework of educational institutions.*

### **Learning outcomes by discipline**

- Formation of a value attitude towards your health
- Formation of the need for a healthy lifestyle

### **Prerequisites**

*School course*

### **Postrequisites**

*Basic and profile disciplines of the EP*