

## CATALOG OF ELECTIVE DISCIPLINES

**6B01 - Pedagogical sciences**

(Code and classification of the field of education)

**6B014 - Training of teachers with subject specialization of 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 Education and Sports**

(Code and name of the educational program)

**bachelor**

(Level of preparation)

**set of 2024**

**Developed**

Academic Committee of the OP  
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**Reviewed**

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**Approved**

at a meeting of the University Academic Council by protocol No. 6 of June 18, 2024.

## Dartz teaching methods

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

### Short description of discipline

*This course provides information about the historical and theoretical foundations of the emergence and development of Paralympic sports, and darts as a sport. Some aspects of physical education of children with special developmental needs are considered. The methodological basis for teaching darts is given. The basics of developing and improving motor skills and physical qualities are studied. Basic parameters of technical and methodological support of the educational and training process. Darts competition rules.*

### 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 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.*

### Learning outcomes by discipline

- Owns the history of the development of a sports game, the technique and tactics of the game
- Knows the rules of the game and can organize a competition
- Uses in practice

### Prerequisites

*School course*

### Postrequisites

*Basic and profile disciplines of the EP*

## Acmeology of physical culture and sports

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

### Short description of discipline

*The discipline forms the basic concepts, improves the special professional levels of pedagogical skills. The formation of competencies makes it possible to correctly apply the technique, providing an educational orientation of the educational, training and competitive process. The content of the discipline helps the specialist to implement the state policy on the formation of the foundations of a healthy image, agitation and promotion of physical culture and sports.*

### Purpose of studying of the discipline

*The subject is to teach students the skills and knowledge of the basic methods of psychology, methods of teaching the main types of sports included in the general education school curriculum. Acquire the skills of organizing and conducting sports competitions.*

### Learning Outcomes

*ON 4 Demonstrate the principles and methods of development of pedagogy and psychology of physical culture and sports, economics, modern pedagogical teaching technologies, determine and apply programs and teaching methods aimed at developing the educational process.*

*ON 5 Create conditions for improving the educational environment, based on the results of pedagogical research, apply them in the educational process.*

### Learning outcomes by discipline

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

### Prerequisites

*School course*

### Postrequisites

*Basic and profile disciplines of the EP*

## Psychology of physical culture and sports

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

### Short description of discipline

*The discipline provides information about the psychological foundations of physical culture and sports. Individual and personal characteristics, the development of cognitive, motivational and emotional-volitional spheres of schoolchildren at physical education lessons are studied. The psychology of personality and the specifics of the activities of a teacher and a coach are considered. Knowledge is formed about the psychological characteristics of sports activities, psychological training in sports, about the distinctive aspects of psychological training in cyclic, speed-strength, technical sports and sports games.*

### Purpose of studying of the discipline

*The subject is to teach students the skills and knowledge of the basic methods of psychology, methods of teaching the main types of sports included in the general education school curriculum. Acquire the skills of organizing and conducting sports competitions.*

## Learning Outcomes

ON 4 Demonstrate the principles and methods of development of pedagogy and psychology of physical culture and sports, economics, modern pedagogical teaching technologies, determine and apply programs and teaching methods aimed at developing the educational process.

ON 5 Create conditions for improving the educational environment, based on the results of pedagogical research, apply them in the educational process.

## Learning outcomes by discipline

Formed competencies: Transmits educational information, teaches how to independently acquire knowledge and applies it in practice.

## Prerequisites

School course

## Postrequisites

Basic and profile disciplines of the EP

## Economics and sports business

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

## Short description of discipline

The content of this subject contains information from the history of the emergence of facts of commercialization of physical and sports and entertainment activities, the foundations of the modern economy of physical culture and sports, the formation of budgetary and economic policies, the principles of financing, the sphere of sports and self-financing of sports organizations are presented. The content of entrepreneurial activity is disclosed, physical culture and sports events, business planning, sports marketing issues, Internet economics and other entrepreneurial activities are considered.

## Purpose of studying of the discipline

The purpose of this course is the development by students of the economic mechanisms that underlie the development of the economic unit of the branch of physical culture and sports in a market economy.

## Learning Outcomes

ON 4 Demonstrate the principles and methods of development of pedagogy and psychology of physical culture and sports, economics, modern pedagogical teaching technologies, determine and apply programs and teaching methods aimed at developing the educational process.

ON 5 Create conditions for improving the educational environment, based on the results of pedagogical research, apply them in the educational process.

## Learning outcomes by discipline

- Mastered the basics of modern economics of physical culture and sports
- Uses his knowledge in the preparation of the annual plan
- Takes into account the athlete's competition schedule when preparing the cost estimate

## Prerequisites

School course

## Postrequisites

Basic and profile disciplines of the EP

## Sociology of physical culture and sports

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

## Short description of discipline

The discipline provides the foundations of knowledge about the sociology of physical culture and sports as a special sociological theory. Society, culture, physical culture and sports are revealed as the main sociological categories, as social institutions. The features of motivation for physical exercises and sports in various social groups are studied. Attention is paid to gender relations, deviant behavior and social control in sports activities. Examines sport in a globalized society.

## Purpose of studying of the discipline

- 1.formation of professional and pedagogical training of a future physical education teacher and sports coach in the context of modernization of the Kazakhstan education system.
- 2.equipping a future specialist with higher education working in the field of physical education and sports with special knowledge, concepts, methods, methods of organizing physical education and sports training sessions.
- 3.equipping students with a deep understanding, knowledge, and various theories in areas related to physical education and Sports, Rich in human education, spiritual awareness.
- 4.familiarization with the necessary special knowledge, terms, concepts, methods of performing and organizing training, education of skills for a future specialist with higher education working in the field of physical education and sports.
- 5.providing students with broad, deep information about the importance of Physical Culture in our state, its place in society.
6. be on the side of modernization of Kazakhstan's education system

## Learning Outcomes

ON 4 Demonstrate the principles and methods of development of pedagogy and psychology of physical culture and sports, economics, modern pedagogical teaching technologies, determine and apply programs and teaching methods aimed at developing the educational process.

## Learning outcomes by discipline

- Understands the field of physical education and sports in the world society;
- Mastered the features of motivation for physical exercises and sports in different social groups;

- Takes into account social aspects in the process of physical training and sports education

### **Prerequisites**

School course

### **Postrequisites**

Basic and profile disciplines of the EP

## **Types of struggle with the teaching methodology**

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

### **Short description of discipline**

The discipline contains theoretical information about the history of the development of types of wrestling. Considers some features of the formation of special motor skills and physical qualities of students. They give the basics of initial training in techniques, counter techniques and methods of fighting in the stance and stalls. They study the basic methods of general physical, special, technical and psychological training of students, organization and conduct of wrestling competitions, taking into account individual abilities.

### **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 5 Create conditions for improving the educational environment, based on the results of pedagogical research, apply them in the educational process.

### **Learning outcomes by discipline**

- Mastered the theory and methods of wrestling;
- Mastered the motor skills of wrestlers and the correspondence of physical qualities;
- Uses the method during practice.

### **Prerequisites**

School course

### **Postrequisites**

Basic and profile disciplines of the EP

## **Fundamentals of non-traditional sports and forms of physical education**

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

### **Short description of discipline**

This discipline provides the basis of knowledge about the emergence and development of non-traditional sports and forms of physical education. It reveals the general patterns of development of mass character and wide popularization of non-traditional sports at the regional and world levels. The basics of organizing, conducting and providing the training and competitive process are considered. Studying the features of the organization of non-traditional forms of physical education with different groups of the population.

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

1. Formation of professional and pedagogical training of future physical education teachers and coaches in sports in the context of modernization of Kazakhstan's education system.
2. To equip the future highly educated specialist working in the field of physical culture and sports with special knowledge, concepts, methods, techniques, techniques of organization of physical education and sports training.
3. To equip students with a deep understanding, knowledge, various theories in areas related to physical education and sports, human education, spiritual consciousness.
4. 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.
5. To provide students with a broad, in-depth knowledge of the importance of physical culture in our country, its place in society.
6. Formation of professional and pedagogical training of future physical education teachers and sports coaches in the context of modernization of Kazakhstan's education system.

### **Learning Outcomes**

ON 4 Demonstrate the principles and methods of development of pedagogy and psychology of physical culture and sports, economics, modern pedagogical teaching technologies, determine and apply programs and teaching methods aimed at developing the educational process.

ON 5 Create conditions for improving the educational environment, based on the results of pedagogical research, apply them in the educational process.

### **Learning outcomes by discipline**

- Mastered the features of non-traditional mass sports;
- Uses in the process of physical education at school and in the program for youth sports
- Uses acquired knowledge in practice.

### **Prerequisites**

School course

### **Postrequisites**

Basic and profile disciplines of the EP

## **Pedagogy of Physical Education and Sport**

|                  |                   |
|------------------|-------------------|
| Discipline cycle | Basic disciplines |
|------------------|-------------------|

|                        |             |
|------------------------|-------------|
| Course                 | 2           |
| Credits count          | 5           |
| Knowledge control form | Examination |

### Short description of discipline

*This course introduces the basics of pedagogy in the context of science and practice, with the theory of teaching activity as a didactic basis of education. Gives general information about the methods and means of professional and pedagogical activity of a sports teacher. It reveals the ways of forming pedagogical skills, features of the development of pedagogical technologies and innovations in the field of physical culture and sports. Forms the foundations of knowledge of pedagogical creativity and skills of productive activity in the professional field.*

### Purpose of studying of the discipline

- 1. Formation of professional and pedagogical training of future physical education teachers and coaches in sports in the context of modernization of Kazakhstan's education system.*
- 2. To equip the future highly educated specialist working in the field of physical culture and sports with special knowledge, concepts, methods, techniques, techniques of organization of physical education and sports training.*
- 3. To equip students with a deep understanding, knowledge, various theories in areas related to physical education and sports, human education, spiritual consciousness.*
- 4. 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.*
- 5. To provide students with a broad, in-depth knowledge of the importance of physical culture in our country, its place in society.*
- 6. Formation of professional and pedagogical training of future physical education teachers and sports coaches in the context of modernization of Kazakhstan's education system.*

### Learning Outcomes

*ON 4 Demonstrate the principles and methods of development of pedagogy and psychology of physical culture and sports, economics, modern pedagogical teaching technologies, determine and apply programs and teaching methods aimed at developing the educational process.*

### Learning outcomes by discipline

- Links physical culture and sports pedagogy with general pedagogy*
- Organizes the process of physical education in accordance with the requirements, taking into account the peculiarities of any aspect;*
- Organizes the process of sports training, taking into account the characteristics of the athlete's personality and material side.*

### Prerequisites

*School course*

### Postrequisites

*Basic and profile disciplines of the EP*

## Theory and methodology of Paralympic winter sports

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

### Short description of discipline

*This course studies the history of the formation and development of the world and Kazakhstani Paralympic movement. It reveals the fundamentals of the theory and methodology of formation and improvement of special motor skills and physical qualities in winter Paralympic sports. Gives the basics of knowledge about the psychological and pedagogical features of the physical, psychological, special and technical training of athletes in the process of education and training. Reveals the basic requirements and material and technical parameters of the organization and holding of competitions.*

### 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 5 Create conditions for improving the educational environment, based on the results of pedagogical research, apply them in the educational process.*

### Learning outcomes by discipline

- Determines the level of deviation of health*
- Owns the properties of physical strength and ways of its development*
- Organizes physical education classes in accordance with individual characteristics*

### Prerequisites

*School course*

### Postrequisites

*Basic and profile disciplines of the EP*

## Theory and methodology of sports training

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

### Short description of discipline

*The discipline is aimed at teaching the basics of the formation and development of physical qualities in the process of training athletes. Studying the basic elements of techniques and tactics of motional actions. Considers topical issues of sports development, sports selection and orientation. Provides information about the system of organizational structures of sports management, about the types of sports training in the competitive activity of an athlete. Reveals methods of planning the training process in the chosen sport.*

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

*Ability to fully organize the process of sports training in accordance with the requirements, fully master the methodology for the formation of athletes as individuals, plan and organize the training process in the chosen sport. Organization of the process of selective and competitive activities with orientation to sports.*

## **Learning Outcomes**

*ON 5 Create conditions for improving the educational environment, based on the results of pedagogical research, apply them in the educational process.*

## **Learning outcomes by discipline**

- *Able to organize the process of sports training in accordance with the methodological requirements, selecting for sports*
- *Organizes the preparation of the athlete in all aspects, regulating the load on the body*
- *Organizes sports competitions in accordance with the requirements.*

## **Prerequisites**

*School course*

## **Postrequisites**

*Basic and profile disciplines of the EP*

## **Athletics teaching methodology**

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

## **Short description of discipline**

*This discipline examines the history, theory and methodology of teaching athletics. The beginning of training techniques is focused on the development of special qualities in the image of athletics. The originality of the formation, consolidation and progress of motor skills and physical qualities at different stages of athletes' training. Tactical-technical and physical-psychological elements of sports training in types of athletics. Rules, basic conditions for organizing and conducting competitions at various levels.*

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

*The subject of athletics teaching methods is to teach students the skills and knowledge of the basic techniques of running, jumping, throwing, methods of teaching the basic types of athletics, which are included in the Presidential tests and general education school curriculum. Acquire the skills of organizing and conducting athletics competitions.*

## **Learning Outcomes**

*ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.*

## **Learning outcomes by discipline**

- *Mastered the methodology of teaching athletics*
- *Uses new technologies in the organization of lessons*
- *Co-organizes classroom and extracurricular activities.*

## **Prerequisites**

*School course*

## **Postrequisites**

*Basic and profile disciplines of the EP*

## **Basics of tourism and orienteering**

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

## **Short description of discipline**

*This discipline examines basic information about the history and geography of the formation and formation of the modern world structure of tourism. Provides knowledge about the basics of tourism development in the Republic of Kazakhstan. Studies development prospects, types, forms and methods of organizing tourist travel at the regional, republican and global levels. Forms skills in the basics of terrain orientation. Teaches the specifics of preparing students for tourism and the basics of organizing and conducting orienteering competitions.*

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

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

## **Learning Outcomes**

*ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.*

## **Learning outcomes by discipline**

- *Formed technical and tactical techniques, skills of orientation and preparation of tourists*
- *Mastered the processes of organizing and conducting sports and recreational hiking trips*
- *Uses developed skills in practice*

## **Prerequisites**

*School course*

## **Postrequisites**

*Basic and profile disciplines of the EP*

## **Gymnastics with teaching methods**

|                  |                      |
|------------------|----------------------|
| Discipline cycle | Profiling discipline |
|------------------|----------------------|

|                        |             |
|------------------------|-------------|
| Course                 | 2           |
| Credits count          | 5           |
| Knowledge control form | Examination |

### Short description of discipline

The course of study reveals the theoretical foundations of the types of gymnastics. The basics of teaching floor exercises, the features of the methodology of drill, acrobatic exercises and jumps are being studied. Methodology for conducting classes at school. The main methods of special training at various stages of the training process. Attention is paid to safety measures in the classroom. The basics of holding competitions and sports holidays are given.

### Purpose of studying of the discipline

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

### Learning Outcomes

ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.

### Learning outcomes by discipline

- Mastered the features of sports and rhythmic gymnastics, organizational methods
- Knows the rules for organizing classes and competitions in schools and youth sports
- Uses during practice

### Prerequisites

School course

### Postrequisites

Basic and profile disciplines of the EP

## Badminton with the methods of teaching

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

### Short description of discipline

The course involves studying the history of the origin and development of badminton. The basics of preparing varieties of dexterity in working with a racket, the technique of stances and movements are given. Teaches the basic methods of serving, the technique of serving from below and above with the open and closed side of the racket, the technique of attacking strikes. Teaches tactics in singles and doubles games. Taking into account the age and individual characteristics of students at various stages of the training process. Competition rules. Logistics support.

### 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 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.

### Learning outcomes by discipline

- Owns the history of the development of a sports game, the technique and tactics of the game
- Knows the rules of the game and knows how to organize a competition.
- Uses during training.

### Prerequisites

School course

### Postrequisites

Basic and profile disciplines of the EP

## Interactive games with the method of recover

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

### Short description of discipline

The discipline examines the foundations of modern interactive forms of gaming methods for the formation and development of basic intellectual, social, communicative, creative and motor abilities of students. Introduces the pedagogical resource of interactive games as a means of forming a creative position for the student. Reveals the features of organizing and conducting an interactive game with a healing and multi-developmental orientation.

### Purpose of studying of the discipline

training of a qualified specialist with necessary knowledge, skills and abilities in the field of wellness technologies in physical culture; creating a positive attitude towards professional pedagogical activities in the field of teaching the basics of health aerobics and fitness training.

### Learning Outcomes

ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.

### Learning outcomes by discipline

- As a result of studying the discipline, the student must acquire the following knowledge and skills: have an idea of:
- on the theoretical and methodological foundations of the physical education system;



- about customs and rituals, faith and traditions;

Know

- methodological foundations for holding national games; - system and classification of the variety of national games;

Be able to

- to organize mass sports and recreation events at various levels; - to conduct judging of competitions in national sports.

acquire practical skills: - in planning and accounting for educational and training work;

- to hold sports competitions;

### Prerequisites

School course

### Postrequisites

Basic and profile disciplines of the EP

## National sports teaching methodology

Discipline cycle Profiling discipline

Course 2

Credits count 5

Knowledge control form Examination

### Short description of discipline

The subject matter contains the history of the emergence and progress of national sports in the republic, the art of movements and tactical tasks. Activities, conditions for judging and holding competitions in folk sports, society and the design of mass sports events in the process of a rational approach to health and physical education, updating national traditions. Education about the basics of theory and teaching methods, organization of the training process in national sports.

### Purpose of studying of the discipline

#### Learning Outcomes

ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.

#### Learning outcomes by discipline

#### Prerequisites

#### Postrequisites

## Bases of the organization of sports sections in educational institutions

Discipline cycle Basic disciplines

Course 3

Credits count 5

Knowledge control form Examination

### Short description of discipline

The content of this discipline involves studying the basics of organizing extracurricular activities in physical culture and conducting sectional work on sports in educational institutions. It reveals the main goals and methods of conducting classes in sports sections, taking into account the age, individual, psychological, and physical characteristics of students. Methods and means of sports orientation and selection are given.

### Purpose of studying of the discipline

Introducing students to regular physical exercises of a sports orientation, conducting competitive activities, as well as promoting and popularizing physical culture and sports.

#### Learning Outcomes

ON 5 Create conditions for improving the educational environment, based on the results of pedagogical research, apply them in the educational process.

#### Learning outcomes by discipline

- Knows extra-curricular physical education classes in schools;

- Organizes sports sections in accordance with the requirements;

- Uses physical culture process together with sports sections.

#### Prerequisites

School course

#### Postrequisites

Basic and profile disciplines of the EP

## Shooting with the methods of teaching

Discipline cycle Basic disciplines

Course 3

Credits count 5

Knowledge control form Examination

### Short description of discipline

The discipline studies the history of the creation of small arms and pneumatic weapons. Reveals the basics and rules of shooting from pneumatic and small-caliber weapons, the material part of the weapon and care, and safety measures. Considers the technique of shooting from different positions. The technique of special exercises for preparation, aiming, holding the breath and pressing the trigger, competition rules, requirements for organizing and conducting competitions at various levels are given.

### Purpose of studying of the discipline

equipping specialists with modern knowledge about world trends in the development of bullet shooting, introducing additions and changes to the rules of competitions, marking weapons and accessories, as well as innovative technologies for organizing training sessions with athletes of different ages and qualifications.

## Learning Outcomes

ON 4 Demonstrate the principles and methods of development of pedagogy and psychology of physical culture and sports, economics, modern pedagogical teaching technologies, determine and apply programs and teaching methods aimed at developing the educational process.

### Learning outcomes by discipline

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,
- to 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

## Martial arts with teaching methods

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

### Short description of discipline

The discipline course includes information about the history of martial arts, intellectual and spiritual development, health promotion and personal self-defense. Depending on the style and types of wrestling, the specifics of training, preparation and various sets of special exercises are considered. The basics of the methodology for the stages of the training process are revealed. The features of the teaching methodology are given, taking into account the personality, age and physical capabilities of students, the rules of competitions and classifications.

### Purpose of studying of the discipline

The main goal of teaching martial arts is to prepare the student for sports achievements

### Learning Outcomes

ON 4 Demonstrate the principles and methods of development of pedagogy and psychology of physical culture and sports, economics, modern pedagogical teaching technologies, determine and apply programs and teaching methods aimed at developing the educational process.

### Learning outcomes by discipline

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,
- to 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

## Bases of training in applied sports

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

### Short description of discipline

The subject studies the fundamentals of theory, methodology and legal regulation of applied sports. Gives the basics of knowledge about taking into account the age and personality characteristics of students, on the organization of sectional work. Considers the basics of creating, operating and providing a material and technical base for applied sports in an educational institution. Discloses information about the structure of the organization and conduct of the training and competitive processes.

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

*They foster psychological stability in students, make it possible to master specialties, and allow them to reveal the qualities that are necessary for the successful conduct of military service.*

## **Learning Outcomes**

*ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.*

### **Learning outcomes by discipline**

*Know*

- Theory and methodology of physical culture and sports,*
- Psycho-physiological foundations of sports and youth 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,*
- to 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*

## **Theory methods of youth sports**

|                        |                   |
|------------------------|-------------------|
| 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**

*The purpose of teaching the course Theory and Methods of Theory and Methods of Professional Sports for Children and Adolescents is to provide students, physical education and sports professionals with knowledge and basics of youth sports, closely linked with other disciplines.*

*The role of youth sports, the main base for training sports fans in the country, is developing every year. World-class sporting achievements require a constant search for work with young athletes, the consideration of new scientific advances, methods and favorable ways to achieve high results.*

### **Learning Outcomes**

*ON 5 Create conditions for improving the educational environment, based on the results of pedagogical research, apply them in the educational process.*

### **Learning outcomes by discipline**

*forms psychological, scientific-theoretical, practical, psychophysiological and physical readiness to carry out professional activities in the field of physical culture.*

### **Prerequisites**

*School course*

### **Postrequisites**

*Basic and profile disciplines of the EP*

## **Theory and methods of teaching basic sports**

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

### **Short description of discipline**

*The discipline provides general information about the history and development of basic sports, and the stages of formation of the refereeing system, classification and terminology of sports. He studies the legal, educational and methodological foundations of the educational and training process. Teaches methods of organizing and conducting competitions in basic sports. Introduces the use of physical culture and health technologies at school, using the means of gymnastics, athletics, sports games, swimming, skiing.*

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

*The subject of the theory and methods of teaching basic sports - the purpose of teaching the course is closely linked with other disciplines, providing students, future physical education and sports professionals with knowledge, informing them about the main aspects of children`s and youth sports.*

The role of youth sports, the main base for training sports fans in the country, is developing every year. World-class sporting achievements require a constant search for work with young athletes, the consideration of new scientific advances, methods and favorable ways to achieve high results.

### **Learning Outcomes**

ON 4 Demonstrate the principles and methods of development of pedagogy and psychology of physical culture and sports, economics, modern pedagogical teaching technologies, determine and apply programs and teaching methods aimed at developing the educational process.

### **Learning outcomes by discipline**

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,
- to 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

## **Volleyball with the methods of teaching**

|                        |                      |
|------------------------|----------------------|
| Discipline cycle       | Profiling discipline |
| Course                 | 3                    |
| Credits count          | 5                    |
| Knowledge control form | Examination          |

### **Short description of discipline**

The course of the discipline introduces the history of the origin and development of volleyball, the history of the emergence of the game in the Republic of Kazakhstan. Reveals the basics of planning and organizing educational training sessions, means and methods of physical and special physical training. Teaches the technique of stances and movements of the athlete. Provides the opportunity to learn passing techniques, types of ball receptions, offensive strikes, dumps and blocks. Explains the meaning of competition rules, body movements and the roles of referees in volleyball.

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

Be able to apply sports games in professional activities.

### **Learning Outcomes**

ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.

### **Learning outcomes by discipline**

- Owns the history of the development of a sports game, the technique and tactics of the game
- Knows the rules of the game and the methodology of organizing a lesson
- Uses during classes and training.

### **Prerequisites**

School course

### **Postrequisites**

Basic and profile disciplines of the EP

## **Basketball with teaching methods**

|                        |                      |
|------------------------|----------------------|
| Discipline cycle       | Profiling discipline |
| Course                 | 3                    |
| Credits count          | 5                    |
| Knowledge control form | Examination          |

### **Short description of discipline**

The course involves studying the history of the emergence and development of basketball. Reviews the basics of initial teaching of playing techniques. Basic ways and techniques of holding the ball, dribbling, passing and shooting to the basket. Features of tactics and techniques of individual and team basketball. Some aspects of physical and special training by age groups. Gives general information about the technique and tactics of playing streetball. Competition rules.

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

The course should contribute to the development of creative thinking, the formation of the scientific outlook of students, to equip the future teacher with a set of knowledge, practical skills and abilities for active pedagogical activity.

### **Learning Outcomes**

ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.

### **Learning outcomes by discipline**

Knows the history of the development of sports games. Evolution of the Rules of Sports Games. Means and methods of teaching

technique and tactics in sports games.

### **Prerequisites**

School course

### **Postrequisites**

Basic and profile disciplines of the EP

## **Wheelchair basketball with the methods of teaching**

|                        |                      |
|------------------------|----------------------|
| Discipline cycle       | Profiling discipline |
| Course                 | 3                    |
| Credits count          | 5                    |
| Knowledge control form | Examination          |

### **Short description of discipline**

The discipline studies the history of the development of Paralympic, Deaflympics and special sports. The basics of the system of physical education of people with disabilities are considered. The basics of teaching wheelchair basketball, techniques and methods of ball possession, passing and throws are studied. The main methods of individual and team play, technique and tactics in attack and defense. Logistics. Basic rules for organizing and conducting competitions.

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

The course should contribute to the development of creative thinking of people with special abilities, the formation of a scientific worldview, equipping the future teacher with a set of knowledge, practical skills and abilities for active pedagogical activity.

### **Learning Outcomes**

ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.

### **Learning outcomes by discipline**

- Familiar with the process of physical training of people with health problems
- Can communicate through the process of physical education according to the psychological state
- Organizes physical education in accordance with individual characteristics

### **Prerequisites**

School course

### **Postrequisites**

Basic and profile disciplines of the EP

## **A sitting volleyball with the methods of teaching**

|                        |                      |
|------------------------|----------------------|
| Discipline cycle       | Profiling discipline |
| Course                 | 3                    |
| Credits count          | 5                    |
| Knowledge control form | Examination          |

### **Short description of discipline**

The subject of the discipline sets out the historical development and current state of development of volleyball in the Republic of Kazakhstan and in the world. Students review the rules of playing seated volleyball, the basic rules of refereeing and the classification of technical elements of the game. They study the possibilities of physiological development of a volleyball player and the basics of learning the game. They study methods of teaching tactical, technical, physical, and holistic training, material and technical support, as well as coaching and sports training.

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

Training in professional activities based on the specifics of sports games.

### **Learning Outcomes**

ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.

### **Learning outcomes by discipline**

- Owns the history of the development of a sports game, the technique and tactics of the game
- Knows the rules of the game and is able to carry out organizational work in accordance with his personal characteristics.
- Taking into account the psychological state uses in practice

### **Prerequisites**

School course

### **Postrequisites**

Basic and profile disciplines of the EP

## **Handball with the methods of teaching**

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

### **Short description of discipline**

This discipline provides information about the history of the emergence and development of handball. Studying the basics of classification and structure of team sports games. Introduces the method of organizing the training process, with the features of tactical, technical, psychological and physical training. Teaches the basics of technique, tactics of dribbling and possession of the ball, playing in counterattack and defense. Considers the basic rules of competition and refereeing in handball, the procedure and requirements for logistics.

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

The purpose of studying this discipline is to form the skills and abilities of general and special physical training, technique and tactics of

handball, refereeing. To prepare a specialist for pedagogical, organizational, managerial activities in secondary schools. Secondary specialized educational institutions as a teacher of physical education.

### **Learning Outcomes**

ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.

### **Learning outcomes by discipline**

- Learned the history of the development of a sports game and game methods, techniques and tactics
- Mastered the rules of the game, the basics of holding and organizing competitions
- Use during the lesson.

### **Prerequisites**

School course

### **Postrequisites**

Basic and profile disciplines of the EP

## **Goal with the methods of teaching**

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

### **Short description of discipline**

This discipline reveals the theoretical foundations of inclusive education in the system of physical culture and sports. Provides knowledge on the basics of physical education of people with visual impairments. He studies the general information about the history of the development of the game of goalball as a means of rehabilitation and as a sport. Considers the features of the method of teaching goalball. Forms the skills of organizing the educational and training process. Informs about the technique and tactics of the game, organization and conduct of competitions.

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

The purpose of studying this discipline is to form the skills and abilities of general and special physical training, technique and tactics of hollball, refereeing. To prepare a specialist for pedagogical, organizational, managerial activities in secondary schools. Secondary specialized educational institutions as a teacher of physical education.

### **Learning Outcomes**

ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.

### **Learning outcomes by discipline**

has a wide range of theoretical foundations of handball.

Skills: knows how to apply theory in teaching handball.

### **Prerequisites**

School course

### **Postrequisites**

Basic and profile disciplines of the EP

## **Swimming with the methods of teaching**

|                        |                      |
|------------------------|----------------------|
| Discipline cycle       | Profiling discipline |
| Course                 | 3                    |
| Credits count          | 5                    |
| Knowledge control form | Examination          |

### **Short description of discipline**

The course teaches swimming with teaching methods and training sessions with students of different ages. They study individual parts of various techniques of certain techniques. The formation of systematized knowledge in the field of theory and methods of swimming, the formation of professional and pedagogical knowledge, skills and abilities necessary for independent activity considers the methodology of practical classes in accordance with the school curriculum, as well as the procedure for organizing, conducting and developing educational documentation.

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

Formation of systematized knowledge in the field of theory and methods of swimming.

### **Learning Outcomes**

ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.

### **Learning outcomes by discipline**

Upon completion of mastering the discipline, the student must:

know:

1. Know the general methodological requirements for the educational process. Be able to analyze the conducted classes.
2. Know the methodology of teaching swimming in the high school program.

be able to:

- be able to use interdisciplinary knowledge in teaching physical exercises.
- operate with special concepts and terms;
- effectively apply the methodological training system;
- organize and plan the educational process;
- engage in continuous self-education.

### **Prerequisites**

School course

## Postrequisites

Basic and profile disciplines of the EP

## Regbi with the methods of teaching

|                        |                      |
|------------------------|----------------------|
| Discipline cycle       | Profiling discipline |
| Course                 | 3                    |
| Credits count          | 5                    |
| Knowledge control form | Examination          |

### Short description of discipline

The discipline examines the basic techniques and tactics of the sports game of rugby, forms and methods of organizing classes and sports training in the game, refereeing competitions, preparing documentation and protocols of competitions. Analyzes the actions of physical education teachers and coaches. Makes it possible to competently create an environment within a team, correctly distribute the actions of players in a team, based on pedagogical principles, and create a psychologically healthy team.

### Purpose of studying of the discipline

Formation of systematized knowledge in the field of theory and methodology of rugby.

### Learning Outcomes

ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.

### Learning outcomes by discipline

- mastered the history of the development of a sports game and game techniques, techniques and tactics;
- knows the rules of the game, methods of conducting and organizing competitions;
- Uses as needed during practice.

### Prerequisites

School course

### Postrequisites

Basic and profile disciplines of the EP

## Marketing of physical culture and sports

|                        |                   |
|------------------------|-------------------|
| Discipline cycle       | Basic disciplines |
| Course                 | 4                 |
| Credits count          | 5                 |
| Knowledge control form | Examination       |

### Short description of discipline

The subject includes methodological basics of marketing, market concepts and market relations in the field of physical culture and sports; studies consumer and product marketing, market research methods, marketing activities of the International Olympic Committee; discloses the main principles and methods of marketing in the field of sports, physical culture and tourism services; covers business fundamentals in sports and sports licensing; prospects for the development of sports marketing.

### Purpose of studying of the discipline

the formation of students' scientific and methodological base, necessary for students to master the scientific foundations of the theory of social management of physical culture and sports organizations

### Learning Outcomes

ON 5 Create conditions for improving the educational environment, based on the results of pedagogical research, apply them in the educational process.

### Learning outcomes by discipline

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,
- to 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

## Hygiene of physical culture and sports

|                        |                   |
|------------------------|-------------------|
| Discipline cycle       | Basic disciplines |
| Course                 | 4                 |
| Credits count          | 5                 |
| Knowledge control form | Examination       |

### Short description of discipline

The discipline studies the basics of hygiene of physical education, the features of personal hygiene of the body, engaged in physical exercises. Forms knowledge about various methods, hygiene standards and requirements for hardening the body. It reveals the features of the basic hygienic requirements for sports facilities and places for physical exercises. Considers auxiliary hygienic means of restoring and improving the working capacity of those involved in physical exercises. Gives information about hygienic provision in various sports.

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

Mastering the scientific and methodological foundations and regulatory requirements of hygiene in the system of physical culture and sports.

### **Learning Outcomes**

ON 5 Create conditions for improving the educational environment, based on the results of pedagogical research, apply them in the educational process.

### **Learning outcomes by discipline**

Knows psychology and physiology, special and general, age-related physiology of school-aged and adolescent children, and, under the guidance of a mentor, designs the educational process. Broadcasts educational information, teaches one to independently obtain knowledge and applies it in practice.

### **Prerequisites**

School course

### **Postrequisites**

Basic and profile disciplines of the EP

## **Basics of research work and sport metrology**

|                        |                   |
|------------------------|-------------------|
| Discipline cycle       | Basic disciplines |
| Course                 | 4                 |
| Credits count          | 5                 |
| Knowledge control form | Examination       |

### **Short description of discipline**

The discipline introduces the basics of the scientific organization of a student's educational activities at all stages of study at a university. Reveals the content of metrology, standardization and control in physical culture and sports. Explores the methodology for organizing scientific research at the level of completing graduate work. Provides practice of component support for the physical condition of an athlete, the basics of methods for processing and analyzing control results, and planning the educational and training process.

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

Familiarization of students with the basics of metrology, standardization and control in sports, with metrological characteristics and certification of measuring instruments used in the field of physical culture and sports, with metrological support of registration methods, processing and analysis of physical condition indicators, technical and tactical skill and training loads.

### **Learning Outcomes**

ON 4 Demonstrate the principles and methods of development of pedagogy and psychology of physical culture and sports, economics, modern pedagogical teaching technologies, determine and apply programs and teaching methods aimed at developing the educational process.

### **Learning outcomes by discipline**

analyze, explain and adapt recommendations for the practical use of the knowledge gained, the presence of which ensures readiness for social and professional activities, inclusion in a healthy lifestyle and in systematic physical self-improvement; value attitude to physical culture.

### **Prerequisites**

School course

### **Postrequisites**

Basic and profile disciplines of the EP

## **Fundamentals of sports biochemistry**

|                        |                   |
|------------------------|-------------------|
| Discipline cycle       | Basic disciplines |
| Course                 | 4                 |
| Credits count          | 5                 |
| Knowledge control form | Examination       |

### **Short description of discipline**

The discipline studies the peculiarities of metabolism during physical work and rest. Gives information about the patterns of rational construction of the training process and the establishment of optimal recovery periods. Forms knowledge about the compliance of the load of the athlete's body with the functional state of the body. Reveals the patterns of biochemical processes occurring during muscle work and recovery. Introduces the methodology of increasing sports performance, developing speed, strength and endurance qualities, accelerating recovery after training.

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

To equip future specialists in adaptive physical culture with knowledge of the chemical foundations of life processes, the peculiarities of the course of biochemical processes during physical exercises and during the recovery period after muscle work.

### **Learning Outcomes**

ON 4 Demonstrate the principles and methods of development of pedagogy and psychology of physical culture and sports, economics, modern pedagogical teaching technologies, determine and apply programs and teaching methods aimed at developing the educational process.

ON 5 Create conditions for improving the educational environment, based on the results of pedagogical research, apply them in the educational process.

### **Learning outcomes by discipline**

- Regulates the load on the body during physical education and sports, knows the processes of metabolism in the body
- Mastered the biochemical process in the body



- Uses during sports training

### **Prerequisites**

School course

### **Postrequisites**

Basic and profile disciplines of the EP

## **Fundamentals of sports genetics**

|                        |                   |
|------------------------|-------------------|
| Discipline cycle       | Basic disciplines |
| Course                 | 4                 |
| Credits count          | 5                 |
| Knowledge control form | Examination       |

### **Short description of discipline**

The subject examines the basic laws and concepts of genetics, including the interaction of genes and the main methods of studying human genetics. Forms an idea of the goals, objectives, means, events and stages of development, the theoretical and practical significance of sports genetics. Introduces the concepts of genetic testing, analysis of genetic and phenotypic markers in the field of physical culture and sports. Considers the basics of solving problems in sports selection.

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

to equip students with knowledge in the field of sports genetics and skills based on them to analyze genes associated with physical activity, to apply modern achievements of sports nutrigenetics and pharmacogenetics in professional activities. The study of this discipline will allow future specialists to carry out medical and biological support of physical culture and sports, taking into account individual genetic characteristics of the body

### **Learning Outcomes**

ON 5 Create conditions for improving the educational environment, based on the results of pedagogical research, apply them in the educational process.

### **Learning outcomes by discipline**

- the ability to lead a team in the field of their professional activities, tolerantly perceiving social, ethnic, confessional and cultural differences;
- the ability to determine priorities in the process of training athletes in solving professional tasks, taking into account their individual characteristics;
- ability to use traditional and modern scientific concepts, approaches and research directions in the field of physical culture and sports

### **Prerequisites**

School course

### **Postrequisites**

Basic and profile disciplines of the EP

## **Fundamentals of Sports Kinesiology**

|                        |                   |
|------------------------|-------------------|
| Discipline cycle       | Basic disciplines |
| Course                 | 4                 |
| Credits count          | 5                 |
| Knowledge control form | Examination       |

### **Short description of discipline**

The discipline studies the fundamentals of the theory and practice of functional studies of the health of representatives of professional sports. Considers general information about imbalances in any body system, functional disorders, structural organic disorders and diseases. Contains information about special and standardized diagnostic methods in assessing the condition of an athlete. Introduces the features of establishing and predicting functional syndromes and analyzing physiological functions. Reveals some aspects of the control of the athlete's recovery process.

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

The basic laws of the biochemical organization of living organisms, as well as the mechanisms of the course of biochemical reactions.

### **Learning Outcomes**

ON 4 Demonstrate the principles and methods of development of pedagogy and psychology of physical culture and sports, economics, modern pedagogical teaching technologies, determine and apply programs and teaching methods aimed at developing the educational process.

### **Learning outcomes by discipline**

As a result of studying the discipline, the student must:  
know:

1. Know the general methodological requirements for the educational process. Be able to analyze the conducted classes.
2. Know the teaching methodology for the primary school curriculum.

be able to:

- be able to use interdisciplinary knowledge in teaching physical exercises.
- operate with special concepts and terms;
- effectively apply the methodological training system;
- organize and plan the educational process;
- engage in continuous self-education.

have skills:

- Organization and conduct of classes and competitions in physical culture.

### **Prerequisites**

School course

### **Postrequisites**

## Fundamentals of managing the process of sports training

|                        |                   |
|------------------------|-------------------|
| Discipline cycle       | Basic disciplines |
| Course                 | 4                 |
| 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

The discipline forms the basis for managing the process of sports training. Improves the correct application of specific principles of training athletes. Reveals topical issues of Sports Development, Sports selection and sports orientation.

### Learning Outcomes

ON 5 Create conditions for improving the educational environment, based on the results of pedagogical research, apply them in the educational process.

### Learning outcomes by discipline

- Knows the methods of managing the process of sports training.
- Owns topical issues of sports development, sports selection and sports orientation
- Mastered the organizational system, methods of management in various areas of sports activities

### Prerequisites

Introduction to the profession of a physical education and sports teacher

### Postrequisites

Manufacturing (pedagogical) practice

## Physiological bases of physical education and sports

|                        |                   |
|------------------------|-------------------|
| Discipline cycle       | Basic disciplines |
| Course                 | 4                 |
| Credits count          | 5                 |
| Knowledge control form | Examination       |

### Short description of discipline

The course is based on the study of the physiology of the human body when performing motor actions during physical exercises. Information about the influence of motor actions on the functioning of the physiological processes of the body. Mastering the knowledge of medical and biological control over the state of human health in the process of active scientific work on the problems of physical exercises.

### Purpose of studying of the discipline

"Physiological foundations of physical education and sports" is the formation of knowledge about the structural changes occurring in the body during physical exercises, the scientifically based conduct of the training process taking into account the morphological features of the athlete's body structure, as well as mastering the practical skills of anthropometric examination of athletes.

### Learning Outcomes

ON 5 Create conditions for improving the educational environment, based on the results of pedagogical research, apply them in the educational process.

### Learning outcomes by discipline

- Knows the anatomical and morphological features of the structure of human organs, their topography;
- Establishes the relationship between the anatomical structure and functions of the body;
- Owns the methods of anthropometric research and assessment of the level of physical development.

### Prerequisites

School course

### Postrequisites

Basic and profile disciplines of the EP

## Table tennis with teaching methods

|                        |                      |
|------------------------|----------------------|
| Discipline cycle       | Profiling discipline |
| Course                 | 4                    |
| Credits count          | 5                    |
| Knowledge control form | Examination          |

### Short description of discipline

The discipline provides information about the history of the emergence and development of table tennis as a sport. Gives general information on the basic training methods for different racket grips, the technique of various stances, movements, techniques and serves. Emphasizes the characteristic teaching of the technique of basic strikes (cutting, rolling), "stand", "candle", strategic actions in singles and doubles games. The fundamentals of physical and special training of an athlete at various stages of the educational and training process are considered.

### Purpose of studying of the discipline

1. The course of acquaintance with the methods and techniques of teaching table tennis will help the future teacher of physical education to conduct school and extracurricular activities.
2. To equip the future highly educated specialist working in the field of physical culture and sports with special knowledge, concepts,

methods, techniques, techniques of organization of physical education and sports training.

3. Table tennis should be in accordance with the basic elements of teaching, approved by the choice of teaching methods and tools.

4. Acquaintance with the special knowledge, terms, concepts, methods, business education necessary for the future higher education specialist working in the field of physical culture and sports.

### **Learning Outcomes**

ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.

### **Learning outcomes by discipline**

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

Know

- The theory and methodology of the sport,
- 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

## **Outdoor games with the method of inclusive learning**

Discipline cycle Profiling discipline

Course 4

Credits count 5

Knowledge control form Examination

### **Short description of discipline**

The discipline provides information about the features of organizing, conducting and managing the educational process of inclusive content in outdoor games. Studies the issues of education and socialization of children with special educational needs and special abilities through the establishment and development of basic motor and psychomotor skills. They use plot-role-playing and emotionally positive possibilities of the methodology of outdoor games with inclusive content. Explains the features of sports, special equipment and educational materials.

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

The purpose of teaching the course - the method of teaching mobile games, in close connection with other disciplines, provides students, specialists in physical education and sports with knowledge, informing them about the prices and the main aspects of youth sports.

The role of youth sports, the main base for training sports fans in the country, is developing every year. World-class sporting achievements require a constant search for work with young athletes, the consideration of new scientific advances, methods and favorable ways to achieve high results.

### **Learning Outcomes**

ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.

### **Learning outcomes by discipline**

It is methodologically sound to plan, control and manage the process of physical education, the level of sports training.

### **Prerequisites**

School course

### **Postrequisites**

Basic and profile disciplines of the EP

## **Mini football with the methods of teaching**

Discipline cycle Profiling discipline

Course 4

Credits count 7

Knowledge control form Examination

### **Short description of discipline**

The discipline contains information about the history of the development of mini-football, the basics of mini-football and the rules of the game in mini-football. The content of strategic training in mini-football and the possibilities of teaching offensive actions in mini-football are revealed. The features of teaching the technique of playing mini-football are studied. The technique is the art of kicking the ball, stopping the ball, heading the ball, dribbling the ball, deceptive movements (feints). Interception of the ball, technique and way of playing as a goalkeeper are mastered.

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

To equip the future highly educated specialist working in the field of physical culture and sports with special knowledge, concepts, methods, techniques and techniques of organizing lessons of physical education and sports.

### **Learning Outcomes**

ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.

### **Learning outcomes by discipline**

- Mastered the rules of the game, the basics of holding and organizing competitions
- Learned the history of the development of a sports game and game methods, techniques and tactics
- Uses during practice

### **Prerequisites**

School course

### **Postrequisites**

Basic and profile disciplines of the EP

## **Basics of football training 5x5 and 7x7**

|                        |                      |
|------------------------|----------------------|
| Discipline cycle       | Profiling discipline |
| Course                 | 4                    |
| Credits count          | 7                    |
| Knowledge control form | Examination          |

### **Short description of discipline**

The subject contains the basics of the adaptation game of 5x5 mini-football, played by visually impaired and blind athletes, and 7x7 football, intended for athletes with cerebral palsy and other somatic diseases, including stroke and the effects of trauma on the brain. Provides information about the history and modern development, rules, and competitions in these sports. Considers the possibilities of teaching the organization and implementation of a practical and competitive process.

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

To equip the future highly educated specialist working in the field of physical culture and sports with special knowledge, concepts, methods, techniques and techniques of organizing lessons of physical education and sports.

### **Learning Outcomes**

ON7 Analyze and solve pedagogical problems in the professional field, apply modern educational technologies, various methods and approaches in the educational process, demonstrate acquired knowledge.

ON8 To generalize the received pedagogical knowledge in the field of physical education, to develop optimal forms and methods of conducting the educational process, to offer options for application.

### **Learning outcomes by discipline**

- Mastered the history of the development of a sports game and game methods, techniques and tactics.
- Mastered the rules of the game, the basics of holding and organizing competitions.
- Uses during practice

### **Prerequisites**

School course

### **Postrequisites**

Basic and profile disciplines of the EP

## **Outdoor games with the methods of teaching**

|                        |                      |
|------------------------|----------------------|
| Discipline cycle       | Profiling discipline |
| Course                 | 4                    |
| Credits count          | 5                    |
| Knowledge control form | Examination          |

### **Short description of discipline**

This discipline gives the basics of outdoor games as a means of general physical training at different ages. Teaches the simplest elements of planning, organizing and conducting classes. Introduces the elementary technique of some types of tactical actions of outdoor games. In order to form and improve basic motor skills, physical qualities, it provides for the study of outdoor games with role-playing content and with elements of sports games.

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

The purpose of teaching the course - the method of teaching mobile games, in close connection with other disciplines, provides students, specialists in physical education and sports with knowledge, informing them about the prices and the main aspects of youth sports.

The role of youth sports, the main base for training sports fans in the country, is developing every year. World-class sporting achievements require a constant search for work with young athletes, the consideration of new scientific advances, methods and favorable ways to achieve high results.

### **Learning Outcomes**

ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.

### **Learning outcomes by discipline**

- controls, manages and plans the process of physical education
- uses national sports in accordance with the rules during physical education
- uses during practice

### **Prerequisites**

School course

### **Postrequisites**

Basic and profile disciplines of the EP

## **Tennis teaching methodology**

|                  |                      |
|------------------|----------------------|
| Discipline cycle | Profiling discipline |
| Course           | 4                    |

|                        |             |
|------------------------|-------------|
| Credits count          | 5           |
| Knowledge control form | Examination |

### Short description of discipline

The content of the discipline examines the history of the development of tennis and teaching methods. The basic terminology of this sport, the structure of the game are studied, the technique and tactics of the game and equipment are described. Determines the technique of the player's stance, grips, technique of techniques and strikes, coordination and rhythm of all movements of the ball, from the accuracy and stability of the ball toss, explains the strategy and classification of game actions, methods of organizing and conducting competitions.

### Purpose of studying of the discipline

An introductory course on the methods of teaching tennis will help the future teacher of physical education to conduct school and extracurricular activities.

### Learning Outcomes

ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.

### Learning outcomes by discipline

Competence (learning outcomes)

As a result of teaching the discipline, the future specialist should know:

know:

- Basics of didactic and psychological teaching with the method of teaching table tennis
- Formulation of physical education at school
- Consistency of information input in the learning process

be able to:

- Planning the work of a physical education teacher and coach with the method of teaching table tennis
- Carrying out activities for the organization of the educational process using different teaching methods
- Mastering monitoring and evaluation
- Planning and implementation of the content of school physical education courses in the learning process
- Effective use of the system of teaching methods
- To get acquainted with the structure of team voice and terminological knowledge during the game of table tennis
- Continuous improvement of knowledge

### Prerequisites

School course

### Postrequisites

Basic and profile disciplines of the EP

## Football with the methodology of teaching

|                        |                      |
|------------------------|----------------------|
| Discipline cycle       | Profiling discipline |
| Course                 | 4                    |
| Credits count          | 7                    |
| Knowledge control form | Examination          |

### Short description of discipline

The course contains information about the unity of education, training and education. Considers the features of teaching motor actions in football, the structure and forms of organization of the educational and training process. Gives knowledge about the technique and tactics of the game, about the sequence of studying the elements of the game. Learns the basics of individual and group training through various tasks and exercises. Provides information about the game plan, the playing technique of the field player and goalkeeper.

### Purpose of studying of the discipline

To equip the future highly educated specialist working in the field of physical culture and sports with special knowledge, concepts, methods, techniques and techniques of organizing lessons of physical education and sports.

### Learning Outcomes

ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.

### Learning outcomes by discipline

- Owns the history of the development of sports games, methods, techniques and tactics of the game.
- Mastered the rules of the game, competitive and organizational documentation.
- Uses in practice

### Prerequisites

School course

### Postrequisites

Basic and profile disciplines of the EP

## Pregraduation practice

|                        |                        |
|------------------------|------------------------|
| Discipline cycle       | Profiling discipline   |
| Course                 | 4                      |
| Credits count          | 5                      |
| Knowledge control form | Total mark on practice |

### Short description of discipline

The practice process contains the collection, processing and generalization of practical material on the topic of the thesis (project). The analysis of statistical data and practical material on the topic of the thesis research is consistently carried out. Systematization and formulation of conclusions, patterns, recommendations and proposals on the topic of the thesis makes it possible to pre-defend. The final stage of readiness will be the design of the thesis in accordance with the established requirements and preparation for the defense.

### Purpose of studying of the discipline

*Prediploma practice is the completion of writing a thesis (project).*

### **Learning Outcomes**

*ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.*

### **Learning outcomes by discipline**

- determines methods of systematization and dissemination of effective means of pedagogical work aimed at development of physical qualities and implements training methods and programs;*
- mastered the principles and methods of studying the field of pedagogy, educational experience and its environment;*
- plans and conducts monitoring studies and uses their results when solving pedagogical problems*

### **Prerequisites**

*Manufacturing (pedagogical) practice*

### **Postrequisites**

*Final examination*

## **Manufacturing (pedagogical) practice**

|                        |                        |
|------------------------|------------------------|
| Discipline cycle       | Profiling discipline   |
| Course                 | 4                      |
| Credits count          | 10                     |
| Knowledge control form | Total mark on practice |

### **Short description of discipline**

*Education of professional qualities and mental properties of the personality of a future specialist in physical education in accordance with modern requirements for teachers. To develop students` interest in the teaching profession physical culture in the secondary school and secondary special educational institutions. The achievement of this goal is ensured by the consistent solution of tasks that reflect all components of the professional pedagogical activity of a teacher of physical culture included in the content of the program on pedagogical practice*

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

*The main goal is to promote the education of professional qualities and mental properties of the individual in accordance with modern requirements for the profession of a sports coach. The achievement of this goal is ensured by the consistent solution of a set of tasks that reflect all the components of professional and pedagogical activity of a sports coach included in the content of the program for industrial practice.*

### **Learning Outcomes**

*ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.*

### **Learning outcomes by discipline**

### **Prerequisites**

*Pedagogical practice*

### **Postrequisites**

*Pregraduation practice*

## **manufacturing practice**

|                        |                        |
|------------------------|------------------------|
| Discipline cycle       | Profiling discipline   |
| Course                 | 4                      |
| Credits count          | 5                      |
| Knowledge control form | Total mark on practice |

### **Short description of discipline**

*Assistance to education of professional qualities and mental properties of the personality of the future specialist of physical education according to modern requirements to teachers, development at students of interest in a profession of the trainer on sports Achievement of this purpose is provided by the consecutive solution of the tasks reflecting all components of professional and pedagogical activity of the trainer on sports entering into the content of the program on trainer`s practice.*

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

- 1. An in-depth study of the system of educational work of the Youth Sports School, the pedagogical process, the content of the activities of the coach, leadership and management in the field of sports.*
- 2. Further development and improvement of the foundations of the chosen profession, skills and abilities acquired in the process of studying at the university and in teaching practice.*
- 3. Development and improvement of specific professional and pedagogical skills of a sports coach.*
- 4. Practical participation of students in the organization and conduct of educational and training, mass sports, competitive, educational, research and other types of work in order to gain experience in pedagogical work and provide practical assistance to the Youth Sports School.*
- 5. Development of the qualities of a socially active, personal trainer, the formation of a creative and research approach to pedagogical activity.*

### **Learning Outcomes**

*ON 6 Show a desire for self-improvement in a professional environment. Determine the levels of preparedness of students in order to adjust the content of the educational process and solve pedagogical problems.*

### **Learning outcomes by discipline**

*Based on the results of industrial practice:*

- have the skills to use theoretical knowledge in practical activities;*
- master innovative technologies, advanced labor and production methods;*
- master the skills to independently plan your activities, establish useful contacts with colleagues, determine a professional role position, create a sense of responsibility;*
- analyze and implement in practice legislative, regulatory and scientific-methodological documents;*

- create conditions for the formation and development of adequate self-esteem and professional reflection;
- to form value and motivational orientations for successful professional activities in the field.

**Prerequisites**

*Pedagogical practice*

**Postrequisites**

*Final examination*