

EDUCATIONAL PROGRAM 5B010800 – PHYSICAL TRAINING AND SPORTS

General Provisions

1 Aims and objectives of the educational program on specialty 5B010800 - Physical Culture and Sports

The purpose of the educational program - Provision of quality training of future teachers of physical training and the trainer-teacher in accordance with the social order of society and the international standards of education, are able to carry out professional activities in the following areas:

- educating in the field of physical culture personality and a healthy lifestyle;
- Education and the formation of a fully developed individual student;
- Comprehensive optimization and harmonization of physical development, spiritual wealth, moral purity, the introduction of the Olympic ideals of education, education of love and devotion to the country of citizens of the Republic of Kazakhstan.

The main objectives of the educational program:

- preparing the future teachers of high school and the trainer-teachers subjects and teachers of physical training (sports coach in sports schools) in accordance with international standards of training;
- The formation of key competencies, as well as scientific and special knowledge and skills of future teachers of physical education and the trainer-teacher;
- Development of methods of physical, spiritual and intellectual self-development, the formation of psychological literacy, culture, thinking and behavior.

2 Competences of a specialty 5B010800 - Physical Culture and Sports, formed as a result of the development of educational programs

Development of the following competences provides realization of the objectives and tasks of the educational program:

- *general cultural competences*;
- *professional competences*;
- *subject competences*.

2.1 The general cultural competences are characterized by the fact that a graduate:

2.1.1 *it is capable to formation* and an objective assessment of personal level of claims, and also owns skills of increase of level of intellectual development of the being trained;

2.1.2 *is able to apply* general regulations and methods of social, human and economic sciences to solving social and professional problems;

2.1.3 *logically and correctly formulates and utters* his/her ideas in mother tongue, *has skills* of oral and written speech in Kazakh (Russian) foreign-language for working at scientific texts and public speaking;

2.1.4 *applies* the knowledge of foreign language to communication and comprehension of special texts;

2.1.5 *applies* main methods, ways and means of gaining, storing and processing information; *is able to* work on a computer, including working in the global computer networks;

2.1.6 *is able to take into consideration* ethnic-cultural and confessional distinctions of the educational process engagers when cooperating socially, as well as the laws and principles of national education;

2.1.7 *demonstrates* moral principles and ethical behavior;

2.1.8 *realizes* the principles of organization of scientific research, ways of achieving and developing scientific knowledge.

Professional competences are characterized by the fact that a graduate:

2.2.1 *is able to model* educational process, realize it when teaching;

2.2.2 *is able to apply* means of considering general, specified (when there are different types of abnormality) mechanisms and individual features of mental and psychophysical development, is familiar with peculiarities of regulating human behavior and activities at different age;

2.2.3 *can apply* qualitative and quantitative methods of psychological and pedagogical research;

2.2.4 *is able to apply* methods of diagnosing development, communication, activities of different age children;

2.2.5 *is able to apply* the knowledge of different theories of teaching, educating and developing, and the educational programs for various level trainees, as well;

2.2.6 *can apply* the methods of organizing different children activities;

2.2.7 *can apply* the methods of organizing joint activities and interpersonal interactions of educational engagers;

2.2.8 *realizes* a great social importance of the profession, conforms to the principles of professional ethics;

2.2.9 *knows* the ways of organizing professional activity in multicultural society taking into account peculiarities of socio-cultural structure of the society;

2.2.10 *is able to participate* in interdisciplinary and interdepartmental cooperation of the specialists for solving professional problems;

2.2.11 *is able to apply* the major international and domestic documents on children's and invalids' rights;

2.2.12 *can apply* technique in critical thinking;

2.2.13 *shares* the values and beliefs of inclusive education;

2.2.14 capable of learning, result-oriented and mobility that will help students develop competencies necessary for them to adapt to a changing labor-market, and that will enable them to become active and responsible citizens.

Subject competence characterized by the fact that the graduate:

Bachelor of Physical Education should:

2.3.1 A sports-technical readiness, own methods of teaching physical education at all levels of the existing structure of education, master the basics of the theory of the various systems of physical education, to know the physiological and medical methods of controlling the tolerance to physical stress, recovery tools, be able to apply them in physical education students, sport, have basic knowledge about the construction of model sporting facilities, the focus in the current legislation on physical culture and sports;

2.3.2 Regulations to carry out sports categories on the basic types of sports;

2.3.3 To own the means and methods of physical culture and sports and to know the peculiarities of their mutual influence;

- 2.3.4 To improve their technical and tactical level of the selected sports;
- 2.3.5 Own teaching methods, biomechanical, biochemical, physiological, psychological analysis, evaluation of exercise, the state body in various sports;
- 2.3.6 Own computer methods for collecting, storing and processing information used in his profession;
- 2.3.7 Conduct the preparation and selection of talented children in sports.

3.2 Academic curriculum on specialty 5B010800 – Physical culture and sport

Duration of training: 4 years
Academic degree: Bachelor of Education specializing
5B010800 – Physical culture and sport

№	The name of the modules and courses	ESTC	Term
MGBD 1	Module of general education disciplines		
CRD1.1	Component of required disciplines	24	
1.1.01	The history of independent Kazakhstan	3	1
1.1.02	Kazakh / Russian	4	1
1.1.03	Foreign language- B1	4	1
1.1.04	Computer Science	4	2
1.1.05	Art Education	3	1
1.1.06	Economics and business	3	3
1.1.07	Philosophy of education	3	3
MPD 2	Module of professional disciplines		
CRD2.1	Component of required disciplines	60	
2.1.01	Pedagogics	5	2
2.1.02	Psychology	5	2
2.1.03	Theory of physical education	3	4
2.1.04	Pedagogical rhetoric	3	3
2.1.05	Inclusive education	3	5
2.1.06	The age physiology and school hygiene	3	1
2.1.07	Research methods	3	3
2.1.08	Foreign language – B2	5	2
2.1.09	Practice-1	6	4
2.1.10	Practice-2	9	6
2.1.11	Practice-3	15	8

MSD 3	Module of specialized disciplines	144	
CRD3.1	Component of required disciplines	81	
3.1.01	Gymnastics and training methods	5	3
3.1.02	Basis of Anatomy and Kinesiology	5	1
3.1.03	Theory and technique of physical culture and sport	6	4
3.1.04	Physiological bases of physical training and sports	5	4
3.1.05	Physical culture and sport pedagogics	6	3
3.1.06	Management of physical culture and sport	5	2
3.1.07	Athletics and training methods	5	1
3.1.08	Technology Assessment Criteria	3	3
3.1.09	Sports biomechanics	3	4
3.1.10	Sport medicine	4	6
3.1.11	Psychology of Physical Education	5	4
3.1.12	Theoretical bases of the chosen sport	4	2
3.1.13	National sports, teaching methods	5	2
3.1.14	Increase of sports skill	5	6
3.1.15	Swimming and training methods	3	7
3.1.16	Sports biochemistry	3	3
3.1.17	Winter sports	3	7
3.1.18	Sports metrology	3	5
3.1.19	Profession-Oriented Foreign Language	3	5
	Diploma work	12	
CED 3.2	Component of elective disciplines	63	
	The credit of ECTS	240	
	Additional types of training		
	Physical education	12	1-4
	Religions studies	3	2
	Mangilik el	3	2

1.3 Following elective discipline

№	The name of the courses	ESTC
CED3.2	Component of elective disciplines	63
3.2.01	Introduction to a pedagogical profession Technique of technical and tactical preparation in the chosen sport	4
3.2.02	Fight and methods of training	4

	Pedagogical innovatics	
3.2.03	Sports pedagogical improvement Power and athletic preparation in the chosen sport	4
3.2.04	Volleyball and methods of training Competitive activity in the chosen sport	4
3.2.05	Medical physical culture and massage Improvement of judicial skill in the chosen sport	
3.2.06	Soccer and methods of training Aerobics and methods of training	4
3.2.07	Physical preparation (the general and special) in the chosen sport Pedagogical improvement in the chosen sport	4
3.2.08	Social pedagogical aspect of physical culture Innovative technologies in the electee of a sport	4
3.2.09	Physical culture and sport history Ethnopsychology	5
3.2.10	Theory and technique of educational works Improvement of trainer's activity in the chosen sport	3
3.2.11	Theory and technique of physical rehabilitation and physical reaktreation Adaptive physical culture	4
3.2.12	Basketball and methods of training Sports exercise machines. Sport construction	4
3.2.13	Technique of teaching physical culture at school Age features in sports preparation in the chosen sport	3
3.2.14	Pedagogical skill Comparative pedagogics of physical culture of people of the world	4
3.2.15	Sports tourism Information and communicative technologies in training process	4
3.2.16	Ethnopedagogics Pedagogics of culture of international communication in physical culture	3