

SPECIALTY PROGRAMME
Educational program of the Specialty «6M010800 – Physical Culture and Sport»
Master Level

Education purposes in «6M010800 – Physical Culture and Sport» are:

The main purpose of education in the Specialty «6M010800 – Physical Culture and Sport» is:

- training of highly qualified scientific and pedagogical and coaching staff, demand in the labor market;
- developing systematized knowledge, core competencies and special masters who know how to use modern methods of studying the general laws;
- developing the key and special competencies in masters, with high social and civic responsibility, capable of carrying out a professional activity;

1. List of qualifications and positions

Graduates of this educational program are assigned to the degree of Master of Pedagogical Sciences in Physical Culture and Sport. Master of Pedagogical Sciences as a specialist of higher qualification without a category may hold positions without requiring a length of service in accordance c Model qualification characteristics of teaching staff posts and persons equated to them, approved by order of the Minister of Education and Science of the Republic of Kazakhstan dated July 13, 2009 № 338, as amended on June 9, 2011 №241, December 27, 2013 №512:

- Teacher (Assistant);

In accordance with the Model Qualification Characteristics of Teaching Staff and Relevant Persons, approved by Order of the Minister of Labour and Social Welfare of the Republic of Kazakhstan dated May 21, 2012 № 201 p-m:

- Methodist of Physical Culture;
- Junior Researcher (if the recommendations of institutions of higher education councils (faculty) to the position of a junior researcher can be assigned on an exceptional university graduates (master's), gain experience during the training period).

2. The qualifying characteristic of the graduate education program

2.1 Professional area

Master of Pedagogical Sciences in«6M010800 – Physical Culture and Sport» fulfils professional duties in the field of education. Qualifying level according to National Qualifications Framework (NQF) is – 7.

2.2 Objects of professional activity

Objects of professional activity of Master of Pedagogical Sciences in «6M010800 – Physical Culture and Sport» are:

- Department of Physical Education of universities, colleges, sports clubs;
- public and private commercial organizations: departments,– committees, agencies, governments in Physical Culture and Sports, companies, children's sports school, high school sports skills;

- research institutions: institutes and laboratories in the field of physical culture and mass sports, health, rehabilitation, medical-biological, sports, rehabilitation centers, studying the problems of physical and mental health.

2.3 Subject of professional activity

Subjects of professional activity Master of Pedagogical Sciences in Specialty «6M010800 – Physical Culture and Sport» are:

- organization of training and education of students with innovative psycho-pedagogical methods and tools;
- organization of research activities;
- activities authorized and local executive bodies to support innovation processes in the management of Physical Culture and Sports.

2.4 Types of professional activity

Master of Pedagogical Sciences in the specialty «6M010800 – Physical Culture and Sport» can perform the following professional activities:

- educational (pedagogical);
- coaching;
- research.

2.5 Functions of professional activity

Functions Master of Pedagogical Sciences in the specialty «6M010800 – Physical Culture and Sport» are:

- teaching;
- educational;
- research;
- sanitary-hygienic, health improving.

2.6 Standard Tasks of Professional Career

Standard tasks of professional career Master of Pedagogical Sciences in Specialty «6M010800 – Physical Culture and Sports» are appropriate to the types of professional career:

- **at the educational activities:**

conducting classes on special subjects, training of physical culture– of the person, promotion of healthy lifestyles in higher and secondary educational institutions and various organizations (as a teacher / assistant);

- organization of process of physical training, conducting classes in the chosen sport (as a teacher-trainer);
- scientific and methodological support of national teams (as a coach);
- judging competitions in physical training and sports (as a judge for the sport);
- the development of educational technology for the development of the– population of physical qualities and skills, to strengthen the health needs of the application of hygiene measures and the use of the natural forces of nature (as a methodologist for Physical Culture and Sport).

- ✓ **in the field of coaching:**

- physical training in the chosen sport (as coach of the national teams in the chosen sport).

- ✓ **at the research activities:**

- research (as a researcher laboratory research institutes and methodologist for scientific and methodological support).

2.7 Professional career content

Professional career content of Master of Pedagogical Sciences in Specialty «6M010800 – Physical Culture and Sports»:

- appropriate organization and management of the pedagogical process;
- focus on the active development of studying methods of cognitive activity, the personal importance of education;
- use of student-centered approach to learning to enable self-discovery and self-realization of students;
- use of various pedagogical technologies, creation of favorable conditions for self-education and professional orientation of students;
- fulfillment of professional, research, production activity in accordance with modern requirements.

3. Learning outcomes (general competence)

Learning Outcomes Master of Pedagogical Sciences in Specialty «6M010800 – Physical Culture and Sports» (7th level of NQF) in accordance with the Dublin descriptors of the second level of training involves the ability:

- demonstrate knowledge and understanding of educational obtained at the level of higher education, which are the basis for the original or the possibility of development and application of ideas in the context of scientific research;
- apply knowledge, understanding and ability to solve problems in new or unfamiliar situations and contexts within broader (or multidisciplinary) areas related to the field of study;
- integrate knowledge, deal with the complexities and make judgments based on incomplete or limited information, taking into account ethical and social responsibility for the application of these judgments and knowledge;
- clearly communicate their conclusions and the knowledge and support of specialists and non-specialists;
- Life-long learning.

General competence Master of Pedagogical Sciences in Specialty «6M010800 – Physical Culture and Sports» are developed on the basis of *the key* (the requirements for general education, social, ethical, economic, organizational and managerial competence) and *special* skills.

3.1 Key competence

Requirements to key competences of graduates in scientific and pedagogical magistracy:

1) To have an view:

- about role science and education at public life;
- about today trends at development science;
- How to organize and conduct sports and sporting events;
- about professional competence teacher higher school;

2) To know:

- methodology of scientific knowledge;
- the principles and structure of the organization of scientific activity;
- the psychology of cognitive activity in the learning process;

- psychological methods and means to improve the efficiency and quality of education.

3) To be able to:

- use gained knowledge for the original development and applications ideas at context scientific studies;
- critically analyze existing concepts, theories and approaches to analysis processes and events;
- integrate knowledge gained at the framework of different disciplines for solutions research of tasks at new unknown conditions;
- by integration knowledge make judgments and accept solutions on basis incomplete or limited information;
- use knowledge pedagogy and psychology higher school at his teaching activities;
- use interactive methods training;
- use information - analytical and information - bibliographic work from attraction today information technology;
- think creatively and suit to decision new issues and situations;
- to be fluent in foreign language on professional level that allowing to do research and realize teaching specific courses at higher education institutions;
- to finalise research and analytical work at form of thesis research article, report, analysis notes and methodology of scientific knowledge.

4) To have the skills in:

- research activities solutions standard scientific objectives;
- implement educational and teaching activity by credit technologies training;
- teaching techniques of professional courses;
- use today's information technology at educational process;
- professional communication and intercultural communication;
- oratory art, right and logical registration own ideas at oral and written form;
- expansion and deepening knowledge needed for everyday professional activity and continue education at doctorate.

5) To be competent:

- in the methodologies studies;
- in research-teaching activity at higher training institutions;
- in current issues of educational strategies;
- in execution research projects in professional area;
- in methods ensuring constant updating knowledge expansion professional skills and skills.

3.2 Special competence

✓ A – knowledge and understanding of:

A1 – fundamental theoretical and methodological knowledge in the field of Physical Culture and Sports;

A2 – psychological and pedagogical knowledge of working in higher education in Physical Culture and Sports;

A3 – knowledge of modern management tools and techniques of functional preparedness as the biological basis of physical and athletic training, physical health engaged in Physical Culture and Sports;

A4 – knowledge of pedagogical and psychological research techniques in "Physical Culture and Sports";

A5 – knowledge of rehabilitation and recreation of health officials at various levels of readiness exercise, mass sports and physical therapy facilities;

A6 – knowledge of physical education and physical training of persons with disabilities.

✓ **B – application of knowledge and understanding:**

B1 – independent acquisition and transfer of knowledge, generation of ideas, analysis and synthesis of knowledge-intensive processes for Physical Culture and Sport;

B2 – the introduction of new conceptual ideas and trends in the development of science teaching in the context of the modern paradigm in the field of Physical Culture and Sports education;

B3 – possession of techniques of computer modeling and methods of theoretical analysis of research results;

B4 – possession of methods of obtaining, processing and storage of scientific information, performance, writing, design research products using modern scientific research techniques;

B5 – carrying out diagnostics, selection of optimum modes of learning and impact on the body of students, people of different age, gender, level of health and fitness, as well as persons with disabilities by means of qualitative and quantitative methods of psycho-pedagogical and medico-biological research;

B6 – organizational and management skills of work in educational, scientific and sports departments of institutions and enterprises for Physical Culture and Sport.

✓ **C – forming judgments:**

C1 – an innovative style of scientific and pedagogical thinking and holistic perception of pedagogical reality;

C2 – independence and initiative thinking, critical, analytical, diagnostic skills;

C3 – awareness of the social importance of scientific and educational activities, adherence to the principles of professional ethics, improving the professional and personal qualities of a teacher, a coach, a research scientist;

C4 – development outlook, activity, self-cognitive, research and creative activity;

C5 – professional-pedagogical self-consciousness, the formation of the need for further personal and professional self-development.

✓ **D – personal abilities:**

D1 – the presence of the professional qualities of the teacher personality, knowledge of communication technologies, skills, pedagogical rhetoric, communication strategies;

D2 – the willingness to create new values, the adoption of creative solutions, tolerance and the ability to pedagogical cooperation;

D3 – the pursuit of the development of intellectual, moral, cultural, conformable, natural, communication, organizational and management skills;

D4 – the desire for a high motivation to educational activities, creative application of pedagogical innovation, self-education and self-realization;

D5 – the ability to understand the laws of formation and development of scientific knowledge as a cultural phenomenon;

D6 – the ability to make a contribution through original research that extends the scope of existing knowledge through the development of scientific work;

D7 – the ability to implement the principles of health savings and compliance with occupational safety and health.

4. Strategies and methods of teaching

General learning outcomes of the program in «6M010800 specialty - Physical Culture and Sports» (7th level of NQF) will be achieved through the following training events:

- 1) *classroom training*: lectures, seminars and workshops - held in view of innovative teaching technologies, using the latest achievements of science, technology and information systems, and in interactive form;
- 2) *extracurricular classes*: independent work of the student supervised by teacher, individual consultations;
- 3) *Placement, Defense of Masters Dissertation*.

The content of the educational program of a specialty allows students to master the system of subject, interdisciplinary, psychological, pedagogical and methodological knowledge, to demonstrate knowledge and understanding in the field of Physical Culture and Sports, education and psychology, to apply this knowledge and understanding in a professional manner.

Lectures, seminars, workshops, various kinds of practices throughout the program will provide undergraduates opportunities to develop key and specific competencies in specialty 6M010800 – Physical Culture and Sport, in particular, the application of theoretical knowledge on Physical Culture and Sport, taking into account the specific socio pedagogical conditions, rational and creative use in the educational process of pedagogical technologies and information sources (media training programs, electronic textbooks, internet technology).

Supervision of independent work of Graduates, individual consultations will enable Graduates to develop educational and research skills. In addition, final year undergraduates are working on a thesis work on their chosen topic under the personal guidance of the supervisor.

5. Monitoring and evaluation of learning outcomes

In preparing undergraduates (7th qualification NQF level) program majoring 6M010800 - Physical Education and Sports provides a wide range of different forms of monitoring and evaluation of the expected results of learning: current and boundary control (survey on employment, testing on the topics of discipline, test papers, defense practical work, portfolio, etc.), interim certification (tests on sections of discipline, the examination, the defense for the practice reports), final state certification (protection of master's thesis, State interdisciplinary examination). Assessment methods are designed to develop critical thinking, intellectual, oral and written communication, presentation skills, research.

Specialty program includes Pedagogical Placement, which will allow Graduates to learn practice-oriented knowledge and skills in the subject area, the planning and organization of teaching and educational activities, methods of teaching of pedagogical disciplines in the learning process of innovative educational technologies and pedagogical interaction the learner and teacher and etc.

6. Matrix of Disciplines and Special Competences:

№	Discipline	A1	A2	A3	A4	A5	A6	B1	B2	B3	B4	B5	B6	C1	C2	C3	C4	C5	D1	D2	D3	D4	D5	D6	D7
1.	Scientific and Pedagogical Fundamentals of Physical Culture and Sports	*	*		*		*	*	*	*	*	*		*	*	*	*		*	*			*	*	*

2.	Methodology and Methods of Researches	*			*			*		*	*	*			*	*	*		*				*	*	*
3.	Management of Physical Culture and Sports	*			*		*	*	*	*		*	*	*	*	*	*	*	*	*	*	*			*
4.	Theory and Strategies of Physical Education at University	*	*	*	*	*		*	*	*	*	*	*	*	*	*	*	*	*	*	*	*		*	*
5.	Physiology of Muscle Activity in Sports	*		*	*	*	*	*		*	*	*	*		*	*	*		*			*	*	*	*
6.	Physical Rehabilitation and Recreation	*	*	*	*	*	*	*	*		*			*	*	*		*				*	*	*	*
7.	Adaptive Physical Education	*	*	*	*	*	*	*	*		*			*	*	*		*				*	*	*	*
8.	Management of Competitive Activity in Olympic Sports	*	*	*		*	*	*		*	*	*	*	*	*	*	*	*	*	*	*	*			*
9.	Sportmen's Selection and Orientation Theory (sport type)	*		*	*	*	*	*		*	*	*	*	*	*	*	*	*	*		*	*		*	*
10.	History of Sports Science	*					*	*	*	*	*		*	*	*	*		*	*		*	*	*	*	*
11.	Theory and Strategies of the Chosen Sport in Higher Education	*	*	*	*	*		*	*	*		*	*	*	*	*	*	*	*	*	*	*		*	*
12.	Mathematical Statistics in Sports	*			*				*	*		*	*	*		*		*		*	*	*	*	*	*
13.	Placement (Pedagogical)	*		*	*	*		*		*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
14.	Placement (Research)	*		*	*		*	*	*	*		*	*	*	*	*	*		*	*		*	*	*	*

<p>✓ A – knowledge and understanding of: A1 – fundamental theoretical and methodological knowledge in the field of Physical Culture and Sports; A2 – psychological and pedagogical knowledge of working in higher education in Physical Culture and Sports; A3 – knowledge of modern management tools and techniques of functional preparedness as the biological basis of physical and athletic training, physical health engaged in Physical Culture and Sports; A4 – knowledge of pedagogical and psychological research techniques in "Physical Culture and Sports"; A5 – knowledge of rehabilitation and recreation of health officials at various levels of readiness exercise, mass sports and physical therapy facilities;</p>	<p>✓ C– forming judgments: C1 – an innovative style of scientific and pedagogical thinking and holistic perception of pedagogical reality; C2 – independence and initiative thinking, critical, analytical, diagnostic skills; C3 – awareness of the social importance of scientific and educational activities, adherence to the principles of professional ethics, improving the professional and personal qualities of a teacher, a coach, a research scientist; C4 – development outlook, activity, self-cognitive, research and creative activity; C5 – professional-pedagogical self-consciousness, the formation of the need for further personal and professional self-development.</p>
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A6 – knowledge of physical education and physical training of persons with disabilities.	
<p>✓ B – application of knowledge and understanding:</p> <p>B1 – independent acquisition and transfer of knowledge, generation of ideas, analysis and synthesis of knowledge-intensive processes for Physical Culture and Sport;</p> <p>B2 – the introduction of new conceptual ideas and trends in the development of science teaching in the context of the modern paradigm in the field of Physical Culture and Sports education;</p> <p>B3 – possession of techniques of computer modeling and methods of theoretical analysis of research results;</p> <p>B4 – possession of methods of obtaining, processing and storage of scientific information, performance, writing, design research products using modern scientific research techniques;</p> <p>B5 – carrying out diagnostics, selection of optimum modes of learning and impact on the body of students, people of different age, gender, level of health and fitness, as well as persons with disabilities by means of qualitative and quantitative methods of psycho-pedagogical and medico-biological research;</p> <p>B6 – organizational and management skills of work in educational, scientific and sports departments of institutions and enterprises for Physical Culture and Sport.</p>	<p>✓ D – personal abilities:</p> <p>D1 – the presence of the professional qualities of the teacher personality, knowledge of communication technologies, skills, pedagogical rhetoric, communication strategies;</p> <p>D2 – the willingness to create new values, the adoption of creative solutions, tolerance and the ability to pedagogical cooperation;</p> <p>D3 – the pursuit of the development of intellectual, moral, cultural, conformable, natural, communication, organizational and management skills;</p> <p>D4 – the desire for a high motivation to educational activities, creative application of pedagogical innovation, self-education and self-realization;</p> <p>D5 – the ability to understand the laws of formation and development of scientific knowledge as a cultural phenomenon;</p> <p>D6 – the ability to make a contribution through original research that extends the scope of existing knowledge through the development of scientific work;</p> <p>D7 – the ability to implement the principles of health savings and compliance with occupational safety and health.</p>

Specialty program includes discipline (History and Philosophy of Science, Foreign Language, Pedagogy, Psychology), training that is aimed at the formation and development of relevant key competences of Master of Pedagogical Sciences in Specialty «6M010800 – Physical Culture and Sport», set out in paragraph 3.1.

7. Structure and norms of determining the components in educational program «6M010800 – Physical Culture and Sports» (duration 2 years)

№	Activities	Credits	Weeks	Total hours
1	Theoretical training (1: 2)	42	45	1890
2	Research, this including: Defense of Masters Dissertation, carried out while studying (1: 7)	3	-	360
	Research, this involves: Defense of Masters Dissertation (1:7)	4	9	480
3	Final Examination (1:6)	4	8	420
	TOTAL:	53	62	3150
4	Placement (Pedagogical) (1:1)	3	-	90
5	Placement (Research) (1:7)	3	12	360

6	Recess		13	
7	Examinations		9	
	TOTAL:	59	96	3600

To obtain a master's degree of pedagogical sciences in the specialty «6M010800 – Physical Culture and Sport» Graduates must gain at least 42 credits of theoretical part of study, at least 6 credits of placement and not less than 7 credits of Research. Graduate masters in parallel with theoretical part of study without course delay: Research 3 credits (1 credit per semester) and 3 credits of Pedagogical Placement.