

CATALOGUE OF ELECTIVE DISCIPLINES

UNDERGRADUATE LEVEL

**6b014 - training of teachers from subject specialization of the general development
(Physical culture and sport)**

2019-2020 academic year

Cycle of disciplines	Name of disciplines and their main sections	Laboriousness (ECTS)
GED 1	CYCLE GENERAL EDUCATION DISCIPLINES	5
1	Fundamentals of Economics and business	
	Social production. The essence, forms, structure of capital. Production cost. Income production in a market economy. The concept of business. Types of business activity. Theory of property, social forms of management. Goods, money. Socio-economic system. The emergence of the market. Financial system. The role of the state in business development. Macroeconomics. Resource saving. Cyclical economic development. Inflation and unemployment. Kazakhstan in the system of world economic relations.	
2	Fundamentals of law and anti-corruption culture	5
	Basic provisions of the Constitution, current legislation of the RK; the system of state management bodies, the terms of reference, objectives, methods of state regulation of the economy, the role of the public sector in the economy; financial law and Finance, the mechanism of interaction of substantive and procedural law; the essence of corruption, the causes of its origin; the extent of moral and legal responsibility for corruption offences; the legislation in the field of combating corruption	
3	The safety of human life	5
	Life safety, its main provisions. Dangers, emergencies. Risk analysis, risk management. Security of the person. Destabilizing factors of our time. Social dangers, protection from them: dangers in the spiritual sphere, politics, protection from them: dangers in the economic sphere, dangers in everyday life. The system of life safety bodies, and legal regulation of their activities	
4	Ecology and sustainable development	5
	Basic laws of functioning of living organisms, ecosystems of different levels of organization, biosphere as a whole, their stability; interaction of components of biosphere and ecological consequences of economic activity of the person, especially in the conditions of intensification of nature management; modern representations about concepts, strategies and practical tasks of sustainable development in various countries and RK; problems of ecology, environmental protection, sustainable development	
5	Leadership and youth policy	5
	Goal: to teach practical skills of effective organization of work of leaders in the youth environment. Content: leadership as a socio-psychological phenomenon, basic sociological theories of leadership, Qualitative characteristics of a leader, Leadership and responsibility, youth entrepreneurship, methods for assessing the leadership qualities of young people, Political leadership and youth, development of necessary practical skills for effective organization of leaders ' work in the youth environment.	
BD 2	CYCLE OF BASIC DISCIPLINES	
6	Introduction to the teaching profession	5
	Purpose: to familiarize future specialists with the scientific foundations of professional activity. Content: the uniqueness of the teaching profession and its humanistic nature. Profession and creativity of a teacher. Pedagogical activity. General and professional culture of the teacher. Style of pedagogical activity. Professional competence of the teacher. Formed skills: mastering the system of knowledge about the essence and specifics of the teaching profession, to understand the essence of teaching	

	activities	
	Pedagogical skill	
	Purpose: to form a holistic view of the essence of pedagogical activity, psychological and pedagogical content of pedagogical skills Content: the essence of pedagogical skills. Teacher's speech as the main means of professional interaction. Pedagogical tact and skill of the teacher. Creative approach of the teacher to the organization of a modern lesson. Formed skills: possess a system of knowledge about the essence of pedagogical skills as a component of pedagogical culture.	
7	Ethnic pedagogy in physical culture and sports	4
	Purpose: to prepare the future FC teacher to work on preserving and transmitting the identity of ethnic groups, to use the acquired knowledge in educational and training processes. Contents: Methodological foundations of ethnic pedagogy of the FCS. National customs and traditions of the peoples of the Republic of Kazakhstan as the basis of physical education. Formed skills: the use of ethnopedagogical knowledge in the professional activities of FCS teachers.	
	Physical culture and pedagogical heritage of the Kazakh people	
	Purpose: to provide knowledge about the essence and specifics of the physical culture and pedagogical heritage of the Kazakh people. Content: the place of the Kazakh people's heritage in physical education. Physical education in the views of educators, famous teachers and public figures of Kazakhstan. Kazakh customs, traditions and national traditions as a means of physical education. Formed skills: using the customs and traditions of the Kazakh people in professional activities.	
8	Sports Metrology	5
	Goal: to form a system of knowledge, skills and abilities in the field of measurement and control in sports. Content: monitoring the condition of the athlete, loads, sports results and behavior of the athlete at competitions; comparison of data obtained in each of these areas of control, their assessment and analysis. Formed skills: formation of skills based on the method of measuring physical quantities.	
	Measurements and methods of mathematical statistics in physical culture and sports	
	Purpose: formation of systematized knowledge, skills, and application of theoretical and methodological foundations of mathematical statistics in educational and research work. Content: measurement scales. Elements of probability theory. Determination of the confidence interval for the average value of the student population. Rating scale. Methods of quality control. Formed skills: using knowledge about the method of measuring physical quantities, obtaining pedagogical, psychological, biological, and social results.	
9	Sports games (basketball, table tennis) and training methods	5
	Goal: to develop students ' professional competence in the field of sports games. Content: the place of sports games in the structure of the educational process. Factors that determine the effectiveness of competitive activities in sports games. Modern technologies of training and education in sports. Control competitions in sports games. Skills to be formed: master the theoretical and methodological foundations	

	of the organization and conduct of classes.	
	Handball and training methods	
	Goal: to develop students ' professional and applied knowledge, skills and abilities on the theory and methodology of teaching handball. Content: General basics of handball. Organization of training and training in handball. Methods of teaching techniques and tactics of the game. Fundamentals of physical training in handball. Organization and conduct of handball competitions. Formed skills: control over the technique of performing game exercises.	
10	Improving professional coaching in your chosen sport	4
	Purpose: to study the basics of planning the training process, training with the use of modern technical training tools, team management at competitions, organization of monitoring the assessment of the level of fitness of athletes. Content: structure of the training process. Goals of the training system, forecasting and standards. Organization of the team's activities. Features of the method of training highly qualified teams. Formed skills: mastering ways to control the fitness of athletes.	
	Competitive activity in a selected sport	
	Goal: to develop students ' professional skills in the use of knowledge about the essence of competitive activity, competitive confrontations and loads in various sports. Content: the essence of competitions and competitive activities. Classification and types of competitions. Competitive competition, rivals, judging. Sports form as a manifestation of the highest readiness for competition. Formed skills: constructive, organizational, communicative, perceptual, expressive.	
11	Football and training methods	6
	Goal: to master the basics of theoretical knowledge about the rules of the game, methods of judging. Content: basic methods of teaching the game of football. Form of studies. Learning the game technique. Movement techniques. Technique of hitting the ball. Technique of stopping and driving the ball. Technique of deceptive movements (feints). Skills to be developed: attract as many children and teenagers as possible to play football.	
	Futsal and training methods	
	Goal: to acquire knowledge about the development of creative and athletic abilities of children, meeting their individual needs for physical, intellectual and moral improvement. Content: the essence and content of the basic concepts of mini-football. Theoretical training. Individual and group tactics of attack and defense. Formed skills: planning the development of physical qualities, physical fitness and technical and tactical actions of children, athletes in mini-football.	
12	Gymnastics and methods of teaching	5
	Goal: to develop skills and abilities for high-quality training of students for professional coaching in gymnastics. Content: classification of gymnastics and gymnastic exercises. Techniques and methods of teaching gymnastic exercises. Methods of conducting gymnastics classes at school. Gymnastic grounds and their equipment Skills to be formed: master the means and methods of managing sports training in gymnastics.	

	<p>Aerobics and training methods</p> <p>Цель: дать фундаментальные знания, умения и навыки для качественной подготовки студентов к профессиональной тренерской работе по аэробике.</p> <p>Содержание: Классификация аэробики и их упражнений. Техника и методика обучения упражнениям. Образовательно-развивающие виды аэробики. Средства аэробики. Предупреждение травматизма на занятиях по аэробике.</p> <p>Формируемые навыки: владеть средствами и методами управления спортивной тренировки в аэробике.</p>	
13	<p>Volleyball and training methods</p> <p>Purpose: provides for the study of the theory and methodology of teaching volleyball, mastering technical and tactical actions for independent work of a volleyball teacher.</p> <p>Content: basics of teaching methods for playing volleyball. Form of studies. Learning the game technique. Methods of programmed training of volleyball technique. The methodology of the organization of volleyball competitions.</p> <p>Formed skills: methodological techniques for teaching group and team actions.</p> <p>Beach volleyball</p> <p>Goal: improvement of proven training methods that increase the effectiveness of the educational process of young athletes specializing in beach volleyball.</p> <p>Content: characteristics of the game. Facilities and equipment for playing beach volleyball. Methods of teaching technical and tactical techniques of the game.</p> <p>Skills to be formed: master the skills of rational use of training equipment, training devices and special equipment in the course of beach volleyball classes.</p>	4
14	<p>Wrestling and training methods</p> <p>Purpose: to equip the future teacher with professional knowledge in the field of wrestling for use in independent organizational and pedagogical work.</p> <p>Content: wrestling as an academic discipline. History of development of types of wrestling in Kazakhstan: Sambo, judo, Greco-Roman, freestyle wrestling. Methods of training techniques for types of wrestling. Basic training technologies.</p> <p>Skills being formed: use of knowledge about wrestling in professional and pedagogical activities.</p> <p>Greco-Roman wrestling and training methods</p> <p>Purpose: formation of professional competence of students in the field of Greco-Roman wrestling, training methods for use in professional activities.</p> <p>Content: theoretical and methodological foundations of Greco-Roman wrestling. The role, place, and significance of Greco-Roman wrestling in the system of physical culture and sports. Methods of teaching the basic basics of Greco-Roman wrestling.</p> <p>Formed skills: mastering the methodology of building the training process for athletes of various sports qualifications.</p>	4
CD	CYCLE OF CORE DISCIPLINES	
15	Theory and methodology of physical culture and selected sport	6
	<p>Purpose: to teach the theoretical, practical and methodological basics of conducting classes using physical exercises.</p> <p>Content: to reveal the meaning, role and place of physical culture and the</p>	

	<p>chosen sport in the life of society. Prediction in your favorite sport. Characteristics and patterns of sports training.</p> <p>Formed skills: formation of physical activity and healthy lifestyle of children and adolescents.</p>	
	Technical and tactical training in IVS	
	<p>Goal: development of creative thinking, for the correct selection of exercises, formation of knowledge of physical, technical and tactical training,</p> <p>Content: definition of the essence of the basic concepts of physical, technical, and tactical training. Means and methods of development of physical qualities. Structure of technical and tactical training in IVS.</p> <p>Formed skills: the ability to select exercises for the education of physical qualities and training in technical and tactical skills</p>	
16	<p>Athletics and training methods</p> <p>Purpose: formation of knowledge, skills and abilities in the professional activity of a physical education teacher in "Athletics".</p> <p>Content: athletics as an effective means of FCIS. Methods of health-improving physical culture and sports activities of track and field orientation with different age groups.</p> <p>Skills being formed: work with different categories of people and develop physical qualities in the course of athletics.</p> <p>Weightlifting and training methods</p> <p>Goal: to develop systematic knowledge in the field of weightlifting.</p> <p>Content: General and special physical training in weightlifting. Methods of training in weightlifting. Basics of professional training of a weightlifting coach. Improving sports skills and coaching skills in weightlifting.</p> <p>Formed skills: able to model the educational and training process and implement it in training practice.</p>	5
17	Winter sports and training methods	4
	<p>Goal: to master the technology of teaching winter sports.</p> <p>Content: the meaning, role and place of winter sports in the life of society. Principles and methods of teaching winter sports. Features of formation of motor skills and development of physical qualities in winter sports.</p> <p>Formed skills: use technical tools and equipment to improve the effectiveness of classes.</p>	
	Skiing and training methods	
	<p>Goal: to form a system of knowledge, skills and theoretical-methodological and practical training in skiing.</p> <p>Content: definitions of the basics of the system of sports training in skiing, techniques of movement on skis. Methods of training movement on skis.</p> <p>Skills to be developed: formulating specific tasks, planning and conducting basic skiing activities with different groups of the population.</p>	
18	National sports and training methods	4
	<p>Goal: formation of knowledge, skills, and skills necessary for independent work as a FC teacher.</p> <p>Contents: history of national sports. Methods of teaching exercises from national sports. Organization of classes in national sports. Methods of training in national sports.</p> <p>Forming skills: the ability to organize and conduct classes on national kinds of sport, to analyze its effectiveness.</p>	
	Kazakh kuresi and teaching methods	
	<p>Purpose: formation of professional and applied knowledge, skills and abilities in the field of Kazakh kuresi.</p>	

	<p>Content: General basics of the discipline "Kazakh kuresi and teaching methods" organization and content of classes. Technique and tactics of wrestling "Kazak kuresi". Basics of physical, functional and psychological training in "Kazakh kuresi".</p> <p>Formed skills: skills of performing technical techniques, team management at sports competitions.</p>	
19	<p>Management of physical culture and sports</p> <p>Goal: to equip students with knowledge in the field of physical culture and sports management.</p> <p>Contents: General information about management and management. Strategic management of physical culture and sports. The system of preparation of sports managers. Making management decisions and organizing their implementation.</p> <p>Skills to be developed: management of physical culture and sports, planning the development of the FCS at the local and regional levels.</p> <p>Management in the field of fitness services</p> <p>Purpose: to equip students with theoretical and practical knowledge in the field of Fkis management.</p> <p>The range of management and economic problems of the Fkis with the use of modern regulatory, organizational and managerial, economic documents of various levels and nature, as well as the results of research conducted by the authors. Organization and evaluation of the instructors ' work.</p> <p>Formed skills: planning and organization planning in the field of fitness services</p>	3
20	<p>Sports anatomy</p> <p>Purpose: to develop students ' knowledge, research and practical skills in the organization of medical and pedagogical support for people engaged in physical culture and sports.</p> <p>Content: the importance of sports anatomy for the disciplines of medical-biological and sports-pedagogical cycles. Tasks, basic principles, tools and methods of sports anatomy. Formed skills: the product of anatomical analysis of the positions and movements of the human body from sports practice.</p> <p>Sports morphology</p> <p>Purpose: to form a system of knowledge about the main patterns of morphological changes in the body in the process of adaptation to muscle activity.</p> <p>Content: constitutional morphology. Posture and its anatomical basis. The degree and features of morphological changes in various systems of the body in connection with motor activity. Morphological characteristics of athletes of some specializations.</p> <p>Formed skills: conducting anthropometric research; determining the degree of development of athletes.</p>	4
21	<p>Sports medicine and physical therapy</p> <p>Purpose: formation of professional competence in the use of means and methods of the FCS, LF culture and massage.</p> <p>Content of the discipline: Assessment of the level of physical development and functional state of the body of athletes. Physical therapy and massage for injuries, certain diseases and as a means of improving the health of athletes.</p> <p>Skills being formed: assessment of physical development, performance, and knowledge of the selection of physical therapy tools for various diseases.</p>	5
	Acupressure	

	<p>Goal: to develop students ' knowledge and skills in the field of health, sports, and medical massage for working in sports institutions.</p> <p>Contents: anatomical and physiological foundations of acupressure. Indications and contraindications to massage. Physiological mechanisms of influence of acupressure on systems, the human body as a whole.</p> <p>Formed skills: formation of practical skills, skills of using acupressure in sports practice</p>	
22	Sports physiology and biochemistry	4
	<p>Purpose: to develop knowledge of future FCC specialists in sports physiology and biochemistry.</p> <p>Contents: physiological reserves and chemical composition of the human body. Biochemical characteristics of strength, speed and endurance of athletes. Physiological justification of a school lesson on physical culture, mass forms of health-improving physical culture. Skills being formed: use of physiological and biochemical knowledge in the practical activities of teachers.</p>	
	Fundamentals of biochemistry	
	<p>Purpose: to give students an idea of the principles of the structure of the main classes of compounds, physical and chemical methods of research of substances.</p> <p>Content: chemical composition of the body. Squirrels. Enzymes. General understanding about energy and metabolism in the body. Exchange of nucleic acids. Carbohydrates. Lipid. Water and mineral exchange.</p> <p>Formed skills: using knowledge about the chemical composition of the body, modern methods of biochemical research.</p>	
23	Спортивная биомеханика	3
	<p>Purpose: formation of theoretical knowledge on sports biomechanics.</p> <p>Contents: theory of the structure and functions of the motor apparatus. Biomechanics of the musculoskeletal system. Biomechanical properties of biological tissues. Central regulation of movements. The human motor system, the connection of links and degrees of freedom. Biomechanics of motor qualities.</p> <p>Formed skills: skills of using theoretical knowledge on sports biomechanics in the practice of a FC teacher.</p>	
	Biomechanics of exercise and sports morphology	
	<p>Purpose: to familiarize students with the nature of motor actions to achieve the necessary motor performance.</p> <p>Contents: Specific tasks and ways to solve them in the study of biomechanics of human motor actions. Planning and improving the technical skills of athletes using biomechanical methods.</p> <p>Skills to be formed: using basic methods, tools, and biomechanical technologies for forming movements with increased performance.</p>	
24	Age-related physiology and school hygiene	3
	<p>Purpose: to train teachers with modern knowledge of anatomical and physiological patterns of growth of children and adolescents.</p> <p>Content: organize the process of educational work with children of different ages, participate in the work on their health and physical education.</p> <p>Formed skills: organization of educational work with children, taking into account their anatomical and physiological characteristics of the body at different age periods.</p>	
	Age-related anatomy and physiology	
	<p>Objective: to form a scientific understanding of the child's body as a dynamic biosocial system that develops in close relationship with the</p>	

	<p>external environment.</p> <p>Content: Regularities of ontogenesis. Anatomical and physiological features of the nervous system. Higher nervous activity, its formation in the process of child development.</p> <p>Formed skills: determining the degree of physical development of children, criteria for their readiness for systematic learning at school.</p>	
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Head of the Department

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