

CATALOG OF ELECTIVE SUBJECTS

MASTER'S LEVEL

7M01404-Teacher of physical culture and sports

2019-2020 academic year

Cycle of disciplines (DB)	Name of disciplines and their main sections	Laboriousness (ECTS)
1	CYCLE OF BASIC DISCIPLINES (DB)	15
	Theory and technology of physical culture and sports management	5
	The discipline sets out the basics of modern theory and technology of physical culture and sports management, reveals the principles of financing and management of the sports industry. Various aspects of entrepreneurial activity in the physical culture and sports sphere in Kazakhstan and abroad, management of international sports federations and the Olympic movement, organization of sports business are considered in detail.	
	Physical education traffic management	
	"Management of physical culture movement" is one of the main disciplines of the General theoretical cycle. It is intended for undergraduates of the faculties of physical culture and sports and is designed to equip physical education specialists with theoretical and practical knowledge in the field of organization and management. The subject "management of physical culture movement" is the scientific basis of the system of organization and rational management of the social process of development of physical culture and sports, methods of organizational activity in this area. The methodological basis of the subject is Cybernetics and social management theory. The content of this discipline includes a science-based theory of organization and management of social processes: the system of physical culture and sports management and interaction of all links; the system of development and improvement of state and public forms of management; management functions; principles and methods of management and improvement of organizational activities; the study of best practices for the introduction of rational forms of organization of physical culture and sports; analysis of the development of the international sports movement.	
2	Theory and technology of physical education in higher Education	
	The system of knowledge obtained by undergraduates in the course of studying an academic discipline is Central to the formation of a professional Outlook and competence of a modern specialist in the field of physical culture and sports. The study of the discipline is aimed at forming a systematic view of the subject area of professional activity. The discipline sets out the basics of modern theory and technology of physical education in higher Education, reveals the scientific-theoretical and organizational-methodological foundations of the theory and technology of physical education in higher Education. Questions concerning the basics of motor skills formation, age-related features of physical education, the development of physical qualities, as well as the forms of building classes, planning and control in physical education are covered in detail.	
	Theory and methodology of sports	
	The discipline deals with methodological methods of physical education. The General principles of the theory and methods of	

	<p>teaching motor actions and directed development of motor abilities are studied. The General principles of planning, organization and control of physical education are mastered.</p> <p>Forms</p> <p>system of knowledge about age-related features of physical education. The article reveals the basics of physical education in the education system. The discipline has a significant impact on the formation of academic, socio-personal, professional competencies and ensuring the current level of fundamental theoretical and methodological training of future specialists in the field of physical culture and sports.</p>	
3	Management in the field of fitness services	5
	Physical culture and sport in the system of market relations. Definition of physical culture and sports as an object of management as a subset of physical culture and sports organizations. Managerial relations in the sphere of physical culture and sports. Managerial functions in the activities of a coach, teacher, teacher of physical culture and sports, etc.	
	Management of physical culture and sports	
	Basic concepts and functions of the physical education traffic management system. Formation and development of the physical culture movement management system. The main provisions of the theory of physical culture and sports management. System of physical culture and sports management bodies. Functions, principles, and methods of Fkis management. Modern economic relations of the physical culture movement. Reforming and improving the system of physical education in the Republic of Kazakhstan	
CD	CYCLE OF CORE DISCIPLINES	
4	History of Olympic sports	4
	The discipline examines the main patterns and trends in the development of Olympism, as well as the modern Olympic movement and its impact on the functioning of national systems of physical education and sports in the Republic of Kazakhstan and various countries of the world; issues related to the history of participation of domestic sports organizations in the Olympic movement and the Olympic games are Widely covered. The article examines the structure of the modern Olympic movement, its subjects, their activities and coordination by the international Olympic Committee.	
	History of the Olympic games of ancient times	
	The discipline examines the main patterns and trends in the development of Olympism, as well as the modern Olympic movement and its impact on the functioning of national systems of physical education and sports in the Republic of Kazakhstan and various countries of the world; issues related to the history of participation of domestic sports organizations in the Olympic movement and the Olympic games are Widely covered. The article examines the structure of the modern Olympic movement, its subjects, their activities and coordination by the international Olympic Committee.	
5	Management of athletes ' body fitness	4

	Introduction. Medico-biological problems of managing the physiological capabilities of the body during muscle activity. Management of bioenergy reserves. Modeling is a factor in managing physical performance and functional fitness of the body. Physiological mechanisms for managing the development of physical qualities. Individual biological adaptation reserves and their management. The influence of biorhythms on the performance of the human body. Physiological bases of health-improving physical culture and healthy lifestyle management. Features of management of the training of the body. Physiological justification of sports training. Physiological justification of professional and applied physical culture.	
	Functional state of the athlete's body	
	Features of application of methods of functional diagnostics in persons of different gender and age engaged in physical culture and sports Basic methods of functional diagnostics. Organization of functional diagnostics for children engaged in physical culture. Diagnosis of conditions and individual and sexual characteristics. The technique of electroencephalography The method neuroenergetic The method of megametre The method of radiointerferometry Methodology for assessing the function of external respiration	
6	Injuries and rehabilitation in sports	4
	General characteristics of sports injuries in the process of physical culture and sports Types and classification of traumatic injuries Injuries and consequences of improper exercise in physical culture and sports First aid and treatment for injuries of internal organs Injuries and injuries of tendons and muscles as a result of improper loading. Bone fractures as a sports injury are Typical joint injuries during physical education and sports. Recovery measures and rehabilitation of athletes after injuries	
	Recovery in sports	
	Characteristics of recovery tools and methods. Features of rehabilitation measures, pedagogical, medico-biological and psychophysiological; basics of sports massage and self-massage; issues of rational nutrition. Main goals and principles of recovery and rehabilitation. Physical factors in the recovery and improvement of performance engaged in health-improving physical culture. Pharmacological means of recovery in sports	
7	Managing competitive activities in Olympic sports	4
	The discipline widely covers the structure of competitive activity, factors that determine the effectiveness of competitive activity. The issues of managing competitive activities in a selected sport, the principles of building and managing competitions in a selected sport are discussed in order to develop creative thinking, for the correct selection of exercises, to form knowledge of physical, technical and tactical training, to form an understanding of the role and significance of competitive training in a selected sport.	
	Formation of national Olympic teams in various countries of	

	the world	
	The discipline examines the theoretical foundations of sports selection, the purpose and objectives of selection. The main principles, methods and means of selection are revealed. Special attention is paid to the methods of completing Olympic teams in sports, medical-biological and pedagogical bases of selection.	
8	Theory of selection and orientation of athletes (by sport)	4
	The discipline reveals the theoretical foundations of sports selection in the process of long-term training in the chosen sport, in order to form a fundamental level of professional training of future specialists in the field of physical culture and sports. History of formation and development of domestic and foreign systems of physical education and the international Olympic movement. Subject and stages of the history of the modern Olympic games. Chronology of the summer and winter Olympic games of our time.	
	Organization and management of selection of athletes in Olympic sports	
	The discipline examines the theoretical foundations of sports selection, the main goals and objectives. The article reveals the essence of the concept of "Sports selection", explains the criteria, methods and means of sports selection. Issues of pedagogical, sociological and biomedical selection methods, management and organization of selection of athletes in Olympic sports are widely covered	

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