



We train teachers who are able to anticipate the needs of modern education, based on advanced techniques, national heritage and global approaches. We are increasing the prestige of the teaching profession and becoming a driver of human capital development

6B01404– PHYSICAL EDUCATION AND SPORTS (IP)

Department of Physical Culture and Sports

The purpose of the educational program

The purpose of the educational program "Physical Culture and Sport" is to contribute to the achievement of the sustainable development Goals of the Republic of Kazakhstan to improve society and provide quality education through the training of physical education teachers and sports coaches at the level of world standards.

Degree awarded

Bachelor of Education in the educational program "6B01404– Physical culture and sports"

Graduate Model

- *Respect for the student 's personality, acceptance of it as a value*
- *Professional and pedagogical and social activity, responsibility*
- *Systemic thinking, broad-minded, high degree of creativity, developed cognitive and social skills, the ability to achieve results.*
- *Hard work , self - discipline*
- *Emotional intelligence and emotional stability*
- *Practice-oriented approach, entrepreneurial vision and its implementation*
- *Respect for historical and cultural heritage, tolerance*
- *Deep understanding of the digital environment, skills in creating new content*
- *Multilingualism, possession of speech culture and linguistic skills*
- *Ability to interact constructively, adaptability to global challenges*
- *The ability to be a leader, to make independent decisions*

➤ *The ability for continuous professional growth and self-development*

**Types of professional activity
at the levels of the ORC PS
“Teacher”**

1. teachers of the school
2. teacher of the organization of technical and vocational, post-secondary education
3. teacher of additional education

Learning Outcomes (LO)

Graduates of the educational program will be able to:

LO1 is able to explain the main stages, patterns and features of the historical development of Kazakhstan, analyze the causes and consequences of events in the history of Kazakhstan, assess the surrounding reality based on worldview positions and knowledge of philosophy, providing a scientific understanding of the natural and social world, greening public consciousness and industrial production, rational environmental management and a safe lifestyle in the context of achieving sustainable development goals States;

LO2 is able to develop its moral and civic position in accordance with the social, business, cultural, legal and ethical norms of Kazakhstani society on the basis of socio-political, economic, legal knowledge, anti-corruption culture and entrepreneurial skills, as well as demonstrate personal and professional competitiveness;

LO3 is able to choose research methodology, apply various scientific methods and techniques to gain new knowledge and use various types of information and communication technologies in its activities: Internet resources, cloud and mobile services for searching, storing, processing, protecting and distributing information;

LO4 is able to communicate in various areas of interpersonal, social and professional communication orally and in writing in Kazakh, Russian and foreign languages and work in various professional online communities both offline and online, building constructive relationships and participating in the global professional educational community;

LO5 is able to develop, implement, evaluate and develop learning processes in various types of educational environment in a pedagogically meaningful way based on basic psychological, pedagogical, natural science and subject-methodical knowledge, taking into account the diversity of students, while ensuring their psychological well-being and using various digital resources to support learning;

LO6 is able to provide psychological support for sports activities and physical activity of a person based on knowledge of the relationship between physical, mental, psychomotor development of a person, the influence of physical fitness on resistance to fatigue and emotional stress; take into account the individual psychological characteristics of those involved in the process of classes and preparation for competitions; identify signs of fatigue, psychological overstrain, stress, emotional burnout during special training and competition processes; to teach psychotechnics of self-regulation to optimize mental states;

LO7 is able to support the well-being of people of different genders and ages, including people with disabilities, by means of physical culture and sports to ensure their effective life activity based on knowledge of the anatomical, physiological, biomechanical foundations of the functioning of the human body, prevention and rehabilitation after injuries and diseases;

LO8 is able to plan, organize and conduct educational, wellness and training sessions, taking into account the gender, age and individual differences of the contingent involved in sports, including those with disabilities, create an educational and sports training environment and conditions conducive to the versatile development of personality and ensure safety in the classroom;

LO9 is able to plan, organize and conduct competitions in sports, physical education, sports and mass events and other types of motor recreation, taking into account gender, age, individual differences and opportunities of those involved and ensure their safety;

LO10 is able to evaluate the results of training, preparedness and fitness of those involved in physical culture and sports in

accordance with gender, age, individual characteristics and capabilities, as well as the level of sports qualifications;

LO11 is able to independently initiate and conduct applied research in the field of physical culture and sports, including the interdisciplinary level, design research based on research methodology and scientific ethics, apply metrologically sound tools and methods for measuring and controlling indicators of physical, technical, tactical, theoretical and other types of athletes' fitness, competitive and training loads, visualize and to present the research results to the public;

LO12 is able to form a positive motivational and value attitude towards physical culture and sports among those involved, approved and implemented in practice norms of behavior related to taking care of their physical health and motor activity, nutrition; to support and ensure their own full-fledged professional and social activities through a healthy lifestyle and independent physical education;

THE MODULE OF DISCIPLINES OF THE UNIVERSITY COMPONENT

Abaytanu 3 ECTS

Purpose: to study the life and work of the outstanding Kazakh poet, thinker and public figure Abai Kunanbayev, as well as his influence on the development of Kazakh literature, culture and society.

LO 1,2

Content: disciplines usually include the study of the biography of Abai Kunanbayev, the analysis of his poetic works, the study of his philosophical and socio-political views, as well as consideration of the impact of his legacy on modern Kazakh society.

Competencies:

- knowledge and understanding of the life and work of Abai Kunanbayev;
- the ability to analyze and interpret Abai's poetic works;
- the ability to think critically and analyze Abai's philosophical and socio-political views;
- understanding the impact of Abai's legacy on modern Kazakh society and culture;
- the ability to critically assess the historical and cultural significance of Abai and his work.

Основы искусственного интеллекта 4 ECTS

Purpose: to study the basic concepts, methods and technologies used to create and apply artificial intelligence.

LO 4

Content:

1. Introduction to Artificial Intelligence
2. Machine learning and learning with/without a teacher
3. Neural networks and deep learning
4. Natural language processing and text generation
5. Computer vision and pattern recognition
6. Robotics and autonomous systems
7. The application of artificial intelligence in various fields such as medicine, finance, technology and others.

Competencies:

1. Understanding the basic principles of artificial intelligence
2. The ability to develop and implement machine learning algorithms
3. Skills in working with neural networks and deep learning
4. The ability to analyze and process data using artificial intelligence methods
5. The ability to apply knowledge and skills in various fields to solve problems using artificial intelligence.

THE MODULE OF PEDAGOGICAL COMPETENCIES

Module- Support for students as individuals

Psychology in education and concepts of interaction and communication 4 ECTS

The purpose of this course is the formation of competence in the field of pedagogy and didactics; the area of competence for interaction. Future teachers have knowledge about modern psychological theories and models, as well as about the functioning of personality and its individual properties. They can apply this knowledge in their teaching activities in various educational contexts. Future teachers contribute to the favorable development of students by promoting dialogue, interaction and communication in the educational process. They are able to communicate, interact and collaborate with students' families, as well as through various other types of partnerships and create new relationships suitable for the development of their own teaching activities. Future teachers who demonstrate competence can:

LO 5,6

- understand the basic concepts and terms of educational psychology, as well as the main practical applications of psychological knowledge;
- to understand the patterns, facts and phenomena of cognitive and personal development of a person in the processes of education and upbringing;
- apply an integrated approach to the design, implementation, evaluation and development of educational environments;

- understand the concept of continuous learning as part of the process of cognitive and personal development of a person;
- Apply basic concepts and theories of communication and interaction at the individual, social and interpersonal levels;
- Choose communication and interaction methods that are most suitable for facilitating learning in various forms (offline, online, mixed, hybrid);
- Understand the characteristics of group behavior and act in a way that contributes to the development and well-being of the community.

The science of education and key learning theories 3 ECTS

The purpose of this course is to develop competence in the field of pedagogy and didactics. Future teachers study the basics of pedagogical science, such as conceptual ideas about a person, leading to various learning theories and pedagogical models. Based on an understanding of theoretical concepts, future teachers can make appropriate pedagogical choices for various learning situations. Future teachers who demonstrate competence can: **LO 3,11**

- to distinguish between human concepts and their importance for understanding learning and designing the educational process;
- to distinguish between theories about safety compliance, injury prevention, and their importance for understanding the learning process and designing the educational process;
- apply learning theories and pedagogical models suitable for diverse learning processes.

Age and physiological features of children's development 3 ECTS

The purpose of this course is to develop competence in the field of pedagogy and didactics. Future teachers are familiar with the formation of the psyche, its functioning and patterns of development. Future teachers can monitor the development of their students and, accordingly, plan and implement age-appropriate learning processes, taking into account the individual needs of students. Future teachers act creatively and adequately in various situations and support the learning and well-being of students. Future teachers who demonstrate competence can: **LO 6,7,8**

- to recognize the individual starting points of different students, their learning potential and needs for specific support;
- identify the individual needs of students for specific support, guidance, training and evaluation;
- to introduce various methodological solutions for inclusion and specific support.

An inclusive educational environment 3 ECTS

The purpose of this course is to develop competencies in the field of pedagogy, didactics and the working environment of teachers. Future teachers have the opportunity to take into account the diversity of students and determine their individual needs in the learning process. Future teachers support the training of students and their inclusion in the educational process using appropriate ICT, teaching and assistive technologies. Future teachers support the well-being of students from a psychological and ethical point of view in cooperation with the community (teachers, students, parents/guardians), taking into account the context of life and learning of students. Future teachers demonstrating competence can: - identify individual educational needs that affect participation and learning in a diverse group of students; - use ICT and assistive technologies to support the learning of students and their inclusion in the educational process; - to teach values and approaches that promote cooperation and inclusivity; to support cooperation in the community (teachers, students, parents/guardians). **LO 6,7**

Teaching planning and individualization of learning 4 ECTS

Teaching planning and individualization of learning The purpose of this course is to develop competence in the field of pedagogy and didactics. Future teachers are familiar with the educational program in their field of teaching, as well as with the guiding pedagogical principles and cross-cutting themes of developing a certain level of education, such as entrepreneurship and sustainable development. Future teachers have the skills to individualize teaching, taking into account the diversity of students and the principles of inclusion in the learning process, and the use of teaching technologies based on pedagogical and independent research. Future sports teachers demonstrating competence can: understand the basic principles and requirements of the educational program in their field of teaching and apply them in planning and conducting educational activities; identify factors and conditions that affect the training of students; to put into practice the principles of inclusion, individualization of teaching and leadership (adaptation of curricula, development of differentiated lessons), taking into account the needs of students and supporting the development of their personality and self-esteem, including career guidance. **LO 5,8,10**

Module- Teaching and Assessment for learning

Teaching methods and technologies 5 ECTS

Objective: to form students' holistic understanding of the methodological system of education, the ability to model strategies and technologies for solving specific pedagogical problems, plan, direct, teach and evaluate, as well as use knowledge, forms, methods and technologies of teaching in accordance with the conditions of a particular school and the capabilities of students. **LO 5,8**

Content:

1. Basic principles of education (goals and objectives of education, pedagogical technologies, principles of building the educational process).
2. Interactive teaching methods (problem-oriented learning (PBL), project-based learning, gamification, case method, research training, inverted learning, etc.).
3. Teaching methods (development of curricula and programs, application of various teaching methods and techniques, adaptation of educational material to the needs of students).
4. Assessment and control of knowledge (methods of assessing students' knowledge and skills, using various forms of control and feedback).
5. Technologies in education (the use of modern information technologies and distance learning methods).
6. Work with children with special educational needs (adaptation of the educational process and teaching methods to work with children with different physiological development and cognitive abilities).

Competencies: to choose pedagogical models suitable for their training; to apply teaching methods creatively and in a diverse way, taking into account the opportunities offered by technology; to use a suitable learning environment in their teaching; to know and apply the norms and principles of copyright and data protection.

Assessment and development 4 ECTS

Objective: to understand the importance of assessment in the learning process and the ability to provide constructive assessment in an ethical manner at various stages of the learning process and to critically evaluate and analyze one's understanding and practice regarding assessment **LO5**

Content: Within the framework of this course, students will learn about the importance of assessment, get acquainted with new approaches to assessing students' educational achievements, with the principles of feedback as an important tool for stimulating learning activities and student development, and will be able to master effective assessment methods, techniques and tools at different levels of schooling that will help them objectively assess students' knowledge and skills. Students will acquire the skills to create assignments adapted to the diverse needs and interests of individual students, as well as master methods to increase student engagement and motivation, contributing to both personal and academic progress.

This course equips future teachers with the necessary competencies to guide students towards professional excellence and contribute to raising educational standards. In addition, it provides an opportunity for future teachers to implement feedback mechanisms, evaluate the achievement of student goals and analyze the impact of their teaching methods on student development. Provides an opportunity for effective teacher management and student self-management of educational and cognitive activities.

Competencies: Knowledge of various assessment methods (formative and final). Understanding criteria and descriptors. Understanding the levels of educational competence. Self-assessment and mutual appreciation skills

THE MODULE IS A TEACHER AS A REFLECTIVE PRACTITIONER

Pedagogical research 5 ECTS

Purpose: to master the skills of searching, critically selecting knowledge from various sources, using research results in the development of one's pedagogical thinking and practice **LO 5,11**

Content: This course provides future teachers with the theoretical foundations of pedagogical research. Future teachers should master the skills of searching and critically selecting theoretical knowledge from various reliable sources, develop skills in using research results in the development of pedagogical thinking and practice, be ready for teaching and learning based on research, as well as constantly develop these skills and promote professional self-improvement.

Competencies: to be aware of the nature of pedagogy and its basic terminology; to recognize the central areas of research in pedagogy and

understand the difference between everyday thinking and scientific knowledge; to distinguish cultural ideas about human nature and their significance for the work of a teacher; to accept changes in the field of education, taking into account the prospects for their development.

Research, development and innovation 4 ECTS

Objective: to form a research- and development-oriented mindset, the ability to develop, update and apply innovative approaches and learning technologies in the context of ongoing changes in society and the educational environment.

LO 3,11

Content: in order to maintain relevance and the possibility of continuous development of themselves and their professional activities, future teachers acquire new knowledge based on scientific research and conduct practical research in an ethical manner in various fields related to the development of education and the teaching profession, innovative approaches to teaching, and student teachers and leaders. Future teachers adopt developmental thinking and are able to develop, innovate and apply innovative teaching approaches and technologies in the context of ongoing changes in society and the educational environment.

Competencies: to develop their own teaching skills through research-based approaches; to apply critical thinking in collecting and using data for software development; to participate in scientific research and/or develop cooperation between universities and stakeholders; to document their own research activities and present the results using various forms of communication

BASIC MOTOR SKILLS WITH OBJECT CONTROL (GAME MOTOR SKILLS)

Outdoor and national games 4 ECTS

The purpose of this course is to develop subject competencies in planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. The course is aimed at developing practical skills in conducting classes on outdoor and national games in various types and forms of physical culture and sports activities; planning teaching taking into account the diversity of students. Future sports teachers demonstrating competence can: - apply various outdoor and national games to solve the problems of physical culture and sports activities; - plan, organize, conduct educational, recreational, educational and training sessions and competitions in outdoor and national games, taking into account gender, age, individual characteristics, needs and capabilities of those involved.

LO8,9,
10

Sports games with teaching methods (basketball, volleyball) 5 ECTS

The purpose of this course is to develop subject competencies in planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. The course is aimed at developing practical skills in organizing, planning and conducting various forms and types of basketball and volleyball classes, taking into account the diversity of students. Future sports teachers demonstrating competence can: apply sports terminology and demonstrate technical and motor skills in basketball and volleyball; plan, organize, conduct educational, recreational, training sessions and competitions in basketball and volleyball, taking into account the gender, age, individual characteristics, needs and capabilities of those involved.

LO 8,9

Sports games with teaching methods (football, handball) 5 ECTS

The purpose of this course is to develop subject competencies in planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. The course is aimed at developing practical skills in organizing, planning and conducting various forms and types of football and handball classes, taking into account the diversity of students. Future sports teachers demonstrating competence can: - apply sports terminology and demonstrate technical and motor skills in football and handball; - plan, organize, conduct educational, recreational, training sessions and competitions in football and handball, taking into account gender, age, individual characteristics, needs and capabilities of those involved.

LO 8,9

BASIC MOTOR SKILLS WITH BODY CONTROL (COMPLEX COORDINATION MOTOR SKILLS)

Gymnastics with teaching methods 1 5 ECTS

The purpose of this course is to develop subject competencies in planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. The course is aimed at developing practical skills in organizing, planning and conducting various forms and types of gymnastics classes. Future sports teachers demonstrating competence can: apply sports terminology and demonstrate the technique of gymnastic exercises; to make complexes of general developmental exercises with and without subjects; to plan, organize, conduct the introductory and preparatory part of gymnastics classes in various ways, taking into account gender, age, individual characteristics, needs and capabilities of those involved. **LO 8,9**

Gymnastics with teaching methods 2 5 ECTS

The purpose of this course is to develop subject competencies in planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. The course is aimed at developing practical skills in organizing, planning and conducting various forms and types of gymnastics classes. Future sports teachers demonstrating competence can: plan, organize, conduct educational, wellness, recreational, training sessions and gymnastics competitions taking into account the gender, age, individual characteristics, needs and capabilities of those involved; own and apply preparatory and summing exercises in the teaching methodology; carry out insurance of those involved in performing exercises in the gymnastic all-around and provide first aid for typical injuries. **LO 8,9**

BASIC MOTOR SKILLS IN DIFFERENT ENVIRONMENTS (CYCLIC MOTOR SKILLS)

Athletics with training methods 6 ECTS

The purpose of this course is to develop subject competencies in planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. The course is aimed at developing practical skills in organizing, planning and conducting various forms and types of athletics classes (running, jumping, throwing) Future sports teachers who demonstrate competence can: **LO 8,9**

- apply sports terminology and demonstrate the technique of athletics exercises;
- plan, organize, conduct educational, recreational, recreational, training sessions and athletics competitions, taking into account the gender, age, individual characteristics, needs and capabilities of those involved;
- provide first aid for injuries and injuries typical of athletics.

Ski training with teaching methods 4 ECTS

The purpose of this course is to develop subject competencies in planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. The course is aimed at developing practical skills in organizing, planning and conducting various forms and types of ski training classes. Future sports teachers demonstrating competence can: apply sports terminology and demonstrate the technique of skiing in different moves and in different directions; plan, organize, conduct educational, recreational, educational and training sessions and competitions in skiing, taking into account the gender, age, individual characteristics, needs and capabilities of those involved; provide first aid for injuries typical of ski training. **LO 5,8**

Swimming with a learning methodology 4 ECTS

The purpose of this course is to develop subject competencies in planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. The course is aimed at developing practical skills in organizing, planning and conducting swimming classes. Future sports teachers demonstrating competence can: apply sports terminology and demonstrate swimming techniques in different styles, turns and starts; plan, organize, conduct educational, recreational, educational and training sessions and swimming competitions taking into account the gender, age, individual characteristics, needs and capabilities of those involved; ensure the safety of those involved in the water and provide first aid for typical swimming injuries and drowning rescue. **LO 8,9**

NATURAL SCIENCE FOUNDATIONS OF PHYSICAL CULTURE AND SPORTS

Functional human anatomy and exercise 4 ECTS

The purpose of this course is to form subject competencies in the natural science foundations of physical culture and sports; competencies in planning, organizing and conducting physical culture and sports classes based on individual differences, needs and opportunities in motor activity. The course is aimed at forming a holistic view of the structure of the human body in connection with its functions, understanding the effects of physical exercises of various directions from the standpoint of the anatomical structure and functioning of the human body in accordance with the tasks of professional activity, such as the development of physical qualities and functional capabilities or therapeutic effects on the body, taking into account the individual characteristics and capabilities of those involved.

LO 7,10

Future sports educators who demonstrate competence can:

- to realize the importance of physical development and motor qualities of a person for effective life, their individual characteristics in people of different genders and ages, including people with disabilities;
- Analyze and apply knowledge of human functional anatomy and physical exercises for effective learning, teaching and training.

SPORTS AND COACHING

Theory and methodology of the chosen sport 6 ECTS

The purpose of this course is to develop subject competencies in planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. The course is aimed at forming a system of knowledge and practical skills on the methodology of sports training in a chosen sport; designing and managing the process of long-term training of athletes in a chosen sport; planning of training loads and selection of methods and means of technical, physical, tactical, psychological, intellectual and integral training in micro-meso- and macrocycles; judging by a chosen sport; sports recruitment and selection. Future sports teachers demonstrating competence can: plan and conduct training sessions taking into account the provisions of theory and methodology physical culture, sports theory, anatomical and morphological, physiological and mental characteristics of athletes of different genders, ages and abilities; to ensure compliance with safety regulations, injury prevention; to monitor the technical, physical, technical, tactical, psychological, intellectual and integral preparedness and physical development of athletes, including using measurement and evaluation techniques to correct the training process in their chosen sport; to educate athletes in personal qualities, to form moral values of fair sports competition, to prevent negative social behavior and doping; analyze the results of competitions to adjust the educational and training process; apply methods of sports selection of athletes taking into account the requirements of the chosen sport.

LO 8,9

Managing the process of sports training in youth sports 5 ECTS

The purpose of this course is to develop subject competencies in planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. The course is aimed at forming a system of knowledge and practical skills for managing the process of sports training in a chosen sport, taking into account children's and youth ages; skills for selecting means and methods of sports training in a chosen sport, taking into account the diversity and characteristics of the development of children and youth involved; skills of planning classes in micro-, meso- and macrocycles during the sports season for effective training in youth sports; skills of assessment, control and correction of various types of training of young athletes in order to increase the effectiveness of training and reduce the risks of injury to those involved. Future sports teachers demonstrating competence can: plan the content and conduct training sessions taking into account the provisions of the theory and methodology of physical culture, sports theory, anatomical and morphological, physiological and mental characteristics of athletes of children and youth of different genders and abilities; to develop physical qualities and improve the functional capabilities of athletes of child and youth age in accordance with the specifics of the sport, to carry out psychological and pedagogical support of training sessions and pre-competitive training; to monitor technical, physical, technical, tactical, psychological, intellectual and integral preparedness and physical development of athletes of child and youth age, including using measurement and evaluation techniques; analyze competitive activities to adjust the pedagogical impact on athletes; use the results of pedagogical, psychological and biomedical control to correct the training process in the chosen sport.

LO 8,9,10

PHYSICAL DEVELOPMENT AND HEALTH, MENTAL WELL-BEING AND APPLIED RESEARCH

Methods of teaching physical education 5 ECTS

The purpose of this course is to form subject competencies in planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity; competencies in applied research in the field of physical culture and sports, motor activity and a healthy lifestyle; competencies in promoting a healthy lifestyle, encouraging and motivating physically an active lifestyle. The course is aimed at forming a system of knowledge and practical skills based on the methodology of teaching physical education; the development of content and programs on physical culture, the selection of adequate methods and forms of organization of physical education; the specifics of conducting physical education classes with students of different ages and abilities; individualization of learning taking into account the diversity of students and the use of teaching technologies based on the results of pedagogical and independent research. Future sports teachers demonstrating competence can: apply the provisions of the theory and methodology of physical culture, knowledge of anatomical, morphological, physiological and mental characteristics of those involved in various genders and ages to implement the educational process and physical culture and wellness work; select effective forms and technologies for organizing the educational process of physical culture; to select methods and means for the development of physical qualities in accordance with sensitive periods, as well as taking into account the gender-age characteristics and health opportunities of those involved; to apply methods for measuring and evaluating the level of physical development and fitness of those involved, taking into account the gender-age characteristics and health opportunities of those involved; develops documents for educational and methodological support and control in the field of physical to apply research methods to determine the effectiveness of teaching and learning. **LO8,9,10**

ELECTIVE DISCIPLINES (optional component) are shown on the page of the "CAD" website