

**CATALOG OF ELECTIVE DISCIPLINES**



**INSTITUTE OF PEDAGOGY AND PSYCHOLOGY**

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## EDUCATIONAL PROGRAM: 6B01403 - PHYSICAL EDUCATION AND SPORTS

### 1. OPTIONAL COMPONENTS OF THE CYCLE OF GENERAL COURSES

#### *Optional component 1*

**Course: Fundamentals of Legal Literacy and Anti-Corruption culture**

*Intensity of the Course:* 5 academic credits

*Module Code:* **GES -1**

*Module Name:* General educational subjects module

*Prerequisites:* Basics Law (school cours)

*Purpose:* formation of a legally competent, law-abiding person who knows his rights and duties, intolerant of any manifestations of corruption.

*Short Description:* The course is aimed at the formation of a legally competent, law-abiding person who knows his rights and obligations, intolerant of any manifestations of corruption. Students will be able to operate with the social, legal and ethical norms of Kazakhstani society.

*Learning Outcomes in EP (LOP):*

LOP 1 - Applies a variety of communication formats taking into account socio-cultural diversity, adheres to the principles of equality and accessibility in education, to create a prosperous and inclusive environment, has leadership qualities and is able to apply them to develop collective potential

LOP 2 - Possess high-level critical and creative thinking skills, are capable of self-regulation and reflection to solve professional problems.

LOP 3 - Demonstrate knowledge of and adherence to ethical and legal norms in research and use of digital technologies. Apply security measures when working with digital information and data protection, promote the active, safe and ethical use of digital resources.

*Learning Outcomes in Course (LOC):*

LOC 1 - To know the importance and role of legal culture in the life of society, its relationship with the political culture of the individual and the main definitions of corruption;

LOC 2 - Analyze the main obstacles on the way to ensuring the inalienable human rights; the role of human rights in personal life and in the life of society;

LOC 3 - Apply the acquired knowledge in political analysis, in the activities of public authorities, political and public organizations, analyze problems related to corruption and countering it;

LOC 4 - Be able to engage in dialogue as a way of relating to legal culture and society.

*Post requisites:* no

#### *Optional component 1*

**Course: Fundamentals of Ecology and Safe life**

*Intensity of the Course:* 5 academic credits

*Module Code:* **GES -1**

*Module Name:* General educational subjects module

*Prerequisites:* Biology, Geography (school program)

*Purpose:* maintaining the stability of life by analyzing environmental processes, forming priority areas and setting specific tasks for nature conservation.

*Short Description:* The discipline forms students' modern environmental education and culture, develops skills in applying methods to improve the safety of technical means and technological processes for safe life. Reveals the basic laws of the functioning of ecosystems of various levels of organization, the biosphere as a whole, the contradictions that arise in the relationship between man and nature, as well as the need for respect for nature and ecology.

*Learning Outcomes in EP (LOP):*

LOP 1 - Applies a variety of communication formats taking into account socio-cultural diversity, adheres to the principles of equality and accessibility in education, to create a prosperous and inclusive environment, has leadership qualities and is able to apply them to develop collective potential

LOP 2 - Possess high-level critical and creative thinking skills, are capable of self-regulation and reflection to solve professional problems.

*Learning Outcomes in Course (LOC):*

LOC 1 - Knows the terms and concepts that define the main features and features of ecosystems;

LOC 2 - Has an idea of the complex relationships taking place in nature, as well as between society and nature;

LOC 3 - Can give an environmental assessment of the situation in the region and promote the knowledge gained as a result of work in all areas of its activities;

LOC 4 - It can analyze the main legislative documents on environmental safety and modern environmental problems.

*Post requisites:* no

*Optional component 1*

**Course: Fundamentals of Economics and Entrepreneurship**

*Intensity of the Course:* 5 academic credits

*Module Code:* **GES -1**

*Module Name:* General educational subjects module

*Prerequisites:* Fundamentals of Entrepreneurship and business (school course)

*Purpose:* familiarization of students with the basics of economics and entrepreneurship, mastering the conceptual apparatus and basic forms of doing business.

*Short Description:* The discipline is focused on the formation of students' skills of entrepreneurship and business thinking. Through a comprehensive view of the laws of the functioning of the economy, the conditions for doing business, its internal and external environment, students will have the skills to develop a business plan, create and successfully run their own business.

*Learning Outcomes in EP (LOP):*

LOP 1 - Applies a variety of communication formats taking into account socio-cultural diversity, adheres to the principles of equality and accessibility in education, to create a prosperous and inclusive environment, has leadership qualities and is able to apply them to develop collective potential

LOP 3 - Demonstrate knowledge of and adherence to ethical and legal norms in research and use of digital technologies. Apply security measures when working with digital information and data protection, promote the active, safe and ethical use of digital resources.

*Learning Outcomes in Course (LOC):*

LOC 1 - Know the basic concepts in the field of economics and entrepreneurship;

LOC 2 - Be able to find and use the necessary economic information; determine the organizational and legal forms of organizations;

LOC 3 - Determine the composition of the material, labor and financial resources of the organization;

LOC 4 - Evaluation of a business idea and development of a business plan.

*Post requisites:* no

*Optional component 1*

**Course: Fundamentals of Leadership and receptivity to innovation**

*Intensity of the Course:* 5 academic credits

*Module Code:* **GES -1**

*Module Name:* General educational subjects module

*Prerequisites:* no

*Purpose:* in the process of studying the discipline, the student develops the skills of setting goals and objectives, timely planning of group work, problem solving, a sense of responsibility and effective communication.

*Short Description:* The course contributes to the disclosure and development of leadership qualities in the personality of each student, the development of innovative susceptibility skills in him, as a process of adaptation to innovations caused by innovative processes, as well as the use of the results of scientific and technical processes in his life and professional activities. Studies the current state and prospects for the development of leadership qualities and the human factor in management.

*Learning Outcomes in EP (LOP):*

LOP 1 - Applies a variety of communication formats taking into account socio-cultural diversity, adheres to the principles of equality and accessibility in education, to create a prosperous and inclusive environment, has leadership qualities and is able to apply them to develop collective potential

LOP 2 - Possess high-level critical and creative thinking skills, are capable of self-regulation and reflection to solve professional problems.

*Learning Outcomes in Course (LOC):*

LOC 1 - Understands theoretical and applied research in the field of modern management achievements in Kazakhstan and abroad using modern scientific methods;

LOC 2 - Knows how to work effectively individually and in a team;

LOC 3 - Independently study and continuously improve their qualifications throughout the entire period of professional activity;

LOC 4 - Applies professional knowledge in the field of organizational and managerial activities.

*Post requisites:* no

*Optional component 1*

**Course: Emotional Intellect**

*Intensity of the Course:* 5 academic credits

*Module Code:* **GES -1**

*Module Name:* General educational subjects module

*Prerequisites:* no

*Purpose:* knowledge and ability to apply modern methods of diagnostics and development of emotional intelligence of students and soft skills, including in the format of distance learning.

*Short Description:* The discipline is aimed at mastering the role of a tutor by the teacher in the context of strategic guidelines and priority areas of the state educational policy of Kazakhstan. Students determine the place of emotional intelligence and "flexible competencies" in the educational process of the modern school. They apply modern methods and technologies for organizing educational activities, taking into account the development of soft skills, including in the digital environment. They possess technologies for assessing and developing the emotional intelligence of students of different age groups.

*Learning Outcomes in EP (LOP):*

LOP 1 - Applies a variety of communication formats taking into account socio-cultural diversity, adheres to the principles of equality and accessibility in education, to create a prosperous and inclusive environment, has leadership qualities and is able to apply them to develop collective potential

LOP 3 - Demonstrate knowledge of and adherence to ethical and legal norms in research and use of digital technologies. Apply security measures when working with digital information and data protection, promote the active, safe and ethical use of digital resources.

LOP 4 - They form independent thinking, analytical and diagnostic skills to solve educational, educational and health-improving tasks in social and professional activities in the field of physical culture and sports.

*Learning Outcomes in Course (LOC):*

LOC 1 - Modern methods and technologies of organizing educational activities taking into account the development of soft skills, diagnostics and evaluation of flexible skills, the formation of individual educational directions and methods of organizing group activities;

LOC 2 - Application of modern methods and technologies for organizing educational activities, taking into account the development of flexible skills, including in the digital environment;

LOC 3 - Flexible skills on the skillfolio platform have the ability to carry out complex diagnostics of soft skills, interpret the results and develop them both in individual and group forms of training.

*Post requisites:* no

### *Optional component 1*

**Course: Fundamentals of mathematical statistics**

*Intensity of the Course:* 5 academic credits

*Module Code:* **GES -1**

*Module Name:* General educational subjects module

*Prerequisites:* Mathematics (school programme)

*Purpose:* is to familiarize students with the forms and laws of consistent thinking, to teach students to think consistently, to contribute to the development of skills of sound argumentation.

*Short Description:* Students understand the process of collecting, processing data and transmitting ideas, develop skills in using quantitative and qualitative data analysis in assessing the state of the object or phenomenon in question.

*Learning Outcomes in EP (LOP):*

LOP 1 - Applies a variety of communication formats taking into account socio-cultural diversity, adheres to the principles of equality and accessibility in education, to create a prosperous and inclusive environment, has leadership qualities and is able to apply them to develop collective potential

LOP 2 - Possess high-level critical and creative thinking skills, are capable of self-regulation and reflection to solve professional problems.

LOP 3 - Demonstrate knowledge of and adherence to ethical and legal norms in research and use of digital technologies. Apply security measures when working with digital information and data protection, promote the active, safe and ethical use of digital resources.

*Learning Outcomes in Course (LOC):*

LOC 1 - The student summarizes the results of pedagogical and scientific research and learns to process them mathematically.

LOC 2 - Learns to systematize, clarify and use statistical data using statistical and mathematical methods.

LOC 3 - Effectively uses Chi-square, SSPP and Jamovi applications that statistically process the collected numbers.

*Post requisites:* no

## **2. OPTIONAL COMPONENTS OF THE CYCLE OF CORE COURSE**

### *Optional component 1*

**Course: History of Physical Culture and Kazakh National Sports**

*Intensity of the Course:* 6 academic credits

**Module Code: FPS - 5**

**Module Name:** Fundamentals of Physical Education and Sports

**Prerequisites:** Physical Culture (school course)

**Purpose:** To form an understanding of the periodization, historiography of physical culture and sports in antiquity and at different stages of the historical development of society.

**Short Description:** The discipline is aimed at understanding the periodization, historiography of physical culture and sports in antiquity and at different stages of the historical development of society. Students will be able to demonstrate knowledge and understanding of the most important stages, the logic of the historical development of domestic and foreign systems of physical culture, possess the ability to study axiological, analytical approaches in the study of trends, facts, events, historical figures, historical analysis and evaluate the features of the development of modern processes of the national system of physical culture and national sports of the Republic of Kazakhstan.

**Learning Outcomes in EP (LOP):**

LOP 1 - Applies a variety of communication formats taking into account socio-cultural diversity, adheres to the principles of equality and accessibility in education, to create a prosperous and inclusive environment, has leadership qualities and is able to apply them to develop collective potential.

LOP 2 – Possess high-level critical and creative thinking skills, are capable of self-regulation and reflection to solve professional problems.

LOP 4 - They form independent thinking, analytical and diagnostic skills to solve educational, educational and health-improving tasks in social and professional activities in the field of physical culture and sports.

**Learning Outcomes in Course (LOC):**

LOC 1 – Apply knowledge of the main stages of the historical development of domestic and foreign systems of physical education, national sports and the Olympic movement;

LOC 2 - they are able to determine the main trends in the development of physical culture and sports, depending on the historical, political, socio-economic conditions of society;

LOC 3 - they have a research curiosity for new knowledge and information in the study of historical trends, events and historical personalities;

LOC 4 - they are able to assess the features of the formation of the model of development of modern processes of the national system of physical culture and national sports.

**Post requisites:** Children and Youth Sports and Mass Sports Activities. Methods of Teaching Basic Sports (in the School Curriculum), Fundamentals of Educational Research

#### *Optional component 1*

**Course: Olympic and Paralympic Movement**

**Intensity of the Course:** 6 academic credits

**Module Code: FPS - 5**

**Module Name:** Fundamentals of Physical Education and Sports

**Prerequisites:** Physical Culture (school course).

**Purpose:** To form students' systematic knowledge in the field of international and Olympic and Paralympic movement.

**Short Description:** Students systematize the issues of history, stages of formation and development of the Olympic Games, the Paralympic and international movement, their ideals, principles, features, symbols, sports, regulatory frameworks, use methods of analyzing the activities of the IOC, its rights, functions, duties and features of the formation of the NOC of the Republic of Kazakhstan, evaluate its role in the Olympic and Paralympic movement. Students operate with social, legal and ethical standards on doping issues. Chronicle of the Olympic and Paralympic Games.

**Learning Outcomes in EP (LOP):**

LOP 1 - Applies a variety of communication formats taking into account socio-cultural diversity, adheres to the principles of equality and accessibility in education, to create a prosperous and inclusive environment, has leadership qualities and is able to apply them to develop collective potential.

LOP 4 - They form independent thinking, analytical and diagnostic skills to solve educational, educational and health-improving tasks in social and professional activities in the field of physical culture and sports.

**Learning Outcomes in Course (LOC):**

LOC 1 - Apply knowledge of the main stages of the historical formation and development of the Olympic Games, the Paralympic and international movement in practice;

LOC 2 - demonstrate an understanding of the main trends in the development of the IOC's activities, its rights, functions, duties and features of the formation of the NOC of the Republic of Kazakhstan;

LOC 3 - ability to analyze, synthesize and evaluate the main historical stages of the development of the Olympic and Paralympic movement;

LOC 4 - they use their research skills in studying the main directions of the development of Olympic and Paralympic sports.

*Post requisites:* Methods of Teaching Basic Sports (in the School Curriculum). Fundamentals of Educational Research

*Optional component 2*

**Course Age Physiology and Anatomy With the Basics of Sports Morphology**

*Intensity of the Course:* 5 academic credits

*Module Code:* **MBD - 6**

*Module Name:* Medical and Biological Disciplines

*Prerequisites:* Biology (school courses)

*Purpose:* The course forms modern knowledge of anatomy and age-related physiology, as a teaching about the structure of the human body.

*Short Description:* Students will study the patterns of development and structure of the human body depending on gender, age, individual characteristics, functional manifestations, will be able to model the anatomical structure of organs and systems, their adaptive properties to the effects of physical exertion, describe methods of morphological and anatomical research, evaluate the types of physiques and movements of the athlete's body during muscular activity to assess the impact of applied physical exertion on the body of those engaged.

*Learning Outcomes in EP (LOP):*

LOP 4 - They form independent thinking, analytical and diagnostic skills to solve educational, educational and health-improving tasks in social and professional activities in the field of physical culture and sports.

LOP 6 - Demonstrate an understanding of the age, physiological, personal, socio-cultural characteristics of students for the analysis of current trends in physical education and sports and apply in practice methods, means and forms of education within the updated content of education, including the technology of criteria assessment.

LOP 8 - They apply knowledge of natural science, medical and biological methods of monitoring the tolerance of physical exertion, depending on the physiological capabilities of the body, means of recovery when assessing their impact on fitness indicators, in the course of professional activity.

*Learning Outcomes in Course (LOC):*

LOC 1 – Are able to apply knowledge and understanding of anatomical and physiological features of individual systems and the body as a whole in practice, in different periods of ontogenesis and their topography;

LOC 2 – can carry out physiological methods of studying the functions of the body when performing standard physical activities in various sports and in inclusive education to assess physical development taking into account age characteristics;

LOC 3 - master the basics of managing the fitness of the body and its adaptive properties to the effects of physical exertion of varying intensity to manage physical fitness and the physiological state of the body engaged;

LOC 4 - to possess methods of assessing the types of physiques and movements of the athlete's body during muscular activity to assess the impact of applied physical exertion on the body of those involved.

*Post requisites:* Inclusive Education. Theory and Methodos of Physical Education and Sports. Methods of Teaching Basic Sports (in the School Curriculum). Physiological Foundations of Physical Education and Sports.

*Optional component 2*

**Course: Biochemistry of Physical Exercise**

*Intensity of the Course:* 5 academic credits

*Module Code:* **MBD - 6**

*Module Name:* Medical and Biological Disciplines

*Prerequisites:* Chemistry, Biology, (according to the school curriculum).

*Purpose:* To study the biochemical processes occurring in various organs and systems of the body when performing physical exercises.

*Short Description:* Students will be able to demonstrate knowledge and understanding of biochemical processes of vital activity during physical exercises, as well as explain the features of adaptive and structural changes of organs and systems caused by muscular activity, characterize the features of the course of biochemical reactions in the human body during muscular work, students explain the main characteristics of biochemical control, nutrition during physical education and sports.

*Learning Outcomes in EP (LOP):*

LOP 4 - They form independent thinking, analytical and diagnostic skills to solve educational, educational and health-improving tasks in social and professional activities in the field of physical culture and sports.

LOP 8 - They apply knowledge of natural science, medical and biological methods of monitoring the tolerance of physical exertion, depending on the physiological capabilities of the body, means of recovery when assessing their impact on fitness indicators, in the course of professional activity.

*Learning Outcomes in Course (LOC):*



LOC 1 - Demonstrate in practice with special knowledge and understanding of biochemical processes of vital activity for the rational organization of physical education;

LOC 2 - characterize the features of the course of biochemical reactions and adaptive-structural changes of organs and systems in the human body during muscular work;

LOC 3 - modern diagnostic tools and methods are used for the purpose of improving the health and physical improvement of those involved, taking into account the individual adaptive capabilities of the body;;

LOC 4 - the ability to choose means and methods of monitoring and evaluating the physiological state of the body for their correction, when performing physical work of a certain capacity and duration

*.Post requisites* Inclusive Education. Theory and Methodos of Physical Education and Sports. Physiological Foundations of Physical Education and Sports.

### *Optional component 3*

#### **Course: Methods of Teaching Swimming**

*Intensity of the Course:* 5 academic credits

*Module Code:* **MTBS – 8.**

*Module Name* Methods of Teaching Basic Sports

*Prerequisites:* Fundamentals of Theory and Methods of Physical Education. Pedagogy and Didactic. Sports Facilities and Logistics of Physical Culture and Sports. Age Physiology and Anatomy with the Basics of Sports Morphology

*Purpose:* to consider the general patterns of movement in the aquatic environment, principles, methods, forms of teaching swimming methods.

*Short Description:* Students are able to demonstrate theoretical, methodological knowledge of terminology, the law of interaction of the human body with water and integrate them into the professional activities of the teacher. They possess the methodology of teaching sports and applied swimming techniques, regulatory requirements for assessment, diagnostics of physical qualities, functional and mental properties of the body, skills in developing educational and methodological materials for swimming, methods of conducting mini-studies, forms of organization of judging and physical education events

*Learning Outcomes in EP (LOP):*

LOP 6 - Demonstrate an understanding of the age, physiological, personal, socio-cultural characteristics of students for the analysis of current trends in physical education and sports and apply in practice methods, means and forms of education within the updated content of education, including the technology of criteria assessment.

LOP 7 - They possess the ability to develop educational and methodological materials, in accordance with the emerging situational learning tasks, to model and improve professionally significant methods and forms of technical and tactical training of those engaged in sports according to the school curriculum, in the process of educational and competitive activities, taking into account the gender and age characteristics of students

LOP 8 - They apply knowledge of natural science, medical and biological methods of monitoring the tolerance of physical exertion, depending on the physiological capabilities of the body, means of recovery when assessing their impact on fitness indicators, in the course of professional activity.

LOP 10 - They realize the skills and abilities to build educational and methodical, physical culture, mass, health and rehabilitation work in various fields of physical culture, including in the field of youth and Paralympic sports.

*Learning Outcomes in Course (LOC):*

LOC 1 – Apply knowledge and understanding of the general patterns of movement in the aquatic environment, sanitary and hygienic standards and safety regulations in the organization and conduct of physical education and sports activities by type of swimming;

LOC 2 - possess the methodology of teaching technical and tactical techniques of sports and applied swimming, taking into account age and gender patterns, physical development, functional and mental properties of the body engaged;

LOC 3 – are able to implement a selection system, monitor the educational achievements of students, using the latest techniques in conducting research on anthropometric, physical and psychological parameters of an individual;

LOC 4 – are able to apply professionally significant modern methods, forms and means of teaching, pedagogical technologies, assessment and control within the updated content of education, including the technology of criterion assessment;

LOC 5 - to master the skills of critical and creative thinking, capable of self-regulation and reflection for solving educational, educational and recreational tasks by means of swimming.

*Post requisites:* Pedagogical Technologies of Physical Education of Schoolchildren. Methods of Teaching Basic Sports (According to the School Curriculum). Fundamentals of Educational Research. Pedagogical Practice. Physiological Foundations of Physical Education and Sports.

### *Optional component 3*

#### **Course: Aquaaerobics**

*Intensity of the Course:* 5 academic credits

*Module Code:* **MTBS – 8.**

*Module Name* Methods of Teaching Basic Sports

*Prerequisites:* Fundamentals of Theory and Methods of Physical Education. Pedagogy and Didactic. Sports Facilities and Logistics of Physical Culture and Sports. Age Physiology and Anatomy with the Basics of Sports Morphology.

*Purpose:* To study a set of knowledge aimed at managing educational, training activities, using effective and modern learning technologies.

*Short Description:* Students will possess data on adaptive and structural changes of organs and systems during muscular activity, for a comprehensive assessment of the effectiveness of the applied exercises of aqua aerobics on the body, will master pedagogical, methodological and organizational methods of teaching, composing complexes, ligaments and conducting physical culture and sports events.

*Learning Outcomes in EP (LOP):*

LOP 4 - They form independent thinking, analytical and diagnostic skills to solve educational, educational and health-improving tasks in social and professional activities in the field of physical culture and sports.

LOP 6 - Demonstrate an understanding of the age, physiological, personal, socio-cultural characteristics of students for the analysis of current trends in physical education and sports and apply in practice methods, means and forms of education within the updated content of education, including the technology of criteria assessment.

LOP 7 – They possess the ability to develop educational and methodological materials, in accordance with the emerging situational learning tasks, to model and improve professionally significant methods and forms of technical and tactical training of those engaged in sports according to the school curriculum, in the process of educational and competitive activities, taking into account the gender and age characteristics of students.

LOP 8 – They apply knowledge of natural science, medical and biological methods of monitoring the tolerance of physical exertion, depending on the physiological capabilities of the body, means of recovery when assessing their impact on fitness indicators, in the course of professional activity.

LOP 10 - They realize the skills and abilities to build educational and methodical, physical culture, mass, health and rehabilitation work in various fields of physical culture, including in the field of youth and Paralympic sports.

*Learning Outcomes in Course (LOC):*

LOC 1 - Realize knowledge of the general laws of movement in the aquatic environment, sanitary and hygienic norms and safety regulations in the organization and conduct of physical culture and sports activities in recreational aqua aerobics;

LOC 2 - possess data on adaptive and structural changes of organs and systems during muscular activity, for a comprehensive assessment of the effectiveness of the impact of applied aqua aerobics exercises on the body;

LOC 3 - they implement skills and abilities that allow applying the latest pedagogical, methodological and organizational methods, forms and means of teaching within the framework of the updated content of education, including the technology of criteria assessment;

LOC 4 - they possess the skills of critical and creative thinking, are capable of self-regulation and reflection for solving educational, educational and recreational tasks by means of recreational aqua aerobics.

*Post requisites:* Pedagogical Technologies of Physical Education of Schoolchildren. Methods of Teaching Basic Sports (According to the School Curriculum). Physiological Foundations of Physical Education and Sports. Pedagogical Practice.

#### *Optional component 4*

**Course: Methods of Teaching Gymnastics and Rhythmoplasty**

*Intensity of the Course:* 5 academic credits

*Module Code:* **MTBS – 8**

*Module Name:* Methods of Teaching Basic Sports

*Prerequisites:* Age Physiology and Anatomy with the Basics of Sports Morphology. Pedagogy and Didactic. Educational Psychology. Theory and Methods of Physical Culture and Sports. Sports Facilities and Logistics of Physical Culture and Sports.

*Purpose:* It is aimed at training a qualified teacher of physical culture in gymnastics, who owns modern educational teaching methods in the conditions of updated educational content

*Short Description:* Students are able to navigate terminology, understand professionally significant forms, teaching methods, features of the organization of the educational process in gymnastics and rhythmoplasty, develop sets of exercises and ligaments. Students implement practical skills and techniques of performing gymnastic exercises and building a gymnastics lesson, as well as organize and conduct recreational, sports and mass events and carry out scientific and methodological activities.

*Learning Outcomes in EP (LOP):*

LOP 4 - They form independent thinking, analytical and diagnostic skills to solve educational, educational and health-improving tasks in social and professional activities in the field of physical culture and sports.

LOP 6 - Demonstrate an understanding of the age, physiological, personal, socio-cultural characteristics of students for the analysis of current trends in physical education and sports and apply in practice methods, means and forms of education within the updated content of education, including the technology of criteria assessment.

LOP 7 - They possess the ability to develop educational and methodological materials, in accordance with the emerging situational learning tasks, to model and improve professionally significant methods and forms of technical and tactical training of those engaged in sports according to the school curriculum, in the process of educational and competitive activities, taking into account the gender and age characteristics of students.

LOP 9 - They possess the technology of planning and managing the level of physical, functional, psychological and sports training of various categories of the population, taking into account sanitary, climatic and regional conditions.

LOP 10 - They realize the skills and abilities to build educational and methodical, physical culture, mass, health and rehabilitation work in various fields of physical culture, including in the field of youth and Paralympic sports.

*Learning Outcomes in Course (LOC):*

LOC 1 – Demonstrate basic knowledge for solving educational and professional tasks in the updated education system, taking into account the peculiarities of the age periodization of students;

LOC 2 – possess the ability to choose modern teaching methods and means for organizing the educational process of teaching technical elements of gymnastics to subjects of the educational process based on the analysis of anatomical, physiological, psychological and pedagogical knowledge;

LOC 3 – apply organizational and managerial decisions and carry out mass sports, program-methodical and health-improving work in various links of the physical culture movement, as well as measures to prevent injuries, including in the field of children's and youth sports;

LOC 4 - implement modern wellness training programs for various contingents of students;

LOC 5 - possess the skills of analysis and correction of the technique of gymnastic exercises to improve physical qualities and the formation of vital skills.

*Post requisites:* Methods of Teaching Basic Sports (according to the school program). Fundamentals of Educational Research. Physiological Foundations of Physical Education and Sports. Pedagogical Practice.

*Optional component 4*

**Course: Acrobatics**

*Intensity of the Course:* 5 academic credits

**Module Code: MTBS – 8**

*Module Name:* Methods of Teaching Basic Sports

*Prerequisites:* Age Physiology and Anatomy with the Basics of Sports Morphology. Pedagogy and Didactic. Educational Psychology. Theory and Methods of Physical Culture and Sports. Criteria Assessment Technology. Sports Facilities and Logistics of Physical Culture and Sports.

*Purpose:* To train a qualified teacher of physical culture in acrobatics, who owns modern educational technologies in the conditions of updated educational content

*Short Description:* Students are guided in the historical stages of the development of acrobatics, sports terminology, theory and methodology of teaching techniques, are able to apply professionally significant methods, forms, means of organizing and managing the educational process. They implement practical skills and techniques for composing sets of exercises, master the technique of performing acrobatic exercises, building a lesson, as well as organizing and conducting mass sports events and research on the course.

*Learning Outcomes in EP (LOP):*

LOP 4 - They form independent thinking, analytical and diagnostic skills to solve educational, educational and health-improving tasks in social and professional activities in the field of physical culture and sports.

LOP 6 - Demonstrate an understanding of the age, physiological, personal, socio-cultural characteristics of students for the analysis of current trends in physical education and sports and apply in practice methods, means and forms of education within the updated content of education, including the technology of criteria assessment.

LOP 9 - They possess the technology of planning and managing the level of physical, functional, psychological and sports training of various categories of the population, taking into account sanitary, climatic and regional conditions.

LOP 10 - They realize the skills and abilities to build educational and methodical, physical culture, mass, health and rehabilitation work in various fields of physical culture, including in the field of youth and Paralympic sports.

*Learning Outcomes in Course (LOC):*

LOC 1 – Demonstrate a system of knowledge on the theory and methodology of acrobatics in the process of using modern learning technologies, taking into account the peculiarities of the age periodization of students;

LOC 2 -are able to find organizational and managerial decisions in the process of educational, scientific and methodological, health and competitive activities of a physical education teacher and be responsible for them;

LOC3 – to master the basics of analysis and correction of the technique of gymnastic exercises to improve physical qualities and the formation of vital skills/

*Post requisites:* Methods of Teaching Basic Sports (according to the school program), Fundamentals of Educational Research. Physiological Foundations of Physical Education and Sports. Pedagogical Practice.

## Optional component 5

### **Course: Methodology of Teaching Track and Fields**

*Intensity of the Course:* 5 academic credits

*Module Code:* **MTBS – 8**

*Module Name:* Methods of Teaching Basic Sports

*Prerequisites:* Pedagogy and Didactic. Theory and Methods of Physical Culture and Sports. Educational Psychology. Children and Youth Sports and Mass Sports Activities.

*Purpose:* To form modern knowledge of the theory of teaching athletics and understanding the importance of athletics in the system of physical education.

*Short Description:* Students will be able to master professionally significant methods, means, relevant methods of teaching technical and tactical elements in athletics, demonstrate practical skills, analyze, generalize and evaluate the achievements of students and on their basis build a model of motor action taking into account the age characteristics of schoolchildren, solve problems in the process of educational, methodical, physical culture and sports, mass and scientific and methodological activities.

*Learning Outcomes in EP (LOP):*

LOP 5 - Classify the organization of pedagogical, educational, scientific and methodological, organizational and managerial activities in the school system of physical education, in the field of rehabilitation, including with children with special educational needs, using modern learning technologies.

LOP 6 - Demonstrate an understanding of the age, physiological, personal, socio-cultural characteristics of students for the analysis of current trends in physical education and sports and apply in practice methods, means and forms of education within the updated content of education, including the technology of criteria assessment.

LOP 7 - They possess the ability to develop educational and methodological materials, in accordance with the emerging situational learning tasks, to model and improve professionally significant methods and forms of technical and tactical training of those engaged in sports according to the school curriculum, in the process of educational and competitive activities, taking into account the gender and age characteristics of students.

LOP 9 - They possess the technology of planning and managing the level of physical, functional, psychological and sports training of various categories of the population, taking into account sanitary, climatic and regional conditions.

LOP 10 - They realize the skills and abilities to build educational and methodical, physical culture, mass, health and rehabilitation work in various fields of physical culture, including in the field of youth and Paralympic sports.

*Learning Outcomes in Course (LOC):*

LOC 1 – Realize the ability to choose modern means and methods of training, as well as to manage the physical, technical and tactical training of those involved without violating the mechanisms of adaptation of the body;

LOC 2 – possess the skills of analysis, generalization and evaluation and build a model of motor action based on them, taking into account age characteristics and the psychophysiological state of students;

LOC 3 – educational and methodological materials are used for criterion assessment and monitoring of educational achievements of students;

LOC 4 – they have the skills to reflect on their professional activities and the practice of colleagues.

*Post requisites:* Methods of Teaching Basic Sports (in the school Curriculum). Fundamentals of Educational Research. Physiological Foundations of Physical Education and Sports. Pedagogical Practice.

## Optional component 5

### **Course: Oriental Martial Arts**

*Intensity of the Course:* 5 academic credits

*Module Code:* **MTBS – 8**

*Module Name:* Methods of Teaching Basic Sports

*Prerequisites:* Pedagogy and Didactic. Theory and Methods of Physical Culture and Sports. Educational Psychology. Children and Youth Sports and Mass Sports Activities..

*Purpose:* To form a holistic representation of the unity of theoretical knowledge and practical skills on the specifics of training in the types of martial arts.

*Short Description:* Students demonstrate knowledge, understanding of the main stages of the development of martial arts, basic terms, course objectives, characteristics of oriental martial arts aimed at the ability to master the general issues of methodology and practice of teaching technical and tactical actions, methods of constructing training sessions. Students are able to analyze and evaluate the structure of training sessions, combat tactics, judging and organization of sports competitions.

*Learning Outcomes in EP (LOP):*

LOP 4: - They form independent thinking, analytical and diagnostic skills to solve educational, educational and health-improving tasks in social and professional activities in the field of physical culture and sports.

LOP 5 - Classify the organization of pedagogical, educational, scientific and methodological, organizational and managerial activities in the school system of physical education, in the field of rehabilitation, including with children with special educational needs, using modern learning technologies.

LOP 7 - They possess the ability to develop educational and methodological materials, in accordance with the emerging situational learning tasks, to model and improve professionally significant methods and forms of technical and tactical training of those engaged in sports according to the school curriculum, in the process of educational and competitive activities, taking into account the gender and age characteristics of students.

LOP 10 - They realize the skills and abilities to build educational and methodical, physical culture, mass, health and rehabilitation work in various fields of physical culture, including in the field of youth and Paralympic sports.

*Learning Outcomes in Course (LOC):*

LOC1 – identify current trends and regularities of theory and teaching methods, forms of organization of classes in the main types of martial arts;

LOC 2 – demonstrate the ability to classify the means and methods of teaching motor activity in their chosen sport;

LOC 3 – use modern educational technologies, evaluation criteria, control to manage the educational and training process;

LOC 4 – organizes and conducts martial arts competitions with people of different ages and sports classification;

LOC 5 – carry out comprehensive monitoring based on psychological and pedagogical diagnostics, analysis and synthesis in the field of physical culture and sports of schoolchildren.

*Post requisites:* Methods of Teaching Basic Sports (in the school Curriculum). Fundamentals of Educational Research. Physiological Foundations of Physical Education and Sports. Pedagogical Practice.

### *Optional component 6*

**Course: Winter Sports**

*Intensity of the Course:* 5 academic credits

*Module Code:* **MTBS – 8**

*Module Name:* Methods of Teaching Basic Sports

*Prerequisites:* Pedagogy and Didactic. Theory and Methods of Physical Culture and Sports. Educational Psychology. Criteria Assessment Technology. Pedagogical Technologies of Physical Education of Schoolchildren. Children and Youth Sports and Mass Sports Activities.

*Purpose:* It is aimed at studying modern methods of teaching winter sports, taking into account the patterns of age and individual development.

*Short Description:* Students are able to develop educational and methodological materials, organizational and managerial activities, demonstrate the ability to generalize data and build a model of motor action based on them, formulate modern methods, new approaches, effective forms and means of teaching winter sports to schoolchildren, practically apply the skills of monitoring educational achievements, draw conclusions, organize physical culture and sports events, judging and carrying out scientific and methodological activities.

*Learning Outcomes in EP (LOP):*

LOP 5 - Classify the organization of pedagogical, educational, scientific and methodological, organizational and managerial activities in the school system of physical education, in the field of rehabilitation, including with children with special educational needs, using modern learning technologies.

LOP 6 - Demonstrate an understanding of the age, physiological, personal, socio-cultural characteristics of students for the analysis of current trends in physical education and sports and apply in practice methods, means and forms of education within the updated content of education, including the technology of criteria assessment.

LOP 7 - They possess the ability to develop educational and methodological materials, in accordance with the emerging situational learning tasks, to model and improve professionally significant methods and forms of technical and tactical training of those engaged in sports according to the school curriculum, in the process of educational and competitive activities, taking into account the gender and age characteristics of students.

LOP 9 - They possess the technology of planning and managing the level of physical, functional, psychological and sports training of various categories of the population, taking into account sanitary, climatic and regional conditions.

LOP 10 - They realize the skills and abilities to build educational and methodical, physical culture, mass, health and rehabilitation work in various fields of physical culture, including in the field of youth and Paralympic sports.

*Learning Outcomes in Course (LOC):*

LOC 1– Possess knowledge about the laws of the functioning of the human body at rest and during muscular activity of various types, power and duration under the influence of environmental factors;

LOC 2 - demonstrate practical skills to manage the physical, technical and tactical training of students, generalize data and build a model of motor action based on them, taking into account the physical, morphofunctional, psychological and age characteristics of students;

LOC 3 – are able to apply professionally significant modern methods, forms and means of teaching, pedagogical technologies, assessment and control within the updated content of education, including the technology of criterion assessment;

LOC 4 – they know the basics of analysis and generalization, are able to isolate and apply technologies for comprehensive monitoring of the level of functional, physical, psychological and technical training of those involved in winter sports;

LOC 5 – to reflect on their professional activities and the practice of colleagues.

*Post requisites:* Fundamentals of Educational Research. Physiological Foundations of Physical Education and Sports. Production (pedagogical) Practice. Practic.

#### *Optional component 6*

**Course: Biomechanics of Motor Activity**

*Intensity of the Course:* 5 academic credits

**Module Code: MTBS – 8**

*Module Name:* Methods of Teaching Basic Sports

*Prerequisites:* Age physiology and anatomy with the basics of sports morphology. Theory and Methods of Physical Culture and Sports. Sports Facilities and Logistics of Physical Culture and Sports.

*Purpose:* Training of specialists who know the biomechanical basics of sports equipment and are able to apply them in the training process and physical fitness work.

*Short Description:* Students will master the understanding of the diversity, complexity and reliability of human motor skills, biomechanical aspects of motor training, will form knowledge of the biomechanical foundations of the structure and control of the human motor apparatus aimed at using methods of biomechanical analysis and evaluation of human motor capabilities, sports equipment and sports and technical skills of an athlete.

*Learning Outcomes in EP (LOP):*

LOP 3 – Demonstrate knowledge of and adherence to ethical and legal norms in research and use of digital technologies. Apply security measures when working with digital information and data protection, promote the active, safe and ethical use of digital resources.

LOP 7 - They possess the ability to develop educational and methodological materials, in accordance with the emerging situational learning tasks, to model and improve professionally significant methods and forms of technical and tactical training of those engaged in sports according to the school curriculum, in the process of educational and competitive activities, taking into account the gender and age characteristics of students.

LOP 8 - They apply knowledge of natural science, medical and biological methods of monitoring the tolerance of physical exertion, depending on the physiological capabilities of the body, means of recovery when assessing their impact on fitness indicators, in the course of professional activity.

LOP 9 - They possess the technology of planning and managing the level of physical, functional, psychological and sports training of various categories of the population, taking into account sanitary, climatic and regional conditions.

*Learning Outcomes in Course (LOC):*

LOC 1 – The ability to apply the acquired knowledge of kinematics, dynamics and energy of motor qualities and movement control, biomechanical characteristics of sports and technical skills; when studying professional modules in professional activities;

LOC 2 – demonstrate practical skills of the basics of biomechanics, kinematics and dynamics of human movements included in the physical education program during training, competitive classes and physical education lessons;

LOC 3 - possess methods of processing research results using methods of mathematical statistics, information technology, is able to formulate and present generalizations and conclusions.

*Post requisites:* Fundamentals of Educational Research. Physiological Foundations of Physical Education and Sports. Production (Pedagogical) Practice.

#### *Optional component 7*

**Course: Sports Games**

*Intensity of the Course:* 8 academic credits

**Module Code: MTBS – 8**

*Module Name:* Methods of Teaching Basic Sports

*Prerequisites:* Children and Youth Sports and Mass Sports Activities. Pedagogy and Didactic. Educational Psychology. Theory and Methods of Physical Culture and Sports. Pedagogical Technologies of Physical Education of Schoolchildren. Criteria Assessment Technology

*Purpose:* is aimed at the formation of professional skills and abilities for the successful solution of the main technical and tactical tasks by means of sports games.

*Short Description:* Students will be able to demonstrate knowledge of the main stages of the development of sports games, the evolution of rules, professionally significant methods, means, forms of personality-oriented and group training of sports games, apply practical skills, analyze, correct technical and tactical elements, individual, group and team actions in attack and defense, master the methods of organizing and conducting sports competitions and scientific and methodological research on the course.

*Learning Outcomes in EP (LOP):*

LOP 6 - Demonstrate an understanding of the age, physiological, personal, socio-cultural characteristics of students for the analysis of current trends in physical education and sports and apply in practice methods, means and forms of education within the updated content of education, including the technology of criteria assessment.

LOP 7 - They possess the ability to develop educational and methodological materials, in accordance with the emerging situational learning tasks, to model and improve professionally significant methods and forms of technical and tactical training of those engaged in sports according to the school curriculum, in the process of educational and competitive activities, taking into account the gender and age characteristics of students.

LOP 8 - They apply knowledge of natural science, medical and biological methods of monitoring the tolerance of physical exertion, depending on the physiological capabilities of the body, means of recovery when assessing their impact on fitness indicators, in the course of professional activity.

LOP 9 - They possess the technology of planning and managing the level of physical, functional, psychological and sports training of various categories of the population, taking into account sanitary, climatic and regional conditions.

LOP 10 - They realize the skills and abilities to build educational and methodical, physical culture, mass, health and rehabilitation work in various fields of physical culture, including in the field of youth and Paralympic sports.

*Learning Outcomes in Course (LOC):*

LOC 1 - The ability to realize knowledge of physiological and medical methods of monitoring the tolerance of physical exertion, means of recovery and to apply in professional activities;

LOC 2 – demonstrate the ability to monitor the educational achievements of students using the latest techniques in conducting research on anthropometric, physical and psychological parameters of students;

LOC 3 – are able to apply professionally significant modern methods, forms and means of teaching, pedagogical technologies, assessment and control within the updated content of education, including the technology of criterion assessment;

LOC 4 – possess the skills of teaching technical and tactical techniques of sports games, taking into account age-sex patterns, physical development, functional and mental properties of the body involved;

LOC 5 – possess the basics of analysis and generalization, are able to isolate and apply innovative technologies for comprehensive monitoring of the level of functional, physical, psychological and technical training of those involved in sports games.

*Post requisites:* Fundamentals of Educational Research. Physiological Foundations of Physical Education and Sports. Production (Pedagogical) Practice.

*Optional component 7*

**Course: Educational Work Methodology**

*Intensity of the Course:* 8 academic credits

*Module Code:* **MTBS – 8**

*Module Name* Methods of Teaching Basic Sports

*Prerequisites:* Organization and Planning of Educational Activities at School. Pedagogy and Didactic. Educational Psychology. Theory and Methods of Physical Culture and Sports. Pedagogical Technologies of Physical Education of Schoolchildren.

*Purpose:* The course forms cognitive activity and motivations that contribute to the development of professional and pedagogical competencies in the field of educational activity.

*Short Description:* . Students will be able to possess general pedagogical knowledge of the basic methods, forms of educational and extracurricular activities, organizational, mass and educational methods of work in the field of physical culture, carry out planning, design and management taking into account the psychological and age characteristics of schoolchildren and their socialization, make pedagogical decisions on problematic educational situations, develop and conduct extracurricular, physical culture and sports events and carry out the activities of the class teacher.

*Learning Outcomes in EP (LOP):*

LOP 2 – Possess high-level critical and creative thinking skills, are capable of self-regulation and reflection to solve professional problems.

LOP 4 - They form independent thinking, analytical and diagnostic skills to solve educational, educational and health-improving tasks in social and professional activities in the field of physical culture and sports.

LOP 5 - Classify the organization of pedagogical, educational, scientific and methodological, organizational and managerial activities in the school system of physical education, in the field of rehabilitation, including with children with special educational needs, using modern learning technologies.

LOP 6 - Demonstrate an understanding of the age, physiological, personal, socio-cultural characteristics of students for the analysis of current trends in physical education and sports and apply in practice methods, means and forms of education within the updated content of education, including the technology of criteria assessment.

*Learning Outcomes in Course (LOC):*

LOC 1 – Operate with the means and methods of intellectual, emotional-volitional, moral, physical education of the student's personality and their socialization in the course of classes;

LOC 2 – are able, based on the knowledge of didactics, pedagogically correctly analyze and evaluate a specific educational situation, find pedagogically appropriate and creative ways to solve it;

LOC 3 - realize the ability to conduct research, educational, educational and recreational work as a teacher of physical culture and sports;

LOC 4 – demonstrate an understanding of the teacher's personality and the elements of pedagogical skill, types of pedagogical activity, to the peculiarities of traditional and innovative pedagogical technologies of teaching and upbringing.

*Post requisites:* Fundamentals of Educational Research. Production (pedagogical) practice.

#### *Optional component 8*

**Course: Methods of Teaching Volleyball and Outdoor Games**

*Intensity of the Course:* 5 academic credits

*Module Code:* **MTBS - 8**

*Module Name* Methods of Teaching Basic Sports

*Prerequisites:* Pedagogy and Didactic. Educational Psychology. Theory and Methods of Physical Culture and Sports. Criteria Assessment Technology. Pedagogical Technologies of Schoolchildren' Physical Education. Children and Youth Sports and Mass Sports Activities

*Purpose:* Master the pedagogical technologies of teaching technical and tactical techniques of the game volleyball and the development of physical qualities.

*Short Description:* Students will be able to demonstrate knowledge of the theory and methodology of teaching volleyball and outdoor games, the ability to plan and manage the training process, master the methodology of training and correction of technical and tactical training, individual, group and team actions in attack and defense, implement practical skills of forecasting tactical, operational, current and stage tasks related to the organization the educational and training process, judging and methods of organizing sports competitions.

*Learning Outcomes in EP (LOP):*

LOP 6 - Demonstrate an understanding of the age, physiological, personal, socio-cultural characteristics of students for the analysis of current trends in physical education and sports and apply in practice methods, means and forms of education within the updated content of education, including the technology of criteria assessment.

LOP 7 – They possess the ability to develop educational and methodological materials, in accordance with the emerging situational learning tasks, to model and improve professionally significant methods and forms of technical and tactical training of those engaged in sports according to the school curriculum, in the process of educational and competitive activities, taking into account the gender and age characteristics of students.

LOP 8 - They apply knowledge of natural science, medical and biological methods of monitoring the tolerance of physical exertion, depending on the physiological capabilities of the body, means of recovery when assessing their impact on fitness indicators, in the course of professional activity.

LOP 9 - They possess the technology of planning and managing the level of physical, functional, psychological and sports training of various categories of the population, taking into account sanitary, climatic and regional conditions.

LOP 10 - They realize the skills and abilities to build educational and methodical, physical culture, mass, health and rehabilitation work in various fields of physical culture, including in the field of youth and Paralympic sports.

*Learning Outcomes in Course (LOC):*

LOC 1 – To integrate theoretical and methodological knowledge and abilities in the means, methods, principles and forms of training in volleyball and outdoor games at a professional level as a physical education teacher;

LOC 2 – demonstrate practical skills, manage physical, technical and tactical training of students, generalize data and build a model of motor action based on them, taking into account the physical, morphofunctional, psychological and age characteristics of students;

LOC 3 – to possess the ability to choose modern methods and means of teaching, for the organization of the educational process of teaching the technical elements of volleyball to the subjects of the educational process based on the analysis of anatomical, physiological, psychological and pedagogical knowledge;

LOC 4 – master the skills of analysis, generalization and the ability to isolate and apply innovative technologies for comprehensive monitoring of the level of functional, physical, psychological and technical training of students.

*Post requisites:* **Fundamentals of Educational Research.** Physiological Foundations of Physical Education and Sports. Production (Pedagogical) Practice.

#### *Optional component 8*

**Course: Organization of Health-improving Work in Special Medical Groups at School**

*Intensity of the Course:* 5 academic credits

*Module Code:* **MTBS - 8**

*Module Name* Methods of Teaching Basic Sports

*Prerequisites:* Age physiology and anatomy with the basics of sports morphology. Inclusive Education Pedagogical Technologies of Physical Education of Schoolchildren. Educational Psychology. Theory and Methods of Physical Culture and Sports.

*Purpose:* Realization of knowledge, skills and abilities to apply methods and means of physical culture, taking into account the state of health, the level of physical fitness.

*Short Description:* Students will demonstrate the ability to develop an individual motor regime, select and plan classes of various target orientation, control and regulate the functional state of the body when performing physical exercises and achieve a healing effect in the process of improving physical conditions.



*Learning Outcomes in EP (LOP):*

LOP 1 – Applies a variety of communication formats taking into account socio-cultural diversity, adheres to the principles of equality and accessibility in education, to create a prosperous and inclusive environment, has leadership qualities and is able to apply them to develop collective potential.

LOP 5 - Classify the organization of pedagogical, educational, scientific and methodological, organizational and managerial activities in the school system of physical education, in the field of rehabilitation, including with children with special educational needs, using modern learning technologies.

LOP 6 - Demonstrate an understanding of the age, physiological, personal, socio-cultural characteristics of students for the analysis of current trends in physical education and sports and apply in practice methods, means and forms of education within the updated content of education, including the technology of criteria assessment.

LOP 8 - They apply knowledge of natural science, medical and biological methods of monitoring the tolerance of physical exertion, depending on the physiological capabilities of the body, means of recovery when assessing their impact on fitness indicators, in the course of professional activity.

LOP 9 - They possess the technology of planning and managing the level of physical, functional, psychological and sports training of various categories of the population, taking into account sanitary, climatic and regional conditions.

*Learning Outcomes in Course (LOC):*

LOC 1 – To put into practice the knowledge of the organization and content of modern educational technologies for physical culture, rehabilitation and sports work with persons with disabilities and disabilities;

LOC 2 – to assess the degree of impact of physical culture on the physical and functional state of students with disabilities in the state of health in order to develop and implement individual health improvement programs and the development of their motor abilities;

LOC 3 – are able to choose means and methods of recreational motor activity to correct the condition of those involved, taking into account their age, gender, professional activity and psychophysiological condition;

LOC 4 – to carry out reflection of pedagogical activity, analyze, evaluate and correct the process and the result of the educational process, monitor, analyze and correct your behavior as a teacher;

LOC 5- operate with modern educational technologies and means of physical rehabilitation to increase the reserve and adaptive capabilities of the body in the learning process.

*Post requisites:* **Fundamentals of Educational Research.** Physiological Foundations of Physical Education and Sports. Production (Pedagogical) Practice. .

### 3. OPTIONAL COMPONENT OF THE CYCLE OF MAJOR COURSES

#### *Optional component 1*

**Course: Sports Facilities and Material-Technical Support of Physical education and sports**

*Intensity of the Course:* 5 academic credits

*Module Code:* - **FPS – 5**

*Module Name:* Fundamentals of Physical Education and Sports

*Prerequisites:* History of Physical Culture and Kazakh National Sports.

*Purpose:* Focused on the formation of professional knowledge of the design, construction, repair and operation of sports facilities and their logistics.

*Short Description:* Students will master the regulatory and technical documentation, the system of scientific knowledge about volumetric and planar sports facilities by sports, the ability to use material and technical support when developing a set of measures to comply with the rules and standards of occupational safety and safety of those involved in the organization of the educational process in indoor sports facilities.

*Learning Outcomes in EP (LOP):*

LOP 1 - Applies a variety of communication formats taking into account socio-cultural diversity, adheres to the principles of equality and accessibility in education, to create a prosperous and inclusive environment, has leadership qualities and is able to apply them to develop collective potential.

LOP 4 - They form independent thinking, analytical and diagnostic skills to solve educational, educational and health-improving tasks in social and professional activities in the field of physical culture and sports.

LOP 9 - They possess the technology of planning and managing the level of physical, functional, psychological and sports training of various categories of the population, taking into account sanitary, climatic and regional conditions.

*Learning Outcomes in Course (LOC):*

LOC 1 - The ability to put into practice knowledge and professional skills about the construction of sports facilities, playgrounds, gyms, trails, taking into account regulatory requirements for their equipment;

LOC 2 – demonstrate the ability to implement in the course of professional activity the requirements of safety, sanitary and hygienic rules and regulations for the operation of simple sports facilities;

LOC 3 – the ability to implement information management skills and skills and the ability to use logistics and work with regulatory and technical documentation.

*Post requisites:* Organization and Planning of Educational Activities at School. Methods of Teaching Basic Sports (According to the School Curriculum). Children and Youth Sports and Mass Sports Activities

### Optional component 1

#### **Course: Theory and Methodology of Physical Education of Preschool Children**

*Intensity of the Course:* 5 academic credits

*Module Code:* - **FPS – 5**

*Module Name:* Fundamentals of Physical Education and Sports.

*Prerequisites:* Age physiology and anatomy with the basics of sports morphology.

*Purpose:* The discipline is aimed at the formation of general professional and pedagogical skills in the organization of physical education of preschool children.

*Short Description:* During the course, students will be able to know and identify the main stages of development and the content of physical education in preschool institutions, will be able to plan and implement modern forms and methods of teaching, possess methods of diagnosis and evaluation of the effectiveness of various forms of physical education and motor modes, taking into account the psychophysical development, age and individual characteristics of a preschooler.

*Learning Outcomes in EP (LOP):*

LOP 3 - Demonstrate knowledge of and adherence to ethical and legal norms in research and use of digital technologies. Apply security measures when working with digital information and data protection, promote the active, safe and ethical use of digital resources.

LOP 4 - They form independent thinking, analytical and diagnostic skills to solve educational, educational and health-improving tasks in social and professional activities in the field of physical culture and sports.

LOP 6 - Demonstrate an understanding of the age, physiological, personal, socio-cultural characteristics of students for the analysis of current trends in physical education and sports and apply in practice methods, means and forms of education within the updated content of education, including the technology of criteria assessment.

LOP 9 - They possess the technology of planning and managing the level of physical, functional, psychological and sports training of various categories of the population, taking into account sanitary, climatic and regional conditions.

*Learning Outcomes in Course (LOC):*

LOC 1 – demonstrate an understanding of the regularity of the formation of motor skills and development of physical qualities in preschool children;

LOC 2 – demonstrate the ability to plan and implement modern forms and methods of teaching, taking into account the psychophysiological state, individual and age characteristics of preschoolers;

LOC 3 –to apply the acquired knowledge and skills in practical activities, to organize the educational and independent activities of the child, to direct his initiative, to form a culture of movements;

LOC 4 – possess methods of diagnosis and assessment of morphofunctional development of preschool children's organism for scientific and methodological control over the effectiveness of the applied means of physical culture;

LOC 5 - the ability to find organizational and managerial solutions in non-standard situations and is ready to take responsibility for them.

*Post requisites:* Theory and Methods of Physical Culture and Sports. Physiological Foundations of Physical Education and Sports.

### Optional component 2

#### **Course: Physical Education and Sports Management**

*Intensity of the Course:* 4 academic credits

*Module Code:* **FPS – 5**

*Module Name:* Fundamentals of Physical Education and Sports

*Prerequisites:* Fundamentals of Legal Literacy and Anti-Corruption Culture. Theory and Methods of Physical Culture and Sports. Organization and Planning of Educational Activities at School.

*Purpose:* The discipline is focused on the expansion and deepening of knowledge in the field of sports management and their application in future professional activities.

*Short Description:* Students will gain practical experience in the organizational and legal foundations of sports management to ensure the activities of sports and sports organizations, be able to conduct accounting and reporting, manage the work of small teams, use planning and management strategies, stimulate motivation, sponsorship, sports clubs, evaluate and draw up a business plan. Students will be able to implement methods of solving problems on physical education and evaluate their effectiveness.

*Learning Outcomes in EP (LOP):*

LOP 3 - Demonstrate knowledge of and adherence to ethical and legal norms in research and use of digital technologies. Apply security measures when working with digital information and data protection, promote the active, safe and ethical use of digital resources.

LOP 4 - They form independent thinking, analytical and diagnostic skills to solve educational, educational and health-improving tasks in social and professional activities in the field of physical culture and sports.

LOP 10 – They realize the skills and abilities to build educational and methodical, physical culture, mass, health and rehabilitation work in various fields of physical culture, including in the field of youth and Paralympic sports.

*Learning Outcomes in Course (LOC)*

LOC 1 – Have practical experience in implementing the organizational and legal foundations of sports management to ensure the activities of sports organizations;

LOC 2 - possess a culture of thinking, the ability to generalize, analyze, perceive information, set goals and choose ways to achieve it;

LOC 3 – the ability to understand the mechanisms of application of the main regulatory legal acts in the field of physical culture and sports, recreational and recreational activities;

LOC 4 – are able to adapt to changing conditions in labor collectives, to give a reasoned assessment of different views and positions;

LOC 5 - possess the skills to implement a planning strategy and management structure and find organizational and managerial solutions in non-standard situations and is ready to take responsibility for them.

*Postrequisites:* Production (Pedagogical) Practice

#### *Optional component 2*

**Course: Sports Orientation and Tourism**

*Intensity of the Course:* 4 academic credits

*Module Code:* **FPS – 5**

*Module Name:* Fundamentals of Physical Education and Sports

*Prerequisites:* Sports facilities and logistics of physical culture and sports. Children and Youth Sports and Sports Activities. Methods of Teaching Basic Sports (According to the School Curriculum).

*Purpose:* The discipline is focused on mastering the skills of technical, tactical and topographic orientation training by students.

*Short Description:* The course forms the skills of orientation on the terrain using a map and compass. Students will be able to demonstrate the skills of passing checkpoints on time, plan and conduct tourist-oriented classes with various population groups, taking into account sanitary and hygienic and climatic norms, master the skills of drawing up and orienting along terrain lines and conduct recreational and physical education and sports orienteering events.

*Learning Outcomes in EP (LOP):*

LOP 7 - They possess the ability to develop educational and methodological materials, in accordance with the emerging situational learning tasks, to model and improve professionally significant methods and forms of technical and tactical training of those engaged in sports according to the school curriculum, in the process of educational and competitive activities, taking into account the gender and age characteristics of students.

LOP 9 - They possess the technology of planning and managing the level of physical, functional, psychological and sports training of various categories of the population, taking into account sanitary, climatic and regional conditions.

LOP 10 – They realize the skills and abilities to build educational and methodical, physical culture, mass, health and rehabilitation work in various fields of physical culture, including in the field of youth and Paralympic sports.

*Learning Outcomes in Course (LOC):*

LOC 1 – Possess modern diagnostic tools and methods of assessing the adequacy of physical activity - the physiological capabilities of the body;

LOC 2 –form practical skills of orientation along terrain lines with the help of topographic maps and a compass when passing routes;

LOC 3 – are able to implement the skills and abilities of planning and conducting classes and sports competitions of a tourist orientation, taking into account their age, gender, professional activity and psychophysiological condition; sanitary and hygienic and climatic standards;

LOC 4 – possess the skills of analyze and evaluate the means and methods of physical culture and recreational activities, taking into account the state of health, age characteristics and the level of physical and athletic training of those involved.

*Post requisites:* Production (pedagogical) practice

**Course: Political Psychology**

*Intensity of the Course:* 5 academic credits

*Module Code:* **PTE-7**

*Module Name:* Psychology of training and education

*Prerequisites:* Social Psychology

*Purpose:* Development of skills and knowledge in conducting systemic analysis of psychological phenomena, acquisition of systematic scientific knowledge, psychological aspects in political relations and power.

*Short description.* This course is aimed at studying the categorical and conceptual apparatus of political psychology. Students have systemic knowledge about the mass aspects of political behavior; analyze personal aspects of political processes; evaluate political party activity; explain the features of electoral behavior; differentiate modern concepts and methods for the analysis of the political and psychological aspects of political processes; apply the knowledge of political psychology to solve scientific and practical problems in other applied areas of psychology.

*Learning Outcomes in EP (LOP):*

LOP 2 - Possess high-level critical and creative thinking skills, are capable of self-regulation and reflection to solve professional problems.

LOP 3 - Demonstrate knowledge of and adherence to ethical and legal norms in research and use of digital technologies. Apply security measures when working with digital information and data protection, promote the active, safe and ethical use of digital resources.

LOP 4 - Has deep professional knowledge and understanding of the theoretical and methodological foundations of psychology.

LOP 5 – Applies to the professional activities of the phenomena and regularities of mental processes, properties personality taking into account age-related aspects.

LOP 11 - Simulates the psychological support of a person in various activities, taking into account the current social situation.

LOP 12 - Understands the social significance of the profession of psychologist, responsibly and efficiently performs professional tasks, observing the principles of professional ethics.

*Learning Outcomes in Course (LOC):*

LOC 1 - Conducting comparative research and analysis of the psychological characteristics of political leaders, political language, political systems, and political cultures of nations, as well as possessing practical skills in this area;

LOC 2 - Conducting comparative research on the psychological characteristics of political leaders;

LOC 3 - Developing a personal psychological profile at an individual level, as well as understanding the psychological characteristics of a stable political system;

LOC 4 - Applying acquired knowledge of psychological characteristics in professional activities;

*Post requisites:* no