



Educational institution
"Royal Metropolitan University"
Quality management system
Syllabus of the discipline
«Physical culture» of the «DNHD» EI "RMU"

EI "ROYAL METROPOLITAN UNIVERSITY"
Department of Natural and Humanitarian Disciplines



SYLLABUS

Program:	General medicine
Qualification of the graduate:	General practitioner / Medical doctor
Year:	2025-2026
Semester:	1/2
Course duration:	18 weeks
Instructor/Assistant/Professor	Name: Erkebulanova S.
Department:	Humanities
Day and Time for consultation:	Thursday at 09:00-14:00, room 1
Classroom:	1
E-mail:	szhusuevna@gmail.com
Course Title:	Physical culture
Must/Elective:	
Credit/Hours:	2

Bishkek 2025



1. Erkebulanova S., e-mail: szhusuevna@gmail.com

2. **Description of discipline:** The purpose of the physical education of students of RMU is the formation of personality and the ability to use various means of physical culture and sports for the preservation and promotion of health, psychophysical training and self-training for future professional activities.

Course Description:

To achieve this goal, it is planned to solve the following educational, educational, developmental and recreational tasks:

- Understanding the social role of physical culture in personal development and preparation for future professional activities;
- Knowledge of scientific-biological and practical bases of physical culture and healthy lifestyle;
- Formation of a motivational and value attitude to physical culture, attitudes towards a healthy lifestyle, physical self-improvement and self-education, the need for regular physical exercises and sports;
- Mastering the system of practical skills that ensure the preservation and strengthening of health, mental well-being, development and improvement of psychophysical abilities, qualities and personality traits, self-determination in physical culture;
- Ensuring general and professional-applied physical fitness, which determines the student's psychophysical readiness for a future profession;
- Acquisition of experience in the creative use of physical culture and sports activities to achieve life and professional goals.
- Familiarization with the rules of judging by sports.
- Identification of sportsmen-dischargers.
- Individual approach to students of the special medical group.

Knowledge gained during the discipline: when passing the discipline, the student will gain knowledge in the implementation of morph functional control and self-control during physical education and sports, dosing physical activity and its orientation.


Skills and abilities (professional, managerial, communicative) obtained during the course: students master a system of skills that ensure the preservation and strengthening of health, mental well-being, development and improvement of psychophysical abilities, qualities and personality traits, self-determination in physical culture; knowledge in the field of professional-applied physical fitness; creative use of the acquired experience of physical culture and sports activities to achieve life and professional goals.

3. **The place of discipline in the structure of the BEP (prerequisites, postrequisites) –**

This discipline is studied by students of the specialty "General Medical " (for foreign citizens) and is included in the CPV of the mandatory volume of the studied disciplines of the State Educational Standard of the Higher Professional Education.

Prerequisites: basic concepts of motor activity (speed, endurance, coordination, strength, flexibility, etc.), knowledge in the field of vale ology, anatomy at the level of the school curriculum.

Post-requisites: the acquisition of physical qualities that are especially important for professional activity, the formation of applied-auxiliary motor skills and abilities, specific volitional and other mental qualities, the body's resistance to adverse effects of professional activity conditions.

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1. Name and complexity of the discipline

№	Name of discipline	course	semester	Week	Academic hours		Independent work IWS	Total
					Lecture	Practice		
1	Physical culture	1	1	18		36	24	60

2. Thematic plan for modules (indicating weeks and hours, dates)

1/2 semester

Course Plan	Practice	Topic	Date	hours
1 week	Practice	<i>Introduction. Brief content of the subject. Goals and objectives of student youth physical education. Distribution into functional health groups for physical education in the main, sports and special medical departments. Safety in FC classes</i>		2
2 week	Practice	<i>Sports games</i>		2
3 week	Practice	<i>Table tennis</i>		2
4 week	Practice	<i>Mas-wrestling</i>		2
5 week	Practice	<i>Mobile national games</i>		2
6 week	Practice	<i>General physical training (GPT)</i>		2
7 week	Practice	<i>Elements of struggle</i>		2
8 week	Practice	<i>Fitness</i>		2
9 week	Practice	<i>Passing the final assessment standards for the 1st semester</i>		2
10 week	Practice	<i>General physical training (GPT)</i>		2
11 week	Practice	<i>Sports games</i>		2
12 week	Practice	<i>Table tennis</i>		2
13 week	Practice	<i>Mas-wrestling</i>		2
14 week	Practice	<i>Mobile national games</i>		2
15 week	Practice	<i>General physical training (GPT)</i>		2
16 week	Practice	<i>Elements of struggle</i>		2
17 week	Practice	<i>Fitness</i>		2
18 week	Practice	<i>Passing final certification standards for the 2nd semester</i>		2



3. Schedule of consultations

semester	group	week	Time	rooms
1	GM-1,2,3,4,5,6	Thursday	09.00-14.00	1

4. Schedule for receiving detentions

semester	group	week	Time	room
1	GM-1,2,3,4,5,6	Thursday	09.00-14.00	1

5. List of basic and additional literature

A) Main literature

1. International Mas-Wrestling Rules. - International Mas-Wrestling Federation. – 49 p.
2. Kholodov Zh.K., Kuznetsov V.S. Theory and methods of physical education and sports: textbook. allowance for students. higher textbook establishments. - 2nd ed., and additional - M.: Publishing Center "Academy", 2002. - 480 p.
3. Handbook of a teacher of physical culture. / Pogadaev G.I. Publishing house "Physical culture and sport", 1998, 2000.
4. Sports games: Technique, tactics, teaching methods. / Edited by Yu.D. Zheleznyak, Yu. M. Portnova. Moscow, 2004. - 520 p.
5. Goranko M.I., Kulnazarov A.K., Kanagatov E.B. Presidential physical fitness tests are the basis for improving the health of the population of the Republic of Kazakhstan. 1997.
6. Mas-wrestling. Practical guide. – Yakutsk, 2018

B) Additional literature

1. Sin'kov D.V., Makhperova K.H.I., Plekhova S.V. Fizicheskaya kul'tura v rezhime dnya studentov. Metodicheskiye ukazaniya k samostoyatel'nym zanyatiyam po fizicheskoy kul'ture. – Almaty, 2011.
2. Fizicheskaya kul'tura studenta / Pod redaktsiyey V.I. Il'inicha- M.: Gardariki 2000g.
3. Areshchenko A.I. i dr. Tekhnologiya uchebnogo protsessa fizicheskogo vospitaniya v spetsial'nom uchebnom otdelenii: Uchebnoye posobiye/ A.I. Areshchenko, N.P. Vishnyakova. G.KH. Rakhimbayeva. - Izd. 2-ye, dopolnennoye. - Almaty: Kazak universitet, 2009.

6. Course policy and evaluation criteria:

Mandatory class attendance.

Mandatory uniform (white medical gown and slippers; during lab sessions, a cap and non-sterile gloves are also required).

Active student participation in practical classes, including preliminary preparation and completion of homework.

High-quality and timely completion of assignments for Independent Work of a Student (IWS) and Independent Work of a Student with a Teacher (IWST).

Participation in all types of assessment: current, module (midterm), and final.

Maintenance of a workbook for recording lecture material, homework, and lab results

Additional Requirements

One late arrival or leaving class early for any reason is considered one missed class and must be made up.

The following are unacceptable: using mobile phones during classes, late submission of assignments, and failure to comply with rules of conduct and subordination.



Assessment System

The maximum score for each module is 100 points, including:

Independent Work of a Student (IWS) – 20 points

Current control (assessment) – 40 points

Module (midterm) control – 40 points

The results of all modules and the exam are combined to calculate the average course grade.

Students must make up missed classes and any "unsatisfactory" grades received during the course. Makeup assignments are accepted according to the faculty duty schedule in the department.

A module control (assessment) may be retaken only for a valid reason and must be completed no later than two weeks after the module date.

A student is allowed to take the final assessment (a differentiated pass/credit or an exam) if he scores 60 or more points in the course.

A student who scores less than 60 points is not allowed to take the final assessment.

A student is exempt from taking the exam if their overall course score is between 96 and 100 (excellent). This provision does not apply to medical disciplines requiring a state final examination.

Exemption from the exam is granted by order of the rector based on a report from the dean's office. The dean's office prepares a semester summary report based on submissions from department heads.

Grading System


The credit system uses a multi-point grading scale with letter grades, allowing instructors more flexibility in assessing student performance. An academic credit is considered earned if the student receives one of the following grades:

A+, A, A-, B+, B, B-, C+, C, C-, D+, D, D-. Credit is not awarded for grades outside this scale.

Scoring Policy	Module 1	Module 2, etc.
Classroom work (activity in discussions, oral questioning, working with a glossary, etc.)	40 points	40 points
Independent work: abstract, report, essay	20 points	20 points
Modular control (midterm control)	40 points	40 points
Total for the discipline:	More than 60 points	
Credit passed	The discipline is passed.	

Final assessment in the form of a pass (a credit) is carried out based on the results of the student's independent work (SIW), current control (assessment) and midterm (modular) control for all modules.

Assessment Policy						
Form of interim assessment	Количество баллов					Mark
	Current control (max)	SIW (max)	Module (midterm) control (max)	Examination (max)	Total points (max)	
Examination	40	20	40	100	100	Excellent (Max)

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Note: Method of calculating the sum of points	$M1=CK1+SIW1+MC1;$ $M2=CK2+SIW2+MC2;$		$S=(M1+M2+E)/3$
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Final assessment in the form of an exam is conducted based on the student's independent work, current control (assessments) and module (midterm) control for all modules, as well as the exam itself.

The following grade-to-point scale is used to evaluate student performance:

Rating and Scoring Scale				
Maximum score	Intervals			
	«not satisfactory»	«satisfactory»	«good»	«excellent»
20	0-11	12-15	16-17	18-20
40	0-23	24-30	31-35	36-40
60	0-35	36-45	46-53	54-60
100	0-59	60-75	76-89	90-100