



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**



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1. Erkebulanova S., e-mail: [szhusuevna@gmail.com](mailto: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.



### 1. Name and complexity of the discipline

№	Name of discipline	course	semester	Week	Academic hours		Independent work	Total
					Lecture	Practice	IWS	
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	room
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:

Type of control (current, milestone, final)	Control form	Assessment of learning outcomes
Current control	Oral surveyey, written work	40 points
IWS+IWW	Perfoming assignments, work with literature	20 points
Milestone control (modul submission)	Testing, control tasks	40 points
Final control (differential test)	Conversation, examination	100 points



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**Scale of correspondence between grades and scores on the final control (exam)**

Score	Grade
90-100	«excellent»
76-89	«good»
60-75	«satisfactory»
0-59	«unsatisfactory»

7. Policy of the academic discipline (corporate culture code, student code of ethics):
- Mandatory attendance.
  - Active participation of the student in practical classes, preliminary preparation and homework.
  - High-quality and timely completion of tasks for the SIW.
  - Participation in all types of control (current, milestone, final).

**Additional requirements:**

- one lateness to classes and / or leaving before their end for any reason is considered as one missed lesson that is not subject to recovery;
- unacceptable: the use of cell phones during classes, deceit and plagiarism, late delivery of assignments, non-compliance with subordination and rules of conduct.

**Help:** For advice on the implementation of independent work (SIW), their delivery and protection, as well as for additional information on the material covered and all other questions you may have about the course, please contact the teacher during the hours allotted for consultations.