



 Announcements

 Registry of the EP ▾

Submission of applications

Registry of educational programs

 OVPO passport

 Administrative reports

 Support

< Back

Higher and Postgraduate Educational Programs

☐ Project EP ☒ Participant of project EP

OHPE (Developer)

Pavlodar Pedagogical University named after Alkey Margulan NPJSC

Title of project EP

Co-developers

Manash Kozybayev North Kazakhstan University NPJSC Karaganda Buketov University NPJSC

Date of registration in the Registry

13.06.2024

Registration number

6B01400310

Date of EP passport updating

15.07.2026 23:09

Field of education

6B01 Pedagogical sciences

Direction of personnel training

6B014 Training of teachers with subject specialization of general development

Group of educational programs

B005 Teacher training in physical education

Educational program

6B01409 Physical education and sports (IP)

EP purpose

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

EP type

Innovative EP

Level on NQF

6

Level on SQF

6

EP distinctive features

No

Language of education

Russian Kazakh

Professional Standard for EP

Exists

№	Name of professional standard
1	Professional standards for teachers of educational organizations



Announcements

Registry of the EP

Submission of applications

Registry of educational
programs

OVPO passport

Administrative reports

Support

developing EP

Professional standard №1

Professional standard

Профессиональные стандарты для педагогов

Approval year

2024

CCEA

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Professions

Profession №1

Profession

Учителя средней школы

Уровень по ОРК

6

Labor functions

- Осуществление классного руководс
- Осуществление учебного процесса.
- Приобщение обучающихся к систем
- Оценивание учебных достижений об
- Осуществление учебно-методическ

Profession №2

Profession

Педагогии колледжей и других органи

Уровень по ОРК

6

Labor
functions

- Осуществление учебного процесса с учетом индивидуальных способностей и потреб
- Проведение мониторинга образовательных достижений обучающихся.
- Осуществление научно-методической деятельности.
- Осуществление деятельности руководителя учебной группы.

Volume of the credits

240

Degree to be conferred

Bachelor

Period of study

4

Date of approval EP on the Academic Council

27.04.2026

Date when EP was approved by the Republican Educational and Methodological Board of the Ministry of Science and Higher Education of the Republic of Kazakhstan

17.05.2023

☒Existence of the annex to the license for the direction of personnel training

The license number on the direction of training

KZ49LAM00007465

☐The training format is online

☒EP accreditation existence

Atlas of new professions



- Announcements
- Registry of the EP
- Submission of applications
- Registry of educational programs
- OVPO passport
- Administrative reports

Не предусмотрено

The formed educational outcomes

№	Educational outcome	Code	Reflects the labor function
1	Able to explain the	ON1	Приобщение обучающихся к системе ценностей.
2	Able to develop his	ON2	Приобщение обучающихся к системе ценностей.
3	Able to choose a	ON3	Осуществление учебно-методической деятельности. Осуществление научно-методической деятельности.
4	Able to communica	ON4	Осуществление классного руководства. Осуществление деятельности руководителя
5	Able to design,	ON5	Осуществление учебного процесса. Осуществление учебного процесса с учетом индивидуальных способностей и потребн
6	Able to carry out	ON6	Осуществление учебного процесса с учетом индивидуальных способностей и потребн Осуществление учебного процесса.
7	Able to support the	ON7	Осуществление учебного процесса с учетом индивидуальных способностей и потребн
8	Is able to plan,	ON8	Осуществление учебного процесса. Осуществление учебного процесса с учетом индивидуальных способностей и потребн
9	Able to plan,	ON9	Осуществление деятельности руководителя учебной группы. Осуществление класси
10	Able to evaluate	ON1	Осуществление учебного процесса. Осуществление учебного процесса с учетом индивидуальных способностей и потребн Оценивание учебных достижений обучающихся. Проведение мониторинга образовательных достижений обучающихся.
11	Able to independe	ON1	Осуществление научно-методической деятельности.
12	Able to form	ON1	Приобщение обучающихся к системе ценностей. Осуществление классного руковод

Data on disciplines

№	Name of discipline	Short description of discipline	Cycle
1	Fundamentals of Scientific Research	The goal is to form knowledge about the principles, technologies, practical methods and techniques of conducting scientific research based on modern achievements of scientists. Forms the basic foundations of scientific culture and ethics, flexible perception of scientific texts, skills of effective application of acquired knowledge in planning and organizing research work, the ability to analyze and summarize research results.	GED



Announcements

Registry of the EP

Submission of applications

Registry of educational
programs

OVPO passport

Administrative reports

Support

2	Ilyastanu	high aesthetic taste, appreciating literature, art, traditions, culture and language of the Kazakh people through a deep and comprehensive study of the works of Ilyas Zhansugurov. Forms an understanding of the importance of the works of Ilyas Zhansugurov in the development of the Kazakh literary language; skills of intellectual and creative thinking, the ability to cherish the values of national and spiritual heritage.	GED
3	Fundamentals of Financial Literacy	The course is aimed at gaining knowledge and skills in the field of personal finance management. Also, as part of the course, students will learn how to use in practice all kinds of tools in the field of finance, save and increase savings, plan a budget competently, learn how to analyze financial information and navigate financial products to choose an adequate investment strategy.	GED
4	Basics of Law and Anti-Corruption Culture	The aim is to familiarize students with the main branches and institutions of law, the basics of an anti-corruption culture, as well as the laws of the emergence, development and functioning of the state and law. The course forms the skills of an anti-corruption culture and a high level of theoretical knowledge about the main functions of law in the state and society, its impact on the development of law-based state, civil society.	GED
5	Ecology and Life Safety Basics	Purpose – to form knowledge on the basics of ecology and life safety, allowing to analyze environmental processes, assess the socio-ecological consequences of anthropogenic activities, methods and technologies of protection in emergency situations. Develops skills to assess the impact of environmental factors on human health; predict environmental processes for planning and implementing measures to improve life safety; make decisions in adverse environmental and emergency situations, taking into account the possible consequences of accidents, catastrophes, natural disasters.	GED
6	Economics and Entrepreneurship	The purpose is to familiarize students with the economic problems of modern society, the formation of economic thinking and gaining knowledge in the field of theoretical foundations and practical skills in the field of entrepreneurship. It is focused on the formation of students' comprehensive understanding of the laws of the functioning of the economy, obtaining business education aimed at acquiring applied competencies in various fields of entrepreneurial activity, reveals the features of creating and successfully running their own business.	GED
7	Assessment and Development	The purpose of this course is the formation of competence in the field of pedagogy and didactics. Pre-service teachers have a thorough understanding of the meaning of assessment in learning process and are able to provide constructive assessment in ethical manner in different phases of learning processes and engage learners in assessment. Pre-service teachers identify, differentiate, and use different assessment technologies, principles, stages, and assessment tools in their own field of expertise (including formative and summative assessment and self- and peer- assessment, etc). They can critically evaluate and analyze their understanding and practices concerning assessment and develop them further. Pre-service teachers who demonstrate competence can: use and apply a variety of methods and tools of assessment and feedback (formative and summative assessment); apply pedagogical principles in defining and recognizing competence levels of learners; understand the importance and support the development of students' self- and peer-assessment skills.	BD
8	Age and Physiological Features of the Development of Children	The purpose of this course is the formation of competence in the field of pedagogy and didactics. Pre-service teachers are familiar with the formation of psyche, its functioning, and the patterns of development. Pre-service teachers can observe the development of their students, and accordingly, plan and implement age-appropriate learning processes considering individual needs of students. Pre-service teachers act creatively and appropriately in different situations and support learning and well-being of the learners. Pre-service teachers who demonstrate competence can: recognize the individual starting points of different students, their learning potential and specific support needs; consider the individual needs of their students for specific support, guidance, teaching and assessment; introduce various methodological solutions for inclusion and for providing specific support.	BD



Announcements

Registry of the EP

Submission of applications

Registry of educational programs

OVPO passport

Administrative reports

Support

9	Educational Science and Key Theories of Learning	pedagogy and didactics. Pre-service teachers explore the basics of educational science such as the conceptions of man leading to various learning theories and pedagogical models. Based on their understanding of the theoretical concepts, pre-service teachers are able to make appropriate pedagogical choices for various learning situations. Pre-service teachers who demonstrate competence can: distinguish between concepts of human and their importance for understanding learning and the design of an educational process; differentiate between learning theories and their importance for understanding learning and the design of an educational process; apply learning theories and pedagogical models suitable for versatile learning processes.	BD
10	Psychology in Education and Concepts of Interaction and Communication	The purpose of this course is the formation of competence in the field of pedagogy and didactics; the area of competence for interaction. Pre-service teachers are familiar with the modern psychological theories and models, as well as personality functioning and individual properties. They can apply the knowledge in their teaching in diverse educational contexts. Pre-service teachers support positive development of learners by fostering dialogue, interaction, and communication in the educational process. They are able to communicate, interact, and collaborate with pupils' families as well as in various other partnership networks and create new relationships suitable for the development of their own pedagogical activity. Pre-service teachers who demonstrate competence can: understand the basic concepts and terms of educational psychology, and the main practical applications of psychological knowledge; understand the patterns, facts, and phenomena of cognitive and personal development of a person in the processes of education and upbringing; apply an integrated approach to design, implementation, evaluation, and development of educational environments; understand the concept of continuous learning as a part of the process of cognitive and personal development of a person. apply basic communication and interaction concepts and theories at the individual, community, and network levels; select the methods of communication and interaction that are most appropriate to facilitate learning in various forms (offline, online, blended, hybrid); recognize the patterns of group dynamics and act in ways that promote community development and well-being.	BD
11	Gymnastics with Teaching Methods 1	The purpose of this course is to improve the following areas of subject competence: Competence area for planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in physical activityThe purpose of this course is to form subject competencies for planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. During the course, pre-service teachers develop their practical skills in organizing, planning and running various forms and types gymnastics classes. Pre-service teachers demonstrating competence can: apply sports terminology and demonstrate the technique of gymnastic exercises; make complexes of general developmental exercises with and without subjects; plan, organize, conduct the introductory and preparatory part of gymnastics classes in various ways, taking into account the gender, age, individual characteristics, needs and capabilities of those involved.	BD
12	Gymnastics with Teaching Methods 2	The purpose of this course is to form subject competencies for planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. During the course, pre-service teachers develop their practical skills in organizing, planning and running various forms and types gymnastics classes. Pre-service teachers demonstrating competence can: plan, organize, conduct educational, health, recreational, training sessions and gymnastics competitions taking into account the gender, age, individual characteristics, needs and capabilities of those involved; ensure the safety of the trainees during gymnastics exercises and provide first aid in case of typical injuries.	BD
13	Theory and Methodology of Physical Culture	The goal is to provide students with the necessary level of theoretical and methodological knowledge about rational ways, methods and techniques of professional activity of a physical education teacher. Studies the social essence of sports, its main functions and forms, patterns of physical education management, principles, means, methods of physical culture. Forms the skills of successful implementation of educational, educational and health-improving tasks of physical education.	BD

Announcements

Registry of the EP

Submission of applications

Registry of educational programs

OVPO passport

Administrative reports

Support

ЕДИНАЯ ПЛАТФОРМА ВЫСШЕГО ОБРАЗОВАНИЯ English				
14	Fundamentals of Artificial Intelligence	algorithms underlying the creation and application of artificial intelligence. In this course, students will study the theoretical foundations of machine learning, neural networks, natural language processing algorithms and computer vision. They will also get acquainted with the ethical, social and legal aspects of the application of artificial intelligence in various spheres of life.	BD	
15	Athletics with Teaching Methods	The purpose of this course is to form subject competencies for planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. During the course, pre-service teachers develop their practical skills in organizing, planning and conducting classes in types of athletics (running, jumping, throwing). Pre-service teachers demonstrating competence can: apply sports terminology and demonstrate the technique of athletics exercises; plan, organize, conduct educational, health, recreational, training sessions and athletics competitions taking into account the gender, age, individual characteristics, needs and capabilities of those involved; provide first aid for injuries typical of athletics.	BD	
16	Swimming with Teaching Method	The purpose of this course is to form subject competencies for planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. During the course, pre-service teachers develop practical skills in organizing, planning and delivering swimming lessons. Pre-service teachers demonstrating competence can: apply sports terminology and demonstrate swimming techniques in different styles, turns and starts; plan, organize, conduct educational, health, recreational, training sessions and swimming competitions taking into account the gender, age, individual characteristics, needs and capabilities of those involved; ensure the safety of the occupants on the water and provide first aid for typical swimming and drowning injuries.	BD	
17	Research, Development and Innovation	The purpose of this course is the formation of competencies in the areas of professional development and interaction. To stay up-to-date and be able to continuously develop themselves and their work, pre-service teachers acquire new research-based knowledge and conduct practice-based research in an ethical manner in various networks concerning the development of education and teacher profession, innovative approaches to learning, as well as learning and guidance of students. Pre-service teachers adopt development-oriented mindset and are able to develop, update and apply innovative teaching approaches and technologies in the context of ongoing changes in society and the educational environment. Pre-service teachers design a small-scale research project to familiarize themselves with research-based development of their work as teachers. They identify their research topic/questions, conduct the literature review and design the methodology for the data collection and analysis, including ethical aspects of research. After the course, pre-service teachers are able to develop and update their pedagogical activities based on ethically conducted research and development and carry out or participate in research projects. They are also able to present their research and development results using various professional forms and channels. Pre-service teachers who demonstrate competence can: evaluate their own professional activities and work environment to find areas for improvement; apply a research-based approach to their professional activities and carry out independent research work; consider and apply ethical aspects of research procedures; apply critical thinking in data collection and utilization for the development of initial teacher education; participate in scientific design research and / or develop cooperation between universities and stakeholders; document their own research activities and present the results using various forms of communication.	BD	



Announcements

Registry of the EP

Submission of applications

Registry of educational programs

OVPO passport

Administrative reports



Support

18	Inclusive Educational Environment	pedagogy, didactics and the working environment of teachers. Pre-service teachers have the ability to consider the diversity of learners and identify their individual needs in the learning / teaching process. Pre-service teachers support students' learning and inclusion in the educational process by using suitable ICT, teaching and assistive technologies. Pre-service teachers maintain students' well-being from psychological and ethical perspective in collaboration with the community (teachers, students, parents/guardians) considering the context of students' life and learning. Pre-service teachers who demonstrate competence can: identify the individual educational needs that affect participation and learning in a diverse group of students; use ICT and assistive technologies to support students' learning and inclusion in the educational process; teach values and attitudes beneficial to collaboration and inclusivity; support collaboration in the community (teachers, students, parents/guardians).	BD
19	Active and National Games	The purpose of this course is to form subject competencies for planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. During the course, pre-service teachers develop their practical skills and abilities in conducting movement and national games in different types and forms of physical education and sport activities. They also learn to plan teaching to accommodate the diversity of learners. Pre-service teachers demonstrating competence can: apply mobile and national games to solve the problems of physical culture and sports activities; plan, organize, conduct educational, health, recreational, training sessions and competitions in active and national games, taking into account the gender, age, individual characteristics, needs and capabilities of those involved.	BD
20	Teaching Methods and Technologies	The purpose of this course is the formation of competence in the field of pedagogy and didactics. Pre-service teachers have a comprehensive understanding of teaching strategies and methodologies, and can apply them in planning, teaching, and assessment in innovative ways matching the specific pedagogical situations, conditions of a specific school and the capabilities of students. Pre-service teachers are able to design suitable inclusive physical and online learning environments at different stages of the educational process. Pre-service teachers understand and can apply the regulations of copyright and data protection in their learning material planning. Pre-service teachers possess necessary knowledge of didactics, learning technologies and methods of motivating students being able to provide necessary pedagogical assistance to students. Pre-service teachers who demonstrate competence can: select pedagogical models suitable for teaching; apply teaching methods in a creative and varied manner, considering the opportunities offered by learning technologies; use a suitable inclusive learning environment in their teaching; acknowledge and apply the norms and principles of copyright and data protection; apply guidance methods to motivate students and to support their learning achievements.	BD
21	Teaching Planning and Individualization of Learning	The purpose of this course is the formation of competence in the field of pedagogy and didactics. Pre-service teachers are familiar with the curriculum in their area of teaching and the guiding pedagogical principles and cross-cutting development themes of a specific level of education, such as entrepreneurship and sustainable development. Pre-service teachers possess the necessary skills of individualization of teaching, considering the diversity of students and their inclusion to the learning process, as well as the use of teaching technologies, based on pedagogical and independent research. Pre-service teachers who demonstrate competence can: understand the main principles and requirements of the curriculum in their area of teaching and apply them in planning and conducting educational activities; identify factors and conditions that affect students' learning; apply in practice the principles of inclusion as well as individualized teaching and guidance (adapting curricula, developing differentiated lessons) by considering the needs of the students and support the development of their personality and self-esteem, including career guidance.	BD

Announcements

Registry of the EP

Submission of applications

Registry of educational programs

OVPO passport

Administrative reports

Support

	  ЕДИНАЯ ПЛАТФОРМА ВЫСШЕГО ОБРАЗОВАНИЯ		
22	Pedagogical Research	pedagogy, didactics and professional development. This course provides pre-service teachers with a theoretical foundation on pedagogical research. Pre-service teachers possess skills to seek and critically select theoretical knowledge from various reliable sources, utilize research findings in the development their pedagogical thinking and practice, and adopt willingness to promote research-based learning and education as well as their own continuing development and professional growth. Pre-service teachers who demonstrate competence can: be aware of the nature of pedagogy and its basic terminology; identify the central areas of research in pedagogy and understand the difference between everyday thinking and scientific knowledge; monitor changes in education and analyze how they affect your own work as a teacher.	BD
23	Sports Games (Basketball, Volleyball) with Teaching Methods	The purpose of this course is to form subject competencies for planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. During the course, pre-service teachers develop their practical skills in organizing, planning and delivering various forms and types basketball and volleyball lessons, taking into account the diversity of learners. Pre-service teachers demonstrating competence can: apply sports terminology and demonstrate technical and motor skills in basketball and volleyball; plan, organize, conduct educational, health, recreational, training sessions and competitions in basketball and volleyball, taking into account the gender, age, individual characteristics, needs and capabilities of those involved.	BD
24	Sports Games (Football, Handball) with Teaching Methods	The purpose of this course is to form subject competencies for planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. During the course, pre-service teachers develop their practical skills in organizing, planning and delivering various forms and types football and handball lessons, taking into account the diversity of learners. Pre-service teachers demonstrating competence can: apply sports terminology and demonstrate football and handball research skills; plan, organize, conduct educational, health, recreational, training sessions and competitions in football and handball, taking into account the gender, age, individual characteristics, needs and capabilities of those involved.	BD
25	Ski Training with Teaching Methods	The purpose of this course is to form subject competencies for planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. During the course, pre-service teachers develop their practical skills in organizing, planning and conducting various forms and types ski training classes. Pre-service teachers demonstrating competence can: Apply sports terminology and demonstrate the technique of skiing in different moves and in different directions; plan, organize, conduct educational, health, recreational, training sessions and skiing competitions taking into account the gender, age, individual characteristics, needs and capabilities of those involved; provide first aid for injuries typical of ski training.	BD
26	Pedagogy and Methods of Physical Culture	The goal is to familiarize students with modern methods of education, upbringing and development, to teach them to manage the processes of personality formation through sports. Studies the patterns and specifics of the pedagogical process of personality formation in the conditions of physical culture and sports. Forms the ability to organize physical education and sports, to select methods of measuring and evaluating fitness for sports.	BD



Announcements

Registry of the EP

Submission of applications

Registry of educational programs

OVPO passport

Administrative reports

Support

27	Psychology of Physical Culture and Sports	planning, organizing and conducting physical culture and sports classes based on individual differences, needs and opportunities in motor activity; the field of competencies for promoting a healthy lifestyle, encouraging and motivating a physically active lifestyle. Pre-service teachers have a clear understanding of the psychological characteristics of physical activity. They learn about the relationship between the psychomotor sphere, cognitive, emotional and volitional processes. They also study the mental states arising in the process of physical activity, as well as the psychological characteristics of sports teams, sports teachers and students. Pre-service teachers demonstrate skills in diagnosing the psychological states of the students and psychological assistance for their regulation. Pre-service teachers demonstrating competence can: to apply psychological knowledge of physical culture, health and sports activities and its subjects in professional activity; to form a constructive attitude to overcoming difficulties among those engaged in physical culture and sports activities; to develop individual content of training programs for those engaged in physical culture, health and sports activities techniques of mental self-regulation in stressful situations of training and competitive activities; to develop and conduct activities on psychoprophylaxis and psychohygiene in physical education and sports.	BD
28	AL-driven Applied Research in Physical Culture and Sports	The purpose of this course is the formation of subject competencies in applied research in the field of physical culture and sports, motor activity and a healthy lifestyle. Pre-service teachers demonstrate skills in planning, designing development and conducting applied research in the field of physical culture and sports. They learn to apply general scientific and specific research methods, methods of mathematical statistics, visualization and presentation of research results. Pre-service teachers demonstrating competence can: research design based on research methodology and scientific ethics; independently conduct scientific and applied research in the field of physical culture and sports, including the interdisciplinary level, for their own development, as well as the practice of teaching and sports training; visualize and present to the public the results of research in various forms and forms of communication.	BD
29	AI-Based Vizualization and Presentation of Research Results	Course Objective- to equip students with theoretical knowledge and practical skills in processing, visualizing, and presenting research results using artificial intelligence technologies, while developing competencies in data analytics and digital communication. This course focuses on modern approaches to data visualization and research presentation using artificial intelligence tools and analytical technologies. Students learn to create charts, infographics, dashboards, analytical reports, and multimedia presentations for scientific and professional communication. The course also covers data interpretation, visual analytics, storytelling with data, and effective presentation of research outcomes in academic and professional environments.	BD
30	Fundamentals of Applied Behavior Analysis	Course goal – to develop the ability, grounded in Applied Behavior Analysis (ABA), to critically analyze data-based functions of behavior; design and implement individualized interventions in inclusive educational settings; and evaluate their effectiveness, safety, and ethical soundness. Develops skills to: operationalize behavior; collect and analyze data (incl. ABC); identify behavioral functions; design and apply behavior support plans; teach functionally equivalent alternative behavior; manage crisis situations; and assess outcomes.	BD



Announcements

Registry of the EP

Submission of applications

Registry of educational programs

OVPO passport

Administrative reports

Support

31	Ethics of Sports and Competitions	organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. The course is aimed at philosophical comprehension, understanding and formation of a system of knowledge on such social phenomena as ethics, culture, physical culture, sports, sports ethics, Olympism, Fair play, fan movement in the historical aspect and at the present stage of their development; formation of practical skills of education of sports ethics and sports behavior. Pre-service teachers demonstrating competence can: analyze and interpret the historical heritage and cultural traditions of Olympism in order to meet the challenges of professional activity and the training of athletes; demonstrate pedagogical and sporting ethics, Fair Play principles and human values in behaviour and activity; carry out professional psychologically justified interaction, using organisational and managerial skills; comply with ethical and moral standards in communicating with the athletes and create a good atmosphere in the sports team; control the actions of referees and opponents in order to objectify the sports results and establish fairness in refereeing.	BD
32	Psychology of Self-Regulation in Sports	The purpose of this course is to form subject competencies for planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. The course is aimed at forming a system of knowledge about the meaning, mechanisms, techniques, techniques and means of self-regulation of mental and functional states in sports; mastering practical skills in the application of techniques, techniques and means of mental self-regulation in the training process and competitions. Pre-service teachers demonstrating competence can: apply basic knowledge about methods of mental self-regulation and its varieties in professional activity; identify situations requiring the use of self-regulation tools; take into account the patterns of influence of mental self-regulation on psychophysiological processes in the body; teach techniques, techniques and means of psychoregulation in training and competitive processes, taking into account the specifics of the sport and the age of athletes.	BD
33	AI-Based Sports Metrology and Data Analytics	The purpose of this course is the formation of subject competencies in applied research in the field of physical culture and sports, motor activity and a healthy lifestyle. Pre-service teachers demonstrate the skills of using metrologically sound means and methods of measurement in sports. They learn to interpret the received information of indicators of physical, technical, tactical readiness of athletes and training loads for control and management of the educational and training process. Pre-service teachers demonstrating competence can: apply measuring equipment and computer technology based on basic knowledge of relevant instrumental techniques and computational methods in physical culture and sports practice; use methods of statistical processing of measurement results and interpret them; carry out testing of physical, technical readiness, measurement of anthropometric indicators and physiological parameters; adjust the educational and training process in the chosen sport based on objective measurement indicators.	BD
34	Clinical Functional Anatomy of Physical Exercises	The purpose of this course is to form subject competencies for planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. During the course, pre-service teachers are provided with a holistic view of the human body in relation to its functions. They build their understanding of the effects of physical exercises of different orientations from the perspective of the anatomical structure and functioning of the human body. They learn to consider professional objectives, such as the development of physical qualities and functional capabilities or therapeutic effects on the body, taking into account the individual characteristics and capabilities. Pre-service teachers demonstrating competence can: understand the importance of physical development and physical qualities of a person for effective life and sport, their individual characteristics in people of different genders and ages, including people with disabilities; analyze and apply knowledge of human physiology, physical education and sports for effective learning, teaching and training.	PD



Announcements

Registry of the EP

Submission of applications

Registry of educational programs

OVPO passport

Administrative reports

Support

35	Methods of Teaching Physical Culture	organizing and conducting physical culture and sports classes based on individual differences, needs and opportunities in motor activity; competencies in applied research in the field of physical culture and sports, motor activity and a healthy lifestyle; competencies in promoting a healthy lifestyle, encouraging and motivating physically active lifestyle. During the course, pre-service teachers develop their practical competences in physical education teaching methodology. They demonstrate skills in developing physical education content and programs, selecting appropriate methods and forms of organizing physical education and the specifics of delivering physical education classes to students of different ages and abilities. Pre-service teachers also develop their skills in individualizing teaching for a diversity of students as well as in using technology in teaching, based on pedagogical and independent research. Pre-service teachers demonstrating competence can: to apply the provisions of the theory and methods of physical culture, knowledge of anatomical, morphological, physiological and mental characteristics of those engaged in different genders and ages for the implementation of the educational process and physical culture and wellness work; to select effective forms and technologies of the organization of the educational process in physical culture; to select methods and means for the development of physical qualities in accordance with sensitive periods, and also taking into account the gender and age characteristics and health opportunities of those involved; apply methods of measuring and evaluating the level of physical development and fitness of students, taking into account gender and age characteristics and health opportunities of students; develops documents of educational and methodological support and control in the field of physical culture; apply research methods to determine the effectiveness of training and teaching.	PD
36	Theory and Methodology of Teaching Basic Sports	The purpose is to study the classification and terminology of basic sports, the basics of techniques and methods of teaching basic motor actions, the organization of classes in various parts of the physical education system. The methods of teaching techniques and conducting lessons of various directions (gymnastics, athletics, sports games, swimming, skiing) in a secondary school are considered. Forms the ability to organize mass physical culture and recreation events of various levels.	PD
37	Professional and Sports Improvement in the Chosen Sport	Purpose - formation of theoretical and practical knowledge of the history and evolution of the chosen sport; fundamentals of technical, physical and tactical training of athletes in the chosen sport; methods of training in the chosen sport., improvement of professional activity in the chosen sport. Providing students with the necessary level of theoretical and methodological knowledge about rational ways, methods and techniques of professional activity of a physical education teacher.	PD
38	Improving Professional Coaching in a Chosen Sport	The purpose is professional training of specialists who have the necessary level of theoretical and methodological knowledge about rational ways, methods and techniques of professional activity of a teacher-coach in physical culture and sports. The issues of drawing up long-term plans, the growth rate of sports results from category to category are considered. Forms the skills of taking into account the individual characteristics of athletes when organizing conditions for sports activities.	PD

Announcements

Registry of the EP

Submission of applications

Registry of educational programs

OVPO passport

Administrative reports

Support

		English	
39	Theory and Methodology of the Chosen Sport	competence: Competence area for planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in physical activity; Competence area for inteThe purpose of this course is to form subject competencies for planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. During the course, pre-service teachers form their practical abilities and skills in the methodology of sports training in the chosen sport. They learn to design and manage the process of long-term training of athletes in the chosen sport. They also learn to plan training loads and select methods and means of technical, physical, tactical, psychological, intellectual and integral training in micro-meso- and macro cycles. Pre-service teachers learn to referee in the chosen sport, and they also study sports recruitment and selection. Pre-service teachers demonstrating competence can: plan and carry out training sessions, taking into account the theory and methodology of physical education, the theory of sport, the anatomical-morphological, physiological and mental characteristics of athletes of different sex, age and abilities; ensure the observance of safety rules and the prevention of injury; monitor the technical, physical, technical, tactical, psychological, intellectual and integral fitness and physical development of athletes, including the use of measurement and evaluation techniques for the correction of the training process in the chosen sport; nurture athletes' personal qualities, form moral values of fair sport competition, conduct prevention of negative social behaviour and doping; analyze competition results to adjust the training process; apply methods of sports selection of athletes taking into account the requirements of the chosen sport.	PD
40	Biomechanics of Human Movements and Physical Exercises	The purpose of this course is the formation of subject competencies in the natural-scientific foundations of physical culture and sports; competencies in planning, organizing and conducting classes in physical culture and sports based on individual differences, needs and opportunities in motor activity. The course is aimed at developing an understanding of the physical and mechanical laws of movement of a body point, body, body system in space when performing physical exercises; application of the rules of synthesis of motor actions in the process of physical culture and sports; formation of skills of practical use of methods of biomechanical analysis of physical exercises to solve problems in professional activity; the skills of identifying errors, analyzing and interpreting their causes in the process of mastering the techniques of motor actions and the development of physical qualities and the selection of exercises and techniques to eliminate them. Pre-service teachers who demonstrate competence can: evaluate biomechanical features of human structure; use the diversity, complexity, reliability of human physical skills and biomechanics of physical exercises for effective learning, teaching and training; plan educational, recreational, training sessions with a different contingent of students taking into account the biomechanics of physical exercises, including therapeutic physical culture; organize a comfortable and safe educational and sports-training environment and conditions conducive to the versatile development of students; apply methods of biomechanical analysis and evaluation of sports equipment, selection of auxiliary and therapeutic exercises.	PD



Announcements

Registry of the EP

Submission of applications

Registry of educational programs

OVPO passport

Administrative reports

Support

41	Managing the Process of Sports Training in Youth Sports	organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. During the course, pre-service teachers develop their practical skills and abilities in managing the process of sports training in a chosen sport, taking into account the age of children and youth. They also develop their skills in selecting means and methods of sports training in a chosen sport, considering the diversity and development characteristics of children and youth. Pre-service teachers also develop their skills in planning lessons in micro, meso and macro cycles during the sports season for effective training in children and youth sport, as well as skills in assessing, monitoring and correcting different types of training of sports. Pre-service teachers demonstrating competence can: plan the content and conduct training sessions taking into account the provisions of the theory and methodology of physical culture, sports theory, anatomical and morphological, physiological and mental characteristics of athletes of children and youth of different genders and abilities; develop physical qualities and improve the functional capabilities of athletes of child and youth age in accordance with the specifics of the sport, to carry out psychological and pedagogical support of training sessions and pre-competitive training; monitor the technical, physical, tactical, psychological, intellectual and integral fitness and physical development of athletes of child and youth age, including using measurement and evaluation techniques; analyze competitive activities to adjust the pedagogical impact on athletes; use the results of pedagogical, psychological and biomedical control to correct the training process in chosen sport.	PD
42	Human Physiology with the Basics of Physical Education and Sports	The purpose of this course is the formation of subject competencies in the natural-scientific foundations of physical culture and sports. The course is aimed at developing an understanding of the basic laws of the functioning of the human body and changes in body functions during physical education and sports; physiological mechanisms for the formation of motor skills, physical qualities, athletic performance and their features in children and adolescents; physiological foundations of sports training and athletic performance in special environmental conditions and different sports. Pre-service teachers demonstrating competence can: be aware of the importance of physical development and motor qualities of students for effective life and sports, their individual characteristics in people of different genders and ages, including people with disabilities; analyze and apply knowledge of human physiology, physical education and sports for effective training, teaching and training.	PD
43	Applied Research in Physical Culture and Sports	The purpose of this course is the formation of subject competencies in the natural-scientific foundations of physical culture and sports; competencies in planning, organizing and conducting classes in physical culture and sports based on individual differences, needs and opportunities in motor activity. During the course, pre-service teachers develop their understanding of the mechanism of physiological changes in functional systems and organs of humans, the physiology of the CNS and neuromuscular system, thermoregulation and acclimatization, biorhythms, and hormonal regulation during physical activity. They also learn about other issues related to physical work, physiological changes in functional systems and organs under the influence of physical exertion. Pre-service teachers study the state of the body during exercise in various sports and recreational physical education. Pre-service teachers who demonstrate competence can: analyze and apply physiology knowledge and physical exercises for effective learning, teaching and training; classify and select physical exercises for the development of physical qualities, taking into account their physiological effects.	PD



Announcements

Registry of the EP

Submission of applications

Registry of educational programs

OVPO passport

Administrative reports

Support

44	Therapeutic Physical Education and Massage	natural-scientific and biomedical fundamentals of physical culture and sports; competencies in planning, organizing and conducting classes in physical culture and sports based on individual differences, needs and opportunities in motor activity. The course is aimed at understanding the pathological changes characteristic of the most common diseases and injuries; knowledge of the physiological mechanisms of the therapeutic effect of physical exercises and massage on the human body; knowledge of indications and contraindications to the use of therapeutic physical culture; mastering the basic techniques and means of therapeutic physical culture in the most common diseases and injuries; formation of skills to independently develop sets of exercises and conduct physical therapy classes with various health conditions and injuries; skills of conducting all the basic techniques of wellness and sports massage; skills to assess the effectiveness of the impact of physical therapy and massage classes. Pre-service teachers demonstrating competence can: apply basic anatomical, physiological, biomechanical knowledge of the functioning of the human body, including people with disabilities; make complexes of therapeutic physical culture and recommendations for massage, taking into account indications and contraindications, age, gender, past motor experience and the location of the pathological focus or injury; evaluate the physiological effects of physical exercises of therapeutic physical culture; conduct self-guided physical therapy classes for the most common diseases and injuries; independently conduct sessions of restorative, wellness and sports massage.	PD
45	Applied Kinesiology	The purpose of this course is the formation of subject competencies in the natural-scientific and biomedical fundamentals of physical culture and sports; competencies in planning, organizing and conducting classes in physical culture and sports based on individual differences, needs and opportunities in motor activity. The course is aimed at forming a system of knowledge about the structure, functions, biomechanics of the human motor apparatus, concepts of movement control and practical skills in developing corrective, rehabilitation, wellness, training programs and exercise complexes taking into account the individual characteristics and capabilities of those involved, the use of kinesiotapes and kinesiological massage. Pre-service teachers demonstrating competence can: apply modern scientifically-based methods of kinesiology in physical culture and sports activities; select special exercises and conduct classes for various diseases and injuries; apply kinesiotaping and kinesiological massage for various diseases and injuries; develop and conduct kinesiological exercises in order to solve problems of mental and mental development of children and improve academic performance.	PD
46	Fundamentals of Sports Medicine and Rehabilitation	The purpose of this course is the formation of subject competencies in natural science and biomedical fundamentals of physical culture and sports. The course is aimed at the formation of knowledge and understanding of the need for medical and pedagogical control and the organization of medical and biological support of athletes in accordance with training loads; epidemiology and mechanisms of common sports injuries, strategies for preventing injuries and/or their recurrence; the formation of skills for conducting functional tests, the use of means to restore health, functional state and working capacity of students, impaired diseases and injuries; skills of preventing sports injuries that may occur during physical activity and sports; providing first aid for sports injuries and acute pathological conditions to those engaged in physical culture and sports. Pre-service teachers who demonstrate competence can: apply basic knowledge on general and sports pathology and injuries, medical support of physical culture and sports, taking into account the morphofunctional characteristics of the athletes' body; apply methods of studying and evaluating the functional state and physical performance of those engaged in physical culture and sports; evaluate physical development and performance, functional state of the body; analyze and evaluate the results of medical and pedagogical observations; identify early signs of overexertion, overtraining and other pathologies, and carry out their prevention and prevention of sports injuries; provide first aid for injuries.	PD

Announcements

Registry of the EP

Submission of applications

Registry of educational programs

OVPO passport

Administrative reports

		English	
47	Technical and Tactical Training in a Chosen Sport	organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. During the course, pre-service teachers form their practical competences in technical and tactical training of athletes in the chosen sport considering the diversity and characteristics of the development of athletes. They also learn skills in modelling the technical and tactical training of athletes, as well as in assessment, control and correction of technical and tactical training of athletes, considering the characteristics of the chosen sport. Pre-service teachers demonstrating competence can: plan and conduct technical and tactical training of athletes, taking into account the theory of sport, anatomical, morphological and mental characteristics of athletes of different ages, genders and abilities; monitor the technical and tactical preparation of athletes of different ages and genders using adequate measurement and evaluation techniques; analyze the competitive activity in order to correct the process of technical and tactical training in the chosen sport; ensure the observance of safety, injury prevention in the process of technical and tactical training.	PD
48	Physical Training and Conditioning in a Chosen Sport	The purpose of this course is to form subject competencies for planning, organizing and conducting physical education and sports classes based on individual differences, needs and opportunities in motor activity. During the course, pre-service teachers develop their practical competences in physical training and conditioning in athletes according to the "model" characteristics of the chosen sport and the regularities of planning, selecting of means and methods of physical training in the chosen sport considering the diversity and developmental characteristics of athletes. Pre-service teachers learn skills in evaluation, control and correction of physical training and conditioning in order to increase competitive success and reduce risks of injury and overexertion of athletes. Pre-service teachers demonstrating competence can: to plan the content and conduct physical training of athletes taking into account the provisions of the theory of sports, anatomical, morphological, physiological and mental characteristics of athletes of different ages, gender and capabilities; to develop physical qualities and improve the functionality of athletes in accordance with the specifics of the sport, to carry out psychological and pedagogical support of physical training; to monitor the physical fitness of athletes of different ages and gender, including using measurement and evaluation techniques; analyze competitive activity to correct the process of physical training in the chosen sport; ensure compliance with safety regulations, prevention of injuries and overstrain in the process of physical training; carry out work to prevent the use of doping in the process of physical training.	PD