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CREDIT SYSTEM OF STUDENTS OF KAZNAU ON THE LESSONS OF PHYSICAL
CULTURE OF THE SPECIAL EDUCATIONAL INSTITUTION

Annotation

This article tells about credit training system of the students of KazNAU, who have some diseases on the lessons of physical culture. There is a model graphic for performing and passing exercises by discipline. By the results embedding credit-training system by physical culture for the special department were made conclusions.

Key words: credit education system, groups of students distributed by diseases, the special education department, control, classroom works, outside of classroom works, intermediate control, rating points.

The students of KazNAU are distributed in the special training department according to the diagnosis given by the doctors with the obligatory control of degree violating organism functions. The next step is information, describing the disease, its features, development and percolation and there is collecting data of anamnesis. The important and necessary section of anamnesis is physically cultural anamnesis, where it is included lessons of physical exercises in the school period, its duration, and tolerance of physical loads.

The medical survey is conducted repeatedly in the next education courses in the beginning of every education year, after the cured diseases, traumas, or the long absence of physical exercises.

Exemption of students from practical lessons of physical education can be temporary. The students, who are free of practical lessons for the whole semester, they will have to learn theoretical section of the program in the discipline. The set of education groups of the special education department is conducted on the basis of results of the medical survey with the diagnosis control, the common indications and contraindications by performance of physical exercises, and by gender sign on three groups "A", "B" and "C".

The following diseases form the group "A".

1. The diseases of the cardiovascular system (born and acquired heart defects, hypertonic disease, myocarditis).
2. The blood diseases (anaemia, hemorrhagic diathesis).
3. The central nervous system disease (hypertension syndrome, cerebral arachnoiditis, consequences of craniocerebral trauma).
4. The eye organ diseases (myopia high degree, hypermetropia high degree).
5. Endocrine diseases (diffuse toxic goiter, diabetes).
6. Some digestive system diseases and breath organs (stomach ulcer, peptic ulcer of the duodenum, bronchial asthma).

The practice work shows that most of the students with above diseases, they did physical exercises during the school period irregularly. The result of those limitations is the functions of inside organs of the students are weakened, they are not enough physically developed and they have the weak physical preparation. Therefore, those students can be combined into one group, but there is necessary to observe indications and contraindications by kinds of physical exercises with diagnosis control during the lessons.

The following diseases form the group "B".

1. The breath organ diseases (chronic bronchitis, allergenic bronchitis, chronic pneumonia, respiratory allergosis).

2. The digestive system diseases (chronic gastritis, chronic duodenitis, dyskinesia biliary tract, cholelithiasis, chronic cholecystitis).

3. Urological diseases (chronic pyelonephritis, urolithiasis).

The students of this group are allowed diverse physical exercises with gradually complicating and increasing physical loads.

The group "C" is formed by diseases of the musculoskeletal system (scoliosis, flat feet, osteochondrosis).

The Kazakh National Agrarian University uses the credit education system.

Due to the features of conducting training lessons in the special education department, we elaborated the rating points for the special medical groups and for the students, who are free due to health reasons from the lessons of physical culture for the semester. The duration of educational lessons consists of 100 minutes, twice per week.

We took the offered standard education program to define the overall rating of physical culture for the special medical group by the following obligatory control standards: accelerated walking, throw a stuffed ball from the sitting position, legs apart and throwing a tennis ball into the shield.

The physical culture gives two credit points per one semester of the special education department including itself, by the following kinds of works:

1. The classroom work – is performance physical load on the education lessons, which is valued by the standard rating points in the whole volume.

2. The intermediate control includes passing of obligatory standard and it is possible to pass during free hours. Taking into account of standard typical education program and taking into account time of year, there were included the following kinds: the accelerated walking: 1500 m is for girls and 2000 m is for the boys, throwing a stuffed ball through head standing with back, legs apart (for girls is 1 kg, for boys is 3 kg). The intermediate control is conducted twice times per semester to evaluate the quality of acquired part of education discipline by learners and to include passing the obligatory standard of two kinds.

3. The final control (differentiated pass) includes in itself passing of two final standards. In the table, below, there are final standards 1 and 3 semesters.

Table 1

The distribution of rating points of the current control by kinds of lessons and works for the students, who are free from physical culture lessons due to health reasons.

The graphic of performance and pass exercises by discipline			
Kinds of works	Positions	Mark	
		Points	Percentages %
Classroom works include as well:			
Practical/seminar lessons	Visits, activity, doing homework	100	100
Intermediate control:			
1. Intermediate control: - accelerated walking (1500 m – girls, 2000 m - boys) 2. Intermediate control: - throwing a stuffed ball through the head, standing with back, legs apart (1 kg – girls, 3 kg - boys)	7 weeks	100	100
	14 weeks	100	100
Module test – MT1 (classroom works, intermediate control 1)		100	100
Module test – MT2 (classroom works, intermediate control 2)		100	100
Final control (differentiated pass)	Throwing tennis ball in a shield, m (girls and boys)	100	100

	Throwing a stuffed ball from the position of sitting, legs apart: 3 kg (boys), 1 kg (girls)	100	100
Total mark:		100	

The indications of the special department, including the special medical group and students, who are free from practical lessons by health reasons, by results got from rating points are from 0 to 100% or points, by scale gradation of marks, which are acceptable by all university disciplines.

By the results including credit education technology of physical culture for the special department by pulpit of physical education and sport KazNAU were made the following.

Conclusions

– It is necessary to notice that embedding credit training system is very important for the special department because they can also take a definite quantity of points, on a par with the main department, depending on own work.

– Use rating system activates and disciplines students and increases interest by discipline.

– Credit technology education of students contributes forming by students healthy lifestyle.

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Literature

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КРЕДИТНАЯ СИСТЕМА ОБУЧЕНИЯ СТУДЕНТОВ КАЗНАУ НА ЗАНЯТИЯХ ФИЗИЧЕСКОЙ КУЛЬТУРОЙ В СПЕЦИАЛЬНОМ УЧЕБНОМ ОТДЕЛЕНИИ

Аннотация

Данная статья говорит о кредитной системе обучения на занятиях физической культурой студентов КазНАУ, имеющих какие-либо заболевания. Представлен примерный график выполнения и сдачи заданий по дисциплине. По результатам внедрения кредитной технологии обучения по физической культуре для специального отделения сделаны выводы.

Ключевые слова: кредитная система обучения, группы по заболеваниям, специальное учебное отделение, текущий контроль, аудиторная работа, внеаудиторная работа, промежуточная аттестация, рейтинговые баллы.

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ҚАЗҰАУ-НІҢ АРНАЙЫ ТОП СТУДЕНТТЕРІ ҮШІН ОҚУ ТҮРІНІҢ КРЕДИТТІК ЖҮЙЕСІ

Аңдатпа

Бұл мақалада ҚазҰАУ студенттерінің дене шынықтыру сабақтарында денсаулықтарына байланысты оқытудың кредиттік жүлесі туралы айтылады. Пән бойынша тапсырмаларды орындау және тапсырудың мысал кестесі ұсынылған. Дене

шынықтыру үшін кредиттік технологияны енгізу нәтижелері бойынша арнацы болім үшін қортындынар жасалды.

Кілт сөздер: кредиттік оқыту жүйесі, ауру топтары, арнайы білім беру бөлімі, мониторинг, аудиторлық жұмыс, сыныптан тыс жұмыс, аралық аттестация, рейтингтік баллдар.

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INSTITUTE OF POLITICAL LEADERSHIP IN A CONTEXT OF THE CONSTITUTIONAL CHANGES

Summary

The constitutional reforms mean the introduction of Kazakhstan into a new historical epoch. Transition to more democratic and институционально to the steady form at which there is some displacement of the imperious centre from executive power to a legislative branch is realised. The constitutional changes, certainly, it is possible to consider as the next step on a way to the further modernisation of political system of Kazakhstan. President N.A.Nazarbayev became the author of all changes, has confirmed the status of the outstanding reformer and the statesman.

Keywords: the Declaration «About the state sovereignty of the Kazakh Soviet Socialist Republic», the constitutional Law «About the state independence of Republic Kazakhstan» from December, 16th, 1991, the Constitution of Republic Kazakhstan of 1993, the Constitution of Republic Kazakhstan of 1995. The constitutional reform of Republic Kazakhstan of 2007. The constitutional reform of Republic Kazakhstan of 2017.

The beginning to the period of creation of the constitutional system in Kazakhstan was put by the Declaration «About the state sovereignty of the Kazakh Soviet Socialist Republic», accepted by the Supreme body of the Kazakh Soviet Socialist Republic on October, 25th, 1990 in which indivisibility and inviolability of territory for the first time have been fixed, the country is defined as the subject of international law, the citizenship institute, and also equality of patterns of ownership is entered.

In it three norms for the first time have been established: about leadership of the constitution and republic laws on the territory of the Kazakh Soviet Socialist Republic, «except for the questions voluntary delegated by it to the Union», and about the republic right «to stop in the territory action of laws and other certificates of the supreme bodies of the Union breaking the sovereign rights and the Constitution of Republic»; about a exclusive property of the Kazakh Soviet Socialist Republic making a basis of its sovereignty, «all national wealth which is available in its territory», and also was fixed «the right of the Kazakh Soviet Socialist Republic to the share in all-union property according to the Republic contribution, including in diamond, currency funds and gold reserves»; about the right of the Kazakh Soviet Socialist Republic «to act as the independent subject of the international relations, to define foreign policy in the interests ...»

The **constitutional Law «About the state independence of Republic Kazakhstan» from December, 16th, 1991** became a significant stage of political process. Developing key ideas of the Declaration on the state sovereignty, the constitutional law said that the Republic Kazakhstan builds the mutual relations with all states on international law principles, as well as follows the independent state. For the first time uniform Kazakhstan citizenship has been established. The