

APPROVED
at a meeting of the
Scientific Council
NJSC «Al-Farabi KazNU».
Minutes No.10 dated
May 13, 2023.

The program of the entrance exam for applicants to the PhD
for the group of educational programs
D005 - «Training of teachers of physical culture»

1. General provisions.

1. The program was drawn up in accordance with the Order of the Minister of Education and Science of the Republic of Kazakhstan dated October 31, 2018 No. 600 “On Approval of the Model Rules for Admission to Education in Educational Organizations Implementing Educational Programs of Higher and Postgraduate Education” (hereinafter referred to as the Model Rules).

2. The entrance exam for doctoral studies consists of writing an essay, passing a test for readiness for doctoral studies (hereinafter referred to as TRDS), an exam in the profile of a group of educational programs and an interview.

Block	Points
1. Essay	10
2. Test for readiness for doctoral studies	30
3. Exam according to the profile of the group of the educational program	40
4. Interview	20
Total admission score	100/75

3. The duration of the entrance exam is 4 hours, during which the applicant writes an essay, passes a test for readiness for doctoral studies, and answers an electronic examination. The interview is conducted on the basis of the university before the entrance exam.

2. Procedure for the entrance examination.

1. Applicants for doctoral studies in the group of educational programs D005 - «Training of teachers of physical culture» write a motivational essay. The volume of the essay is at least 250-300 words.

2. The electronic examination card consists of 3 questions.

Topics for exam preparation according to the profile of the group of the educational program.

Discipline: “Scientific pedagogical basis of physical culture and sports”

Topic: Physical culture and sports as a part of the universal culture.

subtopics: The content of the discipline physical culture. Principles of the modern system of physical education. The main concepts and components of physical culture and sports. Professionally applied physical culture. Physical culture and sport in the university. The purpose and objectives of physical education. Forms of organization of classes in physical education of students.

Topic: General physical and sports training in the system of physical education.

subtopics: Functional systems of the organism. Definition of the concepts "adaptation", "hypodynamia", "functional system", etc. The impact of physical culture and sports on the human body. Functional systems of the body and their improvement under the influence of directed physical training. Indicators of the level of development and state of physical culture and sports in society.

Topic: Healthy lifestyle. Physical culture and sports in providing healthy lifestyle.

subtopics: Human health as a leading factor. Formation of a healthy lifestyle. Popular among young people types of physical activity. The main components of a healthy lifestyle. Risk factors for the health of modern man and their prevention.

Topic: Methodological principles for organizing classes in physical education and sports.

subtopics: General and special physical training. Load and rest in physical culture and sports. Mass sports and sports of the highest achievements. Rest as a factor of training influence. General physical and sports training in the system of physical education. Lesson and extracurricular forms of employment. Basic means and methods of developing physical qualities and teaching motor actions. Norms of the organization of classes in physical education. Orientation of physical activity according to the intensity and nature of the impact.

Topic: Pedagogical control in the system of organizing classes in physical culture and sports.

Subtopics: Types and methods of pedagogical control. Testing of physical, technical readiness and functional state. Presidential tests of physical training of students.

Topic: Medical support of physical culture and sports at the university.

subtopics: Basic forms of medical control. Medical and pedagogical supervision. Methods of medical and biological control of the physical and functional state of the human body. Methods for monitoring physical performance. Self-control in physical culture and sports objective and subjective self-control indicators.

Topic: Organization and holding of sporting events and competitions in the university.

subtopics: The essence of sports competitions. Organization and holding of sports competitions in the university. Mass recreational, physical culture, sports competitions.

Topic: Innovative technologies in the system of physical culture and sports at the university.

subtopics: Innovative technologies of physical culture, its goals, objectives and significance in the professional education of a specialist in physical culture and sports. The place of innovative technologies in the professional training of a specialist. Organization and forms of classes. New pedagogical technologies in professional education. Requirements for a university graduate trained in the specialty "Physical Culture and Sports". Model of innovative activity of the teacher.

Topic: The role of physical culture and sports in the formation of a healthy lifestyle of the population.

subtopics: Health protection and formation of a healthy lifestyle. Optimal motor mode is the most important condition for a healthy lifestyle. Education of a healthy lifestyle by means of physical culture and sports.

Topic: Organization of research work on physical culture and sports in the educational process of the university.

subtopics: Science and scientific research. Stages of the process of performing research work. Preparation for scientific research.

Discipline: «Theory and methodology of sports»

Topic: Sport in the system of physical culture.

subtopics: Social functions of sport. Sports classification. Sport in the system of physical culture.

Topic: Athlete training as a multi-component process.

subtopics: Competition system. Sports training system. A system of factors that complement training and competition, optimizing their effect.

Topic: Preparation of athletes in the process of training.

subtopics: Technical training of athletes. Tactical training of athletes. Physical and psychological training of athletes. Intellectual and integral training of athletes.

Topic: Sports training.

subtopics: Definition of the concept of "Sports training". The purpose and objectives of sports training. Basic principles of sports training.

Topic: Basics of planning, control and accounting in the training of athletes.

subtopics: Planning, types of plans used in the preparation of athletes. Control as an element of management in the preparation of athletes. Accounting as an element of sportsmen training management.

Topic: Stages of long-term sports training. The general structure of long-term training and the factors that determine it.

subtopics: Factors that affect the duration and structure of athletes' training. Tasks to be solved at the stage of preliminary preparation. Problems solved at the stage of initial sports specialization. Tasks solved at the stage of specialization. Tasks to be solved at the stage of sports improvement. Tasks to be solved at the stage of sports longevity.

Topic: Construction of training in the Olympic (four-year) cycles.

subtopics: Basic principles of sports training. Features of the construction of four-year training cycles for athletes of various sports qualifications.

Topic: Planning, organizing and conducting the training process.

subtopics: Construction of training macrocycles. The concept of a macrocycle. Types of macrocycles. Combination of different macrocycles. Construction of training mesocycles. Types of

mesocycles. Duration and direction of mesocycles. Types of mesocycles. The main tasks of various mesocycles of various types. Construction of training microcycles. Microcycle features. Types of microcycles. Combinations of volume and intensity of loads in various microcycles.

Topic: Selection in sports. Factors that determine performance in sports

subtopics: The concepts of "selection", "orientation", "specialization". The concepts of "inclinations", "giftedness", "ability". Selection criteria at various stages of athletes' training. Methods of selection at various stages of training athletes.

Topic: Modeling at various stages of athletes' training.

subtopics: Simulation in sports training. Model characteristics of the strongest athletes in connection with the problem of sports selection.

Topic: Forecasting in sports.

subtopics: The purpose and purpose of forecasting in sports. The concepts of short-term, medium-term, long-term planning. Problems of forecasting at various stages of training athletes. The role of the coach's intuition in the effectiveness of forecasts.

Topic: Analysis of the trend in the development of modern sports.

subtopics: Main trends in the development of elite sports. Actual problems of sports development in Kazakhstan. Prospects for the development of mass, Olympic and professional sports in Kazakhstan.

Topic: Methodology for planning the training process.

subtopics: Planning of monitoring activities. Control at various stages of training of athletes. Accounting documents in the process of training athletes. Monitoring (integrated control) as a management function. Correction of the training process based on the monitoring results.

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