

**MINISTRY OF HIGHER EDUCATION, SCIENCE AND INNOVATION  
OF THE REPUBLIC OF UZBEKISTAN  
TASHKENT STATE UNIVERSITY OF ORIENTAL STUDIES**

**«Approved by»**  
Vice-Rector for Academic Affairs  
N.A.Abdullaev  
“ \_\_\_\_ ” \_\_\_\_\_, 2024

**SYLLABUS OF THE COURSE  
PHYSICAL CULTURE AND SPORT**

<b>Field of knowledge:</b>	200 000	-Art and Humanities
	300000	-Social Sciences, Journalism, and Information
	400000	-Business, Management, and Law
<b>Field of education:</b>	220 000	-Humanities (excluding languages)
	230000	-Languages
	310000	-Social and Behavioral Sciences
	320000	-Journalism and Information
	410000	-Business and Management
<b>Major:</b>	60310300	-Psychology
	60220600	-Anthropology and Ethnology
	60230100	-Philology and Language Teaching (Eastern Languages)
	60230200	-Theory and Practice of Translation
	60310200	-International Relations
	60220500	-Philosophy
	60410100	-Economics
	60410800	-Management
	60411100	-World Economy and International Economic Relations

**Tashkent – 2024**

The course syllabus has been developed based on the curriculum approved by the protocol No. \_\_\_\_ of the TSUOS Council dated “\_\_\_\_” \_\_\_\_\_, 202\_\_ and discussed at the meeting of the Department of “Pedagogy and Psychology” on “\_\_\_\_” \_\_\_\_\_, 2024, and recommended for approval.

The syllabus was approved at the meeting of the Academic-Methodological Council of TSUOS on “\_\_\_\_” \_\_\_\_\_, 2024 (Protocol No. \_\_) and is recommended for the educational process.

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### INFORMATION ABOUT COURSE

Course name:	Physical culture and sport
Course type:	Mandatory
Course code:	JMS11
Academi year:	2024/2025
Semester:	1/2
Mode of study:	Full-time
Type of activities and hours allocated per semester:	120
Lecture:	-
Practical sessions	48
Seminar	-
Self-study	72
Credit:	4/4
Assessment:	100 grade
Course language:	Uzbek/Russian

Course Objective (CO)	
<b>CO1</b>	The aim of teaching this subject is to equip students with fundamental concepts and specialized theoretical knowledge in the field of physical culture and sports. It focuses on enhancing their understanding of physical development, training methods, and tools that contribute to improving physical fitness. Additionally, the course teaches students how to organize and independently engage in self-improvement activities, as well as plan and implement mass wellness programs.

### **Compliance with International Experience**

This course syllabus has been improved in accordance with Decree No. 87 of the Ministry of Higher Education, Science, and Innovation of the Republic of Uzbekistan, dated March 29, 2024, “On Improving the Process of Developing Normative and Methodological Documents for Higher Education”. It has been revised considering international best practices, particularly those of Lomonosov Moscow State University (ranked 233rd), which is included in the top 300 universities of internationally recognized rankings.

<https://www.topuniversities.com/universities/lomonosov-moscow-state-university#:~:text=Lomonosov%20Moscow%20State%20University%20is,QS%20World%20University%20Rankings%202025>

### **Prerequisite Knowledge for Mastering the Course**

<b>1.</b>	<p>To successfully acquire knowledge in the subject of Physical Culture and Sports, students should possess the following <i>competencies</i>:</p> <ul style="list-style-type: none"><li>– Understanding the importance of maintaining physical and mental health, improving quality of life, enhancing physical strength, and developing professional abilities.</li><li>– Recognizing that physical education plays a crucial role in improving overall well-being and ensuring a high-quality life.</li><li>– Having knowledge of fundamental movement exercises and the ability to perform them effectively.</li></ul>
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### **Learning Outcomes (LO)**

	<b><i>In terms of knowledge:</i></b>
<b>LO1</b>	Understanding the role of physical culture in personal development and its importance in preparing for professional activities.
<b>LO2</b>	Acquiring scientific and practical knowledge about physical culture and a healthy lifestyle.
<b>LO3</b>	Developing a value-based attitude toward physical culture, fostering a commitment to a healthy lifestyle, physical well-being, self-discipline, and the necessity of regular physical exercise.
	<b><i>In terms of skills:</i></b>
<b>LO4</b>	To have systematic knowledge and skills in the field of physical education related to health preservation and strengthening, mental well-being, and the development and improvement of psychophysical abilities in an individual's qualities and characteristics;
<b>LO5</b>	To ensure practical physical training that determines the student's psychophysical readiness for their future profession.

<b>Course Content</b>		
<b>Type of Classes: Lecture (L)</b>		
<b>L1</b>	<b>Gymnastics:</b> Lining up, its methods. Lining up commands. Lining up in 1-2-3 rows.	2
<b>L2</b>	<b>Athletics:</b> Developing speed, strength, and endurance in short, middle, and long-distance running.	2
<b>L3</b>	<b>Athletics:</b> Enhancing strength, speed, and endurance in 500m running. <i>S/G: B/B elements.</i>	2
<b>L4</b>	<b>URM. Sports Games:</b> V/B (serving the ball), B/B (dribbling, passing to a teammate, shooting into the basket).	2
<b>L5</b>	<b>URM. Sports Games:</b> V/B (passing the ball upwards and to a teammate), B/B (dribbling correctly and changing direction).	2
<b>L6</b>	<b>URM:</b> Teaching the technique of standing and running the long jump.	2
<b>L7</b>	<b>URM. Sports Games (Basketball):</b> Introducing game rules. Dribbling, passing, and receiving techniques.	2
<b>L8</b>	<b>Gymnastics:</b> Developing physical qualities through balance exercises.	2
<b>L9</b>	<b>URM:</b> Performing a set of 32 gymnastic exercises. Improving B/B techniques in sports games.	2
<b>L10</b>	<b>URM in Motion:</b> Active games to develop agility, quickness, and strength.	2
<b>L11</b>	<b>URM:</b> Improving sprinting techniques. Low start and finishing techniques.	2
<b>L12</b>	<b>Developing speed, strength, and endurance</b> in short, middle, and long-distance running.	2
<b>L13</b>	<b>URM:</b> Developing strength, speed, and endurance in 500m and 1000m running. Flexibility and balance exercises.	2
<b>L14</b>	<b>URM in Pairs:</b> B/B and V/B technique and tactics in sports games.	2
<b>L15</b>	<b>Athletics:</b> Improving the technique of running the long jump. <i>UJT:</i> Developing arm and leg muscles through gymnastic exercises.	2
<b>L16</b>	<b>Athletics:</b> Enhancing breathing and running techniques in 1000m and 2000m distances.	2
<b>L17</b>	<b>Developing physical qualities</b> by integrating gymnastics exercises. Active games to enhance sports skills.	2

<b>L18</b>	<b>Sports Games:</b> V/B (serving and passing the ball), B/B (dribbling and shooting into the basket). Teaching the technique and tactics of sports games.	2
<b>L19</b>	<b>Gymnastics:</b> URM complex. Push-ups from a lying position (men). Sit-ups from a supine position (women).	2
<b>L20</b>	<b>Gymnastics:</b> Performing a set of 16-count exercises. Balance exercises. Special exercises to develop strength and endurance.	2
<b>L21</b>	<b>Gymnastics:</b> Performing a set of 32-count exercises. Balance exercises. Special exercises to develop strength and endurance.	2
<b>L22</b>	<b>Gymnastics:</b> URM complex. Push-ups from a lying position (men: 50; 45; 40 times). Sit-ups from a supine position (women: 35; 30; 25 times).	2
<b>L23</b>	<b>Developing explosive strength qualities.</b> Techniques and tactics of sports games: volleyball and basketball.	2
<b>L24</b>	<b>Athletics:</b> Enhancing special physical training. Cross-country training. Developing endurance in long-distance running. <i>Note: B/B, V/B elements.</i>	2
<b>Total:</b>		<b>48</b>
<b>Type of Classes: Self-study Topics (ST)</b>		
<b>ST1</b>	<b>Athletics:</b> Running 60, 100, 1000, 2000, 3000m distances, throwing technique, learning and improving jumping techniques.	2
<b>ST2</b>	<b>Athletics:</b> Running 60, 100, 1000, 2000, 3000m distances, throwing technique, standing and running jump techniques, and their improvement. Sports games (volleyball, basketball, football, table tennis, and active games).	2
<b>ST3</b>	<b>Gymnastics:</b> Formation exercises, flexibility, balance control, URM complex, 16- and 32-count exercise sets, rhythmic gymnastics elements.	2
<b>ST4</b>	<b>Athletics:</b> Running 60, 100, 1000, 2000, 3000m distances, throwing technique, learning and improving standing and running jump techniques.	2
<b>ST5</b>	<b>Athletics:</b> Running 4x10m shuttle distances, start technique, learning and improving standing and running jump techniques. Sports games elements.	2
<b>ST6</b>	<b>Athletics:</b> Running 60, 100, 1000, 2000, 3000m distances, throwing technique, learning and improving standing and running jump techniques. Sports games (volleyball, basketball, football, table tennis elements, and active games).	2

ST7	<b>Athletics:</b> Running 4x10m shuttle distances, start technique, learning and improving standing and running jump techniques. Sports games elements.	2
ST8	<b>Gymnastics:</b> Formation exercises, flexibility, balance control exercises, URM complex, 16- and 32-count exercise sets.	2
ST9	<b>Athletics:</b> Cross-training for 1000, 2000, 3000m distances, throwing technique, sports game elements, and strengthening their techniques.	2
ST10	<b>Active Games:</b> Balance control exercises.	2
ST11	<b>URM:</b> Performing a set of 32 complex gymnastic exercises.	2
ST12	<b>Improving the technique of running long jump.</b>	2
ST13	<b>URM:</b> Active games.	2
ST14	<b>Sports Games:</b> V/B, B/B, V/B, and F/B technique and tactics.	2
ST15	<b>Gymnastics:</b> 16- and 32-count exercise sets, rhythmic gymnastics elements.	2
ST16	<b>Athletics:</b> Running 60, 100, 1000, 2000, 3000m distances, start technique, finish, learning and improving jumping techniques.	2
ST17	<b>Athletics:</b> Running 60, 100, 1000, 2000, 3000m distances, throwing technique, learning and improving jumping techniques.	2
ST18	<b>Athletics:</b> Running 60, 100, 1000, 2000, 3000m distances, throwing technique, standing and running jump techniques, and their improvement. Sports games (volleyball, basketball, football, table tennis, and active games).	2
ST19	<b>Gymnastics:</b> Formation exercises, flexibility, balance control, URM complex, 16- and 32-count exercise sets, rhythmic gymnastics elements.	2
ST20	<b>Athletics:</b> Running 60, 100, 1000, 2000, 3000m distances, throwing technique, learning and improving standing and running jump techniques.	2
ST21	<b>Athletics:</b> Running 4x10m shuttle distances, start technique, learning and improving standing and running jump techniques. Sports games elements.	2
ST22	<b>Athletics:</b> Running 60, 100, 1000, 2000, 3000m distances, throwing technique, learning and improving standing and running jump techniques. Sports games (volleyball, basketball, football, table tennis elements, and active games).	2
ST23	<b>Athletics:</b> Running 4x10m shuttle distances, start technique, learning and improving standing and running jump techniques.	2

	Sports games elements.	
<b>ST24</b>	<b>Gymnastics:</b> Formation exercises, flexibility, balance control exercises, URM complex, 16- and 32-count exercise sets.	2
<b>ST25</b>	<b>Athletics:</b> Cross-training for 1000, 2000, 3000m distances, throwing technique, sports game elements, and strengthening their techniques.	2
<b>ST26</b>	<b>Active Games:</b> Balance control exercises.	2
<b>ST27</b>	<b>URM:</b> Performing a set of 32 complex gymnastic exercises.	2
<b>ST28</b>	<b>Improving the technique of running long jump.</b>	2
<b>ST 29</b>	<b>URM:</b> Active games.	2
<b>ST 30</b>	<b>Sports Games:</b> V/B, B/B, V/B, and F/B technique and tactics.	2
<b>ST 31</b>	<b>Gymnastics:</b> 16- and 32-count exercise sets, rhythmic gymnastics elements.	2
<b>ST 32</b>	<b>Athletics:</b> Running 60, 100, 1000, 2000, 3000m distances, start technique, finish, learning and improving jumping techniques.	2
<b>ST 33</b>	<b>Athletics:</b> Running 60, 100, 1000, 2000, 3000m distances, throwing technique, learning and improving jumping techniques.	2
<b>ST 34</b>	<b>Athletics:</b> Running 60, 100, 1000, 2000, 3000m distances, throwing technique, standing and running jump techniques, and their improvement. Sports games (volleyball, basketball, football, table tennis, and active games).	2
<b>ST 35</b>	<b>Gymnastics:</b> Formation exercises, flexibility, balance control, URM complex, 16- and 32-count exercise sets, rhythmic gymnastics elements.	2
<b>ST 36</b>	<b>Athletics:</b> Running 60, 100, 1000, 2000, 3000m distances, throwing technique, learning and improving standing and running jump techniques.	2
<b>JAMI:</b>		<b>72</b>

**The following criteria are recommended for monitoring the student's performance in the course:**

<b>90-100 points - "excellent"</b>	
The student makes independent conclusions and decisions, thinks creatively, analyzes independently, applies acquired knowledge in practice, understands, knows, and expresses the essence of the subject (topic), explains it, and has a conceptual understanding of the subject (topic).	
<b>Study:</b>	Works independently to strengthen their knowledge and skills.
<b>70-89 points - "good"</b>	
The student independently reflects, applies acquired knowledge in practice,	

understands, knows, expresses, and articulates the essence of the subject (topic), and has a conceptual understanding of it.	
<b>Study:</b>	The student thinks independently but sometimes fails to apply their knowledge and skills appropriately.
<b>60-69 points - “satisfactory”</b>	
The student can apply acquired knowledge in practice, understand the essence of the subject (topic), know, express, explain, and have a conceptual understanding of the subject (topic).	
<b>Execution:</b>	Does not demonstrate activity or initiative during the lesson, lacks interest in the subject.
<b>0-59 points - “unsatisfactory”</b>	
Does not have sufficient knowledge of the covered topics, understands and knows the essence of the subject (topic) but applies it incorrectly in practice and does not work on shortcomings, does not demonstrate activity or initiative during the lesson.	

The midterm assessment and the evaluation of a student’s knowledge for this type of assessment are carried out by the professor who conducted the relevant course sessions.

The final assessment and the evaluation of a student’s knowledge for this type of assessment are carried out by a professor who did not conduct the course sessions. The professor who conducted the course sessions does not participate in the final assessment.

The professor or lecturer who conducted the respective course does not participate in administering the final assessment.

A student must complete the midterm assessment before the date of the final assessment for the relevant course.

A student who has missed 25% or more of the allocated classroom hours for a course without a tangible reason, or who did not take the midterm assessment, or who received an “unsatisfactory” grade (2) for this assessment, is disqualified from the course and not admitted to the final assessment. Consequently, the student is considered not to have earned the corresponding credits for the course.

A student who is not admitted to the final assessment fails to attend it, or receives an unsatisfactory grade for the final assessment is considered academically indebted.

Academically indebted students have the right to retake the failed courses during the holiday period or in subsequent semesters at their own expense. This is allowed after paying the required fee, which is calculated based on the amount of unearned credits and the base tuition fee.

<b>Classroom assessment:</b>	Activity in theoretical and practical classes, and completion of independent learning assignments.
<b>Midterm</b>	Method for determining and assessing practical skills and

<b>assessment:</b>	physical fitness level. The interim assessment format (oral and practical standards for students exempted from practical classes) is determined based on the total hours allocated to the academic subject.
<b>Yakuniy nazorat:</b>	At the end of the semester, the method for assessing students' mastery of practical skills in physical education and sports (oral presentations for students exempted from practical classes).

CA	MA	CA+MA	FA	Total	
40	20	60	40	100	Maximum
		<b>36</b>	<b>24</b>	<b>60</b>	Minimum

### Requirements for Obtaining Credits:

Complete mastery of practical lessons and methodological concepts related to the subject, correct execution of tasks given in practical lessons, independent analysis and decision-making regarding the studied processes, completion of tasks and assignments in current and interim assessment formats, and submission of practical exercises for the final assessment.

<b>List of References</b>	
<b>Main Literature:</b>	
1.	Sh.Sh. Sharafova "Jismoniy tarbiya". O'quv qo'llanma. T.:2024. (ISBN) (978-9910-06-157-8)
2.	I.I.Morgunova "Gimnastika va uni o'qitish metodikasi". Toshkent, 2013y.
3.	A.N.Normurodov "Jismoniy tarbiya". TDSHI. 2011.

<b>Additional Literature:</b>	
4.	Sh.M. Mirziyoyev. Hozirgi zamon va Yangi O'zbekiston. - Toshkent: O'zbekiston, 2024.
5.	Sh.M. Mirziyoyev. Yangi O'zbekistonda erkin va faravon yashaylik. 5-jild.- Toshkent: O'zbekiston, 2023.
6.	O'zbekiston Respublikasi Prezidentining Farmoni 30.10.2020y. "Sog'lom turmush tarzini keng tatbiq etish va ommaviy sportni yanada rivojlantirish chora-tadbirlari to'g'risida".
7.	O'zbekiston Respublikasi Prezidentining Qarori 05.11.2021 y. "Yurish, yugurish, mini-futbol, badminton, stritbol va "Workout" sport turlarini yanada rivojlantirish chora-tadbirlari to'g'risida".
8.	A.Normurodov "Олимпийские игры". TDSHI. 2011 y.
9.	F.A.Tashpulatov "Jismoniy tarbiya va sport" 2019 y.
10	L.V.Latibova "O'zbek Kurashi (yoshlarni kurash vositasida vatanparvar

.	qilib tarbiyalash)”. O’quv qo’llanma. TDSHU. 2021 y.
<b>Articles from Scopus:</b>	
11	Shoira Kh. Abdullaeva, A. Shayusopova, Sayyora R. Kamalova, Dilafruz B. Botirova. Psychological and pedagogical factors in improving the quality of education. International Journal of Mechanical Engineering. ISSN: 0974-5823. Vol. 7 No. 2 February, 2022 –B 1838-1843.
12	Shoira Kh. Abdullaeva, Saida Kh.Makhkamova, Sayyora R. Kamalova, Rano A. Khaydarova, Dilafruz B. Botirova. The role of online platforms in improving the effectiveness of lessons in higher education. International Journal of Evaluation and Research in Education (IJERE) Vol. 8, No. 1, July 2023, pp. 101~105 ISSN: 2252-8822, DOI: 10.11591/ijere.v8.i1.pp1076-13197.
<b>Information sources:</b>	
13	<a href="http://www.ziyonet.uz">www.ziyonet.uz</a>
14	<a href="https://lex.uz/">https://lex.uz/</a>
15	<a href="https://olympic.uz">https://olympic.uz</a>
16	<a href="https://olamsport.com/uz">https://olamsport.com/uz</a>

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