



## KAZAKH ACADEMY OF SPORT AND TOURISM

### Grant funding project for young scientists for 2021-2023 (MES RK)

<b>Project name, IRN</b>	AP09058482 «Organization of physical culture classes at the place of residence».
<b>Implementation period</b>	01.02.2021-31.12.2023
<b>Head of the research project</b>	Zaurenbekov Bauyrzhan Zaurenbekovich – Ph.D., acting associated professor
<b>Relevance</b>	<p>In the Republic of Kazakhstan, various forms of organizing classes at the place of residence, effective and less effective, have been used and are still being used, but no scientific research has been conducted to assess their work in full. During the implementation of the research project, existing methods of organizing classes at the place of residence will be analyzed both in the Republic of Kazakhstan and abroad. Pedagogical research on planning physical activity in training sessions in terms of volume and intensity will help to develop and justify practical recommendations for organizing training sessions and distributing loads to different age groups, taking into account the physical development of students. A survey among residents will allow you to determine their preferences for various options for organizing training sessions with physical exercises and adjust the planning of the content of future classes. Analysis of the layout of existing sports grounds will allow the project executors to develop specific proposals for their modernization and further operation, taking into account the interests of those involved and the real capabilities of sports facilities. Practical recommendations for including in the training schedule of new various sports and physical exercises, which are now a great variety, will be developed after a thorough analysis of the preferences of those involved, the impact of new physical exercises and sports on the body of different ages. If the research project will apply proven pedagogical and physiological research methods</p>

	to obtain objective information about the various options for the organization of physical training at the place of residence, media content and training methods, planning of physical activity with age and physical fitness involved, based on the analysis of the results which the group will develop evidence-based recommendations for the effective solution of the problem of rehabilitation of citizens of the Republic of Kazakhstan.
<b>The purpose of the research project</b>	To provide scientific justification for new methods of organizing and conducting training sessions at the place of residence that contribute to more effective results in the physical development of citizens of different ages.
<b>Expected results</b>	<ul style="list-style-type: none"> <li>- 2021: Data on the methodology of organizing classes at the place of residence will be obtained and analyzed; The results of pedagogical testing of physical activity and planning of the content of classes with children 6-10 years old will be obtained and analyzed; publication of 1 scientific article in the journal recommended by the CQAFSHE MSHE RK with the results of scientific research;</li> <li>- in 2022: the results of pedagogical studies of physical activity and their content in classes at the place of residence in the planned regions of the Republic of Kazakhstan with a contingent of 11-16 years and over 17 years old will be obtained and analyzed; 2 scientific articles will be published in journals recommended by the CQAFSHE MSHE RK with the results of scientific research; publication of a scientific article in a peer-reviewed journal a journal included in the Scopus or Web of Science database with a CiteScore percentile of at least 35. It is planned to publish materials in the following scientific publications: "Journal of Physical Education and Sport" (Romania) or "Sport in Society" (United Kingdom);</li> <li>- in 2023: recommendations will be developed for planning the content of physical activity in classes with different cohorts (6-10 years old, 11-16 years old, over 17 years old); development of an educational and methodological manual on the organization of physical education classes at the place of residence; development of recommendations for the training of involved teaching staff to conduct physical education classes at the place of residence.</li> </ul>