



KAZAKH ACADEMY OF SPORT AND TOURISM
Grant funding project for young scientists
for 2021-2023 (MES RK)

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| Project name, IRN | AP09058482 «Organization of physical culture classes at the place of residence». |
| Implementation period | 01.02.2021-31.12.2023 |
| Head of the research project | Zaurenbekov Bauyrzhan Zaurenbekovich - PhD, acting associated professor |
| Relevance | <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.</p> <p>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 with 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.</p> <p>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.</p> <p>If the research project will apply proven pedagogical and physiological research methods 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, on the basis of 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</p> |

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| | Republic of Kazakhstan. |
| The purpose of the research project | 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. |
| Expected results | <p>Based on the results of research conducted within the project, it is planned to publish 1 article in a foreign peer-reviewed scientific journal included in the Web of Science and (or) Scopus databases, with a percentile indicator of at least 35, 3 publications in journals recommended by the Committee for quality assurance in education and science of the Ministry of education and science of the Republic of Kazakhstan, as well as to publish a teaching manual in Kazakh and Russian languages. The results obtained can be applied in the implementation of projects for the development of physical culture at the place of residence, as well as in educational institutions, sports and health centers.</p> <p><i>Upon completion of the research package, the project will:</i></p> <ul style="list-style-type: none"> - analyzed various options for organizing and conducting physical culture and sports at the place of residence, which were used earlier or at the present time; - developed practical recommendations for planning training loads in classes held at the place of residence with a contingent of different ages and physical development; - studied the opinion of students on the content of training sessions, possible options for introducing new physical exercises or sports in the program of classes at the place of residence; - analyzed sports grounds functioning in residential areas and developed recommendations for planning new and upgrading existing ones, taking into account the interests of residents and expanding the possibilities of sports facilities; - developed methods for monitoring the volume and intensity of training loads and scientifically-based recommendations for their planning when organizing physical exercises and sports in the community, taking into account the age of the participants and their physical fitness. New effective methods of organizing physical culture classes at the place of residence are proposed, taking into account modern realities, using various sources of funding; |
| Achieved results | <p>1. The study, analysis of scientific and methodological literature on the development of physical culture in the place of residence. There were scientific and methodological publications and practical experience of regional Departments of physical culture and sports, as well as the activities of organizations implementing social projects for the development of physical culture, mass sports and mass sports. area). Statistical data on the availability of children's and youth clubs and courtyard clubs by place of residence in the regions of the Republic of Kazakhstan (Almaty, Nur-Sultan, Almaty region) are summarized. Researches and analyzes information on the activity structure of the development of physical culture and mass sports in the place of residence.</p> <p>2. Obtained and analyzed data on the methods of organization of activities in the field of residence, applied in practice in Kazakhstan and abroad.</p> |

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| | <p>According to the results of research conducted in the city of Almaty in private sports clubs (club "Almaty Judo Club", club "Leader", club "Basketball Academy"), as well as in the section on rock climbing, testing was conducted to determine the level of fitness. with the use of pedagogical and medical-biological research methods. During the examination, a professional analyzer of the body "TANITA" was used, a portable high meter was used to measure the growth of each examined. A total of 44 people were examined. https://cloud.mail.ru/public/8e3k/bZqyKD59t</p> <p>3. The peculiarities of the organization of classes on the place of residence in the city of Nur-Sultan were studied. The results of the research conducted in the city of Nur-Sultan: - for the period since May 29 to June 3, 2021, during a business trip to the city of Nur-Sultan with members of the research group Ten A.V. and Baitasov E.K. were conducted examinations of children engaged in clubs and sections on sports species, located as in the place of residence of those engaged in sports, as well as on the principle of choosing a sports club/section to be independent of dependence. According to the conclusion of the memorandum on cooperation between the Dojo Judo Club (Nur-Sultan) and NJSC "Kazakh Academy of Sport and Tourism" were conducted during the interregional tournament in judo among boys and girls. The members of the research group were tested to determine the level of general physical fitness of children aged 6 to 13 years, engaged in judo. The contingent included children from the following regions of the Republic of Kazakhstan: Nur-Sultan (Dojo Judo Club), Ust-Kamenogorsk (club "Arlan"), Ekibastuz (club "Kazklub Jiu-Jitsu, Judo"). During the business trip, children were examined, engaged in Kazakh wrestling in the club "Beles" at the place of residence (Nur-Sultan, 187 street, 5 house), as well as in the survey were taken part girls "Astana football". At the entrance to the scientific research in the city of Nur-Sultan was examined a total of 153 people. https://cloud.mail.ru/public/HGnH/NfSbmGFVQ</p> <p>4. According to the calendar plan, since 10 to 18 July 2021, a member of the research group Almukhanbetova G.N. conducted scientific research while on a business trip to Aktobe. The research was aimed at studying the organization of classes on physical culture in the place of residence and the study of physical indicators of children engaged in clubs and sections on sports in the city of Aktobe. It was examined 35 children engaged in the sections on football, kickboxing, judo and table tennis, located as a place of residence, as well as far from the place of residence of the occupants. As part of the study, a professional analyzer of the body "Tanita" was used, which allowed to obtain data on the weight, growth, composition of the body (content of fat, water, muscle mass and determination of body mass index).</p> <p>5. The first mass testing of the level of physical fitness of children aged 6-17 years, engaged in sports sections and clubs, located in the place of residence and remote from the place of residence. The number of test participants was 206 people from different regions of RK. It is given the assessment of the level of development of physical qualities, taking into account the age and field of children 6-17 years.</p> <p>6. Examination of the physical condition and testing of the level of physical fitness of children engaged in sections and clubs, located in the place of residence and remote from the place of residence. Found: 30% of examined children have morpho functional changes and signs of overexertion of the cardiovascular system. A similar comprehensive study was conducted for the first time in the Republic of Kazakhstan with children from different sports sections. For the first time, the indicators of speed and</p> |
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| | <p>cognitive abilities of children engaged in sports sections have been determined. It was found that out of 20 participants, 14 participants need to develop speed and coordination, in conjunction with low indicators. https://cloud.mail.ru/public/ehpL/XzM3Eyg5E</p> <p>7. A survey was conducted on the venues of the place of residence, in the sections on the types of sports in the cities of the Republic of Kazakhstan, the views of children on physical culture and mass sports, about the activities carried out in their activities, their content. The survey involved children aged 6-17 years, with a total of 141 people. The results obtained are new, so earlier in the RK similar survey was not conducted.</p> <p>8. In the period from October 20 to 23, 2021 in Dushanbe (Tajikistan), the XXVII Scientific Congress «Olympic Sports and Sports for All» was held. A member of the research group Ten A.V. made a full-time report on the topic «On the development of physical education and mass sports at the place of residence in the Republic of Kazakhstan» The report outlined the results of research carried out during the implementation of a scientific project (IRN AP 09048482) https://cloud.mail.ru/public/kRR3/ySDVYqoiC</p> |
| List of publications | <p>1. Ten A.V., Almukhanbetova G.N., Shepetyuk M.N., Zaurenbekov B.Z., Baitasov E.K. Comparative analysis of the organization of physical education and mass sport in Kazakhstan and other countries // Теория и методика физической культуры. – №1 (63). – 2021. – С. 30-34. DOI: https://doi.org/10.48114/2306-5540_2021_1_30</p> <p>2. Тен А.В., Науразбаева А.А., Житкеев А.Р., Шепетюк М.Н., Шепетюк Н. М. Мотивация к занятиям физической культурой и массовыми видами спорта в различном возрасте // Теория и методика физической культуры. – Алматы: КазАСТ. – №3 (65). – 2021. – С. 27-33. DOI: https://doi.org/10.48114/2306-5540_2021_3_27</p> <p>3. Тен А.В., Шепетюк М.Н., Науразбаева А.А., Байтасов Е.К. О развитии физической культуры и массового спорта по месту жительства в Республике Казахстан // материалы XXVII Международного научного конгресса «Олимпийский спорт и спорт для всех», 20-23 октября 2021 г., Таджикский институт физической культуры им. С.Рахимова. - С. 137-142. http://iasuni.org/%d0%ba%d0%be%d0%bd%d0%b3%d1%80%d0%b5%d1%81%d1%81%d1%8b/xxvii-%d0%bc%d0%b5%d0%b6%d0%b4%d1%83%d0%bd%d0%b0%d1%80%d0%be%d0%b4%d0%bd%d1%8b%d0%b9-%d0%bd%d0%b0%d1%83%d1%87%d0%bd%d1%8b%d0%b9-%d0%ba%d0%be%d0%bd%d0%b3%d1%80%d0%b5%d1%81%d1%81-%d0%be%d0%bb/</p> |
| Composition of the research group for conducting | <p>1) Zaurenbekov Bauyrzhan Zaurenbekovich - head of the scientific project, doctor PhD, acting associate professor, Hirsch index - 1. Author of 2 teaching aids and 30 scientific and methodological publications in the direction of the project, including 4 articles published in journals included in the Scopus and Web of Science databases.</p> |

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| <p>scientific research</p> | <p>Scopus Author ID 85055790746 https://www.scopus.com/authid/detail.uri?authorId=57204506547&eid=2-s2.0-85055790746 ORCID https://orcid.org/0000-0001-5080-0856</p> <p>2) Zhitkeev Askhat Rasulovich - PhD, trainer-methodologist of the Department of Wrestling and National Sports of the Kazakh Academy of Sports and Tourism. Author of 2 teaching aids and 8 scientific and methodological publications in the direction of the project, including 1 article in a journal that was part of the Scopus database. Honored Master of Sports of the Republic of Kazakhstan in judo. Development Director of the Judo Federation of the Republic of Kazakhstan. Scopus Author ID 55941340300 https://www.scopus.com/authid/detail.uri?authorId=55941340300</p> <p>3) Ten Alina Vladimirovna - Master of Pedagogical Sciences, Head of the Department of Science and International Relations of the Kazakh Academy of Sports and Tourism. Author of 11 publications in the direction of the project, including 1 article in the journal included in the Scopus database and 1 study guide "Strength training in judo". Master of sports of international class of the Republic of Kazakhstan in judo. Scopus Author ID 55960431800 ORCID https://orcid.org/0000-0003-0995-9966</p> <p>4) Almukhanbetova Guldana Nurlanovna - master of pedagogical sciences, teacher of the KazAST wrestling department. Master of Sports of the Republic of Kazakhstan in sambo and judo. Author of over 10 scientific and methodological articles.</p> <p>5) Naurazbayeva Anel Abylkasymovna - Master's student of the Kazakh Academy of Sports and Tourism. From 2017-2018 she participated in the implementation of the social project "Sport in my yard" in Almaty. 4 scientific and methodological articles have been published in journals recommended by COXON MES RK and collections of materials of international conferences and congresses. ORCID https://orcid.org/0000-0002-7251-6052</p> <p>6) Baytasov Eset Kalidollaevich - doctoral student of ENU named after L.N. Gumilyov, author of 2 textbooks recommended by RUMS in the specialty "Physical culture and sport": " Economics of physical culture and sports" and "Planning initial training in boxing in a university environment", author of 14 scientific articles in the direction of the project.</p> |
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