



**Kakhanova Makhabbat
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Senior Lecturer of the
Department of Physical Culture
and Sports of the Eurasian
National University. L.N.
Gumilyov

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Professional experience:

Judo coach-teacher from 1998-
2012, SDYuSSH, Kostanay region.
city of Arkalyk.

Arkalyk State Pedagogical
Institute (2012-2015)

Kazakh University of Economics,
Finance and International Trade
(2015-2018) Certified Fitness
instructor in aerobics

Science degree:

Master in Pedagogy and Psychology

Scientific interests: health promotion by means of physical culture
and sports.

Higher education

1. Arkalyk State Pedagogical Institute (1998)

Specialty: "Teacher of physical culture"

2. Master's degree in Pedagogy and Psychology "Turan-
Astana" University (2018)

Courses taught:

1. General physical culture for 1-2 courses

Publications (selected):

Special medical groups in universities. Problems and practical ways
to solve them»

International Scientific and Practical Conference (Karaganda,
February 28, 2013)

3. "Peculiarities of physical culture lessons for students with poor
health"

International scientific and practical conference.
"Aldamzhar readings - 2013" (Kostanay, December 4, 2013)

Guidelines

1. "Olen zhane soylem turinde berilgen kazak zhane orys
tilderindegi fight sergetu yzilisteri" (ISBN 978-601-7425-30-
2 ArkGPI named after Y. Altynsarin, 2013)

2 "Physical minutes in verse and not only in Kazakh and
Russian languages" (ISBN 978-601-7425-29-6 ArkGPI named
after Y. Altynsarin, 2013)

3 "Organization of physical education of schoolchildren
with poor health" (ISBN 978-601-7425-30-2 ArkSPI named
after Y. Altynsarin. 2014)

4. "The concept of rhythmic gymnastics in modern society"
"Aldamzhar readings-2014" (Kostanay, December 5, 2014)

Advanced training, internship:

Certificate on the topic: "Therapeutic physical culture and health-
saving technologies" in the amount of 72 hours. Date of passage
15-27.04.2019.

