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

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Professional experience:

The Eurasian University named L.N. Gumilyov

1996 - present - senior lecturer of Physical training.

1994-1996- teacher of the department of physical education of ENU named L.N. Gumilyov.

1990-1994 - teacher of physical education in school-gymnasium № 7.

Awards, diplomas and certificates:

She was awarded diplomas for the educational-methodical and sports work, signed by the dean of faculty, the rector and chairman of the sports club of the Eurasian National University named L.N. Gumilyov.

Scientific interests:

Strengthening the health of students by physical education and sports. Innovative techniques in the educational process on physical training in the conditions of credit system of training.

Courses:

"Physical Education"

Scientific degree, scientific school:

CSIP named S.Seifullin, FPK at the National Scientific and Practical Centre of Physical Education in the specialty 0311 "Physical culture and sport".

Publications (selected):

Total published 36 scientific works:

1. "The effectiveness of the application of individualized physical education programs in universities" . Materials of the 47th international scientific and practical conference: "Problems and prospects of science at the beginning of the third millennium in Europe and Asia" Pereslav-Khmel'nitsky, December 30, 2017. Co-authors: Solovieva N.A.

2. "Resolving contradictions in modern sports by increasing the education of society". Materials of the 47th international scientific and practical conference: "Problems and prospects of science at the beginning of the third millennium in Europe and Asia" Pereslav-Khmel'nitsky, December 30, 2017. Co-authors: Solovieva N.A., Moiseeva N.A.

3. "Gymnastics with teaching methods" teaching aid 2018.

4. Participation in the development of the social project of scientific research "Salamatty bolashak". 2019

5. "Adaptive sport as a type of adaptive physical culture" Materials of the 1st International scientific and practical conference "Adaptive physical culture and sport: current state and development prospects" 19.09.2019

6. "Modern educational technologies in gymnastics for bachelors of the specialty "Physical Culture and Sports"" Materials of the 7th International Scientific and Practical Conference "SCIENCE AND EDUCATION IN THE MODERN WORLD: CHALLENGES OF THE 21st century" 20.10.2020

7. "Some aspects of interactive teaching in physical education at the university with students of special medical groups"

Public association of scientists and teachers of the Republic of Kazakhstan. "Kazakh Academy of Education" Reports of the Kazakh Academy of Education. Quarterly magazine. No. 4-2020. December 22, 2020

8. "Organizational and methodological solutions for the physical education of students with special educational needs" participation with the article: All-Russian scientific and practical conference with international participation "Actual problems of adaptive physical culture" on the basis of the Siberian State University of Physical Culture and Sports. February 18-19, 2021.

9. "The role of adaptive physical culture in the socialization of persons with disabilities in health." Collection of articles of the All-Russian scientific and practical conference "Sport and physical culture in the system of social sciences". Ufa, October 26, 2021.

10. "Characteristics of speed-strength work in football players." Materials of the international scientific-practical conference of university teachers, school teachers, students and young scientists. "Physical culture and sport in the education system: experience and development prospects". Almaty, Kazakhstan. February 10, 2022.

Further training, internships:

1. Refresher courses in the IPK and DO ENU. LN Gumilyov on the topic: "Development of professional competence of physical culture workers in the conditions of updating the educational program" in the amount of 72 hours. terms 02 to 14 April 2018.

2. Refresher courses in the IPK and DO ENU. LN Gumilyov on the topic: "Therapeutic physical culture and health-saving technologies" in the amount of 72 hours. terms April 15 to April 27, 2019.

3. Refresher courses in the IPK and DO ENU. L.N. Gumilyov on the topic: "Digital skills of a modern teacher in the context of distance learning" in the amount of 72 hours. terms 05 to 25 August 2020.

4. Participation in the international online conference "Go Digital": Digital transformation management.

Certificate of participation in the 3rd Elsevier International Day of Science in Kazakhstan. December 2-3, 2020.

5. Participation in the work of the All-Russian scientific and practical conference with international participation "Actual problems of adaptive physical culture and sports." Certificate . February 18-19, 2021

6. Certificate of completion of the international online internship "University 4.0.

	<p>Digital Transformation" in the amount of 72 hours. April 7-23, 2021</p> <p>7. "Pedagogical education of the 21st century: new challenges and solutions."</p> <p>Belarus, Minsk November 10-December 1, 2021, SKLAD educational online platform, volume 72 hours, certificate.</p>
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