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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

2002 - present -senior lecturer Physical training.

2000-2002 - lecturer of the department of physical education of ENU;

1997-2000 - educator LICE №1 Astana; 1990-1997- head teacher Ermenauskoy junior sports school;

1988-1990- coach athletics Ermenauskoy junior sports school.

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:

"PhysicalEducation"

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):

A total of 39 scientific papers have been published:

- 1. "The effectiveness of the application of individualized physical education programs in universities." Proceedings 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-Khmelnytskyi, December 30, 2017. Co-authors: Solovyova N.A.
- 2. "Solving contradictions in modern sports by improving the education of society." Proceedings 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-Khmelnytskyi", December 30, 2017. Co-authors: Solovieva N.A., Moiseeva N.A.
- 3."Gymnastics with teaching methods"Teaching manual-2018.
- 4. "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
- 5.Participation in the development of the social research project "Salamattybolashak". Twothousandnineteen
- 6."Modern educational technologies in gymnastics of bachelors majoring in Physical culture and sport" 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 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. 4-2020god 22.12.2020
- 8. "Organizational and methodological solutions for 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.

Further training, internships:

- 1. Advanced training courses in IPK and UP to L.N.Gumilev ENU 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, 02 to 14 April 2018, certificate No. 535
- 2. "Therapeutic physical culture and health-saving technologies", Nur-Sultan, April 15-27, 2019. Institute of Advanced Training and Additional Education of
- L.N.Gumilyov ENU volume 72 hours, certificate No. 02-14-15/58
- 3. Advanced training courses at IPK and BEFORE L.N.Gumilyov ENU on the topic: "Digital skills of a modern teacher in the conditions of distance learning" in the amount of 72 hours, dates 05 to 25 August 2020, certificate No. 02-11-18/342.
- 4. Participation in the international online conference "GoDigital": Managing digital transformation.

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

- 5. Participation in the All-Russian scientific and practical conference with international participation "Actual problems of adaptive physical culture and sports". Certificate .18-February 19, 2021
- 6. Completion of the international online internship "University 4.0. Digital Transformation" in the amount of 72 hours. Belarus, Minsk

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April 7-23, 2021, SKLAD online educational platform, certificate No. 00435
7. "Pedagogical education of the 21st century: new challenges and solutions."
Belarus, Minsk November 10-December 1, 2021, SKLAD educational online
platform, volume 72 hours, certificate
№00909