MINISTRY OF HIGHER EDUCATION, SCIENCE AND INNOVATION OF THE REPUBLIC OF UZBEKISTAN

KARSHI STATE TECHNICAL UNIVERSITY

"APPROVED"
Rector of Karshi State Technical University
_____Sh.K.Nematov
"__" _____2025

PHYSICAL CULTURE AND SPORT
MODULE GUIDE

Field of knowledge:	400000 –	Business, management and law
Field of education:	410000 –	Business and management
Field of study:	60410100 –	Economics

Module links

Module title:	Physical culture and sport
Code (if applicable)	JMS1204
Courses (if applicable)	1
Module teaching semesters	2
Language	Uzbek
Curriculum relevance	Compulsory
Type of Instruction, Contact Hours	compulsory
Workload	Total workload: 120 hours. practical lessons: 60 hours; Self-study: 60 hours
Credit points:	4
Recommended previous subjects	Physical culture and sport

Module objectives / expected learning outcomes	Providing students with theoretical knowledge about physical culture, a deep understanding of its role in cultural health improvement, and the formation of healthy lifestyle skills, preparing them for socially useful labor, improving their physical abilities, preparing them for the defense of the Motherland, assisting in their harmonious development, and forming healthy lifestyle skills: • explaining the importance of sports and physical exercises in maintaining and developing human health; • theoretical and practical mastery of various sports and exercises; • theoretical and practical mastery of various sports and exercises; • developing competencies for integrating physical exercises into socio-economic life; • developing skills in students to independently organize a physical training system, draw up a training plan, and execute it; • enriching knowledge, skills, and abilities to achieve personal and professional development through sports activities; • directing the student toward physical activity and reinforcing it in daily life. • fostering a sense of cooperation and responsibility in team and individual exercises. Expected results from teaching the module. 1. Knows the theoretical, pedagogical, and methodological foundations of the physical education system. 2. Explains the classification of sports and their physiological impact. 3. Can explain the load norms, frequency, and rehabilitation processes during the training process. 4. Correctly performs running, jumping, ball movement, and gymnastic exercises. 5. Can practically apply body posture, breathing, muscle loading, and speed and endurance development techniques. 6. Applies a tactical approach to organizing sports grounds and team games. 7. Develops as a disciplined, responsible person who works harmoniously in a team and adheres to sports ethics. 8. Compiles individual programs of physical exercises related to future professional activities. 9. Transforms a healthy lifestyle into a standard of living.
Content	This discipline teaches the processes of acquiring systematic knowledge and skills in the role of physical culture and sports in forming a personality and preparing it for professional activity, a healthy lifestyle, the pursuit of physical perfection and self-education, the formation of the need for regular physical exercise, spiritual perfection, the development and improvement of psychological abilities, and the accumulation of experience in the creative use of physical culture and sports activities to achieve life and

	professional goals.
Study and exam requirements	**a) To obtain 90-100 points, the student's level of knowledge must meet the following requirements:** - fully explain the essence and content of the subject; - maintain scientificity and logic in presenting the topics in the subject, avoiding scientific errors and confusion; - have a clear idea of the theoretical or practical significance of the subject materials in the subject; - demonstrate the ability to think independently within the scope of the subject; - can answer the questions asked clearly and concisely; - has carefully prepared the outline; - has completed independent assignments completely and clearly; - has fully mastered the laws and other regulatory and legal documents related to the discipline; - has published a scientific article on one of the topics related to the discipline; - can interpret historical processes; **b) To obtain 70-89.9 points, the student's level of knowledge must meet the following requirements:** - understands the essence and content of the subject, does not allow scientific and logical confusion in explaining the topics in the subject; - understands the practical significance of the content of the subject; - performs the assigned tasks and assignments within the framework of the curriculum; - can correctly answer the questions asked in the subject; - has carefully formulated a subject outline; - has fully completed independent assignments in the subject; - has mastered laws and other regulatory documents related to the subject. **c) To obtain 60-69.9 points, the student's level of knowledge must meet the following:** - has a general understanding of the subject; - has some intricacies in covering and presenting the topics in the subject in a narrow scope; - if the presentation is not smooth; - if complex and confusing answers are given to questions on the subject; - if the text on the subject is not well-formed. **d) In the following cases with a score of 0-59.9, the student's level of knowledge may be assessed as unsatisfactory:** - if there is no preparation for the subject exercises; - if there is no idea about the subject exercises; - if it is noticeable that the texts on the subject have been copied from others; - if serious errors and confusions are made in the text on the subject;

	- if the questions asked about the subject are not answered; - if does not know the subject.
Exam formats	Practical
Assessment Tools / Methods	Complete subject assignments and successfully pass current, midterm, and final tests.
List of References	A. Normurodov, I. Morgunova, "Olympic Games" textbook, "Noshir" Tashkent, 2011. L.R. Ayrapetyans, A.A. Pulatov. "Theory and Methodology of Volleyball" Textbook "Science and Technology". Tashkent, 2012. I.T. Arislanov "Physical Culture and Sports", Intellect Karshi-2021. Bakhodirov S.S., Arislanov I.T. "Methodology of teaching sports and active games (Football)", Intellect, Karshi-2021. E.T. Yusupov "Physical Culture and Sports", Intellect, Karshi-2022. Y.B. Azimkhanov, "Physical Culture and Sports", Intellect, Karshi-2022.
Editors	I.T. Arislanov - Head of the Department of "Physical Culture and Sports" at KSU, Associate Professor. Sh.K. Sultanov - Head of the Department of "Theory and Methodology of Physical Culture" at KSU, Associate Professor
Place and Date of Approval	Developed and approved by Karshi State Technical University (Report No. 1, 26.08.2025)