

# Academic and practical experience: 1/34

Teaching disciplines: physical culture

Creative, research and innovation activities:

### 1. 2019-2020 academic year.

Participated in organizing and conducting:

- interfaculty competitions among students of the academy and college (futsal, basketball, togyzkumalak, volleyball);

- Spartakiad of the Bostandyk district with the participation of the college team and students of the city of Almapty (volleyball, togyzkumalak);

- Volleyball tournament for the cup of the rector of KazNAA among artists of the city of Almaty;
- Spartakiad "Health-2020 among teaching staff and employees of KazNAA named after T.K. Zhurgenov;

#### 2020-2021 academic year.

Participated in the organization and holding of the following competitions:

• Volleyball tournament for the cup of the rector of KazNAI among artists of the city of Almaty;

3rd place 06/28/21

- Online open zoom lessons
- 1st year 5 groups in the section of gymnastics
- Among the 8th grades, the 150th anniversary of Kazhymukan Muyatpasov
- 7th grade in athletics

#### 2021-2022 academic year.

- Autumn all-around for general physical fitness among boys and girls (October 2, 2021).
- School championship in sports / mini-football, basketball, volleyball, pioneer ball chess/
- Among the 7-8 classes of the competition in "Merry Starts"

• Nauryz holiday organized a competition in national games

## **Publications:**

1. West Kazakhstan University Khabarshysy, gylym magazine, 2021/2

Kokebaeva R.S., Esenbaeva R.K., Khabirov R.R., Abishev A.R., Seisenbekov E.K. "Sportpen shygyldanatyn zhergilikti ult balalarynyn fizikalyκ lady dynamos"

2. "Dene tarbiesi zharshysy" gylymi-practical journals maqalalar;

"Student termen sabak ötkizudin erekshelikteri", 11-16 bette

"The main tasks of forming a healthy lifestyle in the classroom of general education disciplines", 45-49 pages 2020 No. 2

## Monographs, textbooks:

Author MoldabekovaN, Kazybaev S, Esenbaeva R, Tuleuishov A.

"Dene tarbiesi sabagynda okytudyn zhana tekhnologiyalaryn engizudin tiimdi zhaktary". Adistemelik ĸyral. Almaty 2019 100 bet

Zhuravlev V.N., Karlybaev M.S., Esenbayeva R.K. "Kazakh national games" Study guide. Almaty 2022 f.104 pages

## Awards: -

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