

	<b>Nauryzbekova Samal Meirambekovna</b>
	<b>at the T. Zhurgenov Kazakh National Academy of Arts</b>
	<b>Lecturer of the department "Stage plastic and physical culture"</b>

**1. Academic and practical experience:** 8/18

**2. Teaching disciplines:**

- Physical culture

**3. Creative, research and innovation activities:**

1. 2019-2020 academic year.

Participated in organizing and conducting:

- interfaculty competitions among students of the academy (futsal, basketball, togyzkumalak, gymnastics);
- 2 tournaments with the participation of the national team of the academy and students of the city of Almaty (national sports, 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:

- Online tournament on togyzkumalak on the playground iggamecenter.com. (September 26, 2020). Main judge.
- Online Chess Tournament on the playground iggamecenter.com. (October 31, 2020).
- Competitions in general physical fitness among young men (November 28, 2020).
- Competitions in general physical fitness among girls (December 5, 2020).
- Online Checkers Tournament on the playground (February 20, 2021).
- Online Tournament on togyzkumalak among the universities of the city of Almaty, on the playground (February 28, 2021). Main judge.
- Video competition among students of the Academy "Sport against the corona virus", (February 12 - March 6, 2021).
- Video competition among students of the Academy "Development of Strength" (March 15 - March 31, 2021).
- Video competition among students of the Academy "Development of flexibility" (April 5 - April 20, 2021). Main judge.
- Competitions on presidential physical fitness tests among girls (spring stage).
- Competitions on presidential physical fitness tests among young men (spring stage).
- Creation and maintenance of the @kaznaisport page in the instagram application
- Preparation of materials about the work of the department on the website of the academy.
- Preparation of the design of certificates for awarding the winners and prize-winners of competitions among students of the academy for the video competition Development of flexibility, checkers.
- Participated in the design of certificates for awarding winners and prize-winners of competitions among students of the academy in chess and togyzkumalak.

2021-2022 academic year.

- Autumn all-around for general physical fitness among young men (October 2, 2021).
- Autumn all-around for general physical fitness among girls (October 16, 2021).
- Online tournament on togyzkumalak on the playground iggamecenter.com. (November 13, 2021). Main judge.
- Online Chess Tournament on the playground iggamecenter.com. (October 31, 2020).

**4. Publications:**

1. Mikhailova S.N., Karlybaev M.S., Nauryzbekova S.M.

On the content of the discipline "Physical Education" in higher educational institutions / materials of the II International scientific and methodological conference "Distance learning in the field of art: school - college - university - postgraduate education" - Almaty, KAZNAI, 2020 - P.147-151.

2. Article KKSON, magazine № (15) ZHAS GALYMDARDYH ZERTTEUI, DENE SHYNYKTYRU, SPORT, TOURISM. Topic: DENE SHYNYKTYRU SABAGYNDAGY ZHANARTYLGAN BILIM BERU BAGDARLAMASYNY BASTA YEREKSHELIKTERI, 2021. 148 bet (4)

<https://cloud.mail.ru/public/aw8D/kPT9fMpJ4>

3. Article KKSON, magazine DENE TƏRBIESININIŇ THEORIES OF MEN ADISTEMESI. On the topic: ҚАЗАК Қ ҰЛПЫҚ ОҮҮҢДАРЫНЫҢ ДЕНЕ ТƏРБИЕСИ АҮАСЫҢДАҒЫ ƏЛЕУМЕТТИК РƏЛИ. 2020 I55Y 2306-5540

<https://cloud.mail.ru/public/Yd4V/Zwi2t2Cod>

#### **5.Monographs, textbooks:**

Nauryzbekova S.M., Kovalenko G.V. "Gymnastics sauyktyru turleri" Study guide. Almaty 2021.104 p.

#### **6.Awards:**

Master of Sports in Sambo, Candidate Master of Sports in Judo

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