



Seylkhanova Zhanar Alpysbayevna

Republic of Kazakhstan, Karaganda city, st. Universitetskaya 28
 KarU, named after academician E.A. Buketova

Date of birth: 18.04.1975

City: Karaganda

<p>PLACE OF WORK, POSITION</p>	<p>Assistant Professor of the Department of Theory and Methodology of Physical Culture and Sports Training, Karaganda University named after. Academician E.A. Buketova</p>
<p>ACADEMIC DEGREE, ACADEMIC TITLE (ACADEMIC TITLE)</p>	<p>Candidate of Medical Sciences.</p>
<p>WORK EXPERIENCE</p>	<p>2002-2006 trainee researcher National Center for Occupational Health and Occupational Diseases. 2006-2009 postgraduate student at the National Center for Occupational Health and Occupational Diseases. 2009-2010 junior researcher National Center for Occupational Health and Occupational Diseases. 2010-2013 senior researcher National Center for Occupational Health and Occupational Diseases. 2013-2015 teacher Karaganda State Medical University 2015-2021 Associate Professor of the Department of Nutrition and General Hygiene of KMU 01/01/2021-06/30/2021 chief specialist of the epidemiological department of the Department of Sanitary and Epidemiological Control of the Kazybek Bi District of the city of Karaganda. From 2021 to present: Assistant Professor of the Department of Theory and Methodology of Physical Culture and Sports Training</p>
<p>EDUCATION AND INTERNSHIPS Education</p> <p>Internships, scientific trips</p> <p>INTELLIGENCE ABOUT IMPROVEMENT OF QUALIFICATIONS</p>	<p>1992-1999: Karaganda State Medical Academy, specialty “hygiene and epidemiology”, qualification hygienist-epidemiologist.</p> <p>2010: awarded the academic degree of Candidate of Medical Sciences, specialty 14.00.07 hygiene.</p> <p>2019: Highest qualification category in hygiene and epidemiology (general hygiene).</p> <p>- Completed a course to improve pedagogical qualifications in the modules: “Effective teacher” and “Researcher and scientist” at Karaganda State Medical University from February 19 to March 3, 2018 in a volume of 108 hours.</p> <p>- Completed the training course “Consultant on rational nutrition and weight correction.” Fundamentals of practical dietetics and nutritionology.” Registration number No. 3185</p>

	<p>dated July 20, 2020.</p> <ul style="list-style-type: none"> - I completed a refresher course at the summer entrepreneurial school “YbyraiCamp” in the modules: “Entrepreneurship for everyone” and “Online learning” from July 27 to August 7, 2020 for 36 hours. - Participated in the seminar "Norms of the Administrative Code of Procedure of the Republic of Kazakhstan" from March 31 to June 1, 2021 for 16 hours. - Participated in the 1st Republican Scientific and Practical Conference “Healthy Nutrition and Prospects of Nutrition” at KSMU on March 30, 2018 in a volume of 9 hours Participated in the republican scientific practical conference with international participation “Nutritiology of childhood. Problems and prospects" NAO MUK May 17, 2019 in a volume of 8 hours. <p>-Problem-based learning (PBL) and the application of virtual patients in medical education. Karaganda-2015</p>																								
PERSONAL QUALITIES																									
<p>Knowledge of languages Kazakh language mother tongue</p> <p>English language</p> <p>Computer skills</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="text-align: center;">UNDERSTANDING</th> <th colspan="2" style="text-align: center;">SPEAKING</th> </tr> <tr> <th style="text-align: center;">Listening</th> <th style="text-align: center;">Reading</th> <th style="text-align: center;">Speaking</th> <th style="text-align: center;">LETTER</th> </tr> </thead> <tbody> <tr> <td colspan="4" style="text-align: center;">To be completed if you have a language certificate.</td> </tr> <tr> <td colspan="4" style="text-align: center;">Certificate for teaching English language course “Intermediate” 2019</td> </tr> <tr> <td style="text-align: center;">+</td> <td style="text-align: center;">+</td> <td style="text-align: center;">+</td> <td style="text-align: center;">+</td> </tr> <tr> <td colspan="4" style="text-align: center;">USER: MICROSOFT OFFICE (WORD, EXCEL, POWERPOINT),</td> </tr> </tbody> </table>	UNDERSTANDING		SPEAKING		Listening	Reading	Speaking	LETTER	To be completed if you have a language certificate.				Certificate for teaching English language course “Intermediate” 2019				+	+	+	+	USER: MICROSOFT OFFICE (WORD, EXCEL, POWERPOINT),			
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Other skills (hobbies) of sports
game.

**ADDITIONAL
INFORMATION
Main publications**

1. Modern problems of environmentally related diseases of the population of urban areas Monograph. – Karaganda, 2012. – 197 p. Amanzhol I.A., Amanbekova A.U., Battakova Sh.B., Omirbaeva S.M., Seilkhanova Zh.A. and etc
2. Multi-level system of social and hygienic monitoring and organization of treatment and preventive care for the population of environmentally unfavorable areas. Printed Methodological manual. – Karaganda, 2012. – 86 p. Amanzhol I.A., Amanbekova A.U., Omirbaeva S.M. Seilkhanova Zh.A., etc.
3. Assessment of body composition using modern methods // Modern medicine: traditions and innovations. Collection of materials of the 1st international scientific and practical conference. - Turkestan. - 2018. - P. 262-263
4. Current issues of science and modern society. Monograph. MCNS "Science and education" - 2022 - 276 p. Penza. Author's team.
5. Methods of organizing physical training and health activities. International Scientific Conference of Sofia. 2022.-S. 10-15.
6. Relevance of teaching physical education. - International Scientific Conference Current Research in Prague. 2022.-S. 7-14.
7. Physical development of children of young age who are involved in sports. 84-89. Abishev Zh.B., Kozhamzharov E.N., Iskakov Zh.K., and others

<p>Courses taught</p> <p>Sphere of professional and scientific interests 3</p> <p>Scientometric IDENTIFIERS DATABASES</p>	<p>Anatomy, physiology and hygiene of schoolchildren Physiology of sports Medical supervision and therapeutic physical culture Sports medicine and physical condition monitoring Physical rehabilitation of athletes</p> <p>1. Hygiene, nutritionology</p> <hr/> <p>--</p> <p>Researcher ID: ORCID ID: 0000-0002-7020-6595</p> <hr/> <p>--</p>
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