



**Ministry of Science and Higher Education of the Republic of Kazakhstan**

**«Pavlodar Pedagogical University» NPJSC**

**INFORMATION LETTER**

**International scientific and practical conference "HEALTHY LIFESTYLE, SPORTS AND PHYSICAL CULTURE - THE BASIS OF HUMAN AND SOCIAL WELL-BEING" dedicated to World Health Day**

**Dear colleagues!**

On April 5, 2024, the Higher School of Art and Sports of Pavlodar Pedagogical University named after Alkey Margulan is holding an International scientific and practical conference "Healthy lifestyle, sports and physical culture - the basis of human and social well-being", dedicated to World Health Day.

The format of the event: online / offline.

**The link to enter the international scientific and practical conference "Healthy lifestyle, sports and physical culture - the basis of human well-being and society" NAO MU PPU invites you to the planned conference: Zoom.**

**Topic: "Healthy lifestyle, sports and physical culture are the basis of human and social well-being."**

**Time: April 05, 2024 10:00 a.m. Almaty**

Log in to the Zoom Conference

<https://zoom.us/j/92095313349?pwd=THN3V0Z1d09iREFWcjVLZIN3RmtMdz09>

Conference ID: 920 9531 3349

Access code: 12345678

**The purpose of the conference:** discussion of topical issues of a healthy lifestyle, physical culture and sports, physical recreation and fitness, training for the field of fitness, physical culture and sports; exchange of scientific and practical experience for further improvement of the process of physical education, sports training, adaptive physical culture.

**The following are invited to participate in the conference:** domestic and foreign scientists and specialists in the field of physical culture and sports, adaptive physical culture, adaptive sports; coaches in various sports, fitness and wellness coaches; heads and specialists of state bodies governing physical culture and sports; representatives of sports and fitness institutions and public organizations; teachers of higher and secondary vocational education; teachers of secondary schools and preschool institutions, representatives of youth public organizations engaged in scientific research in the field of physical culture and sports.

The conference materials will be published in the form of a collection of articles (PDF format). The collection will be assigned the corresponding Udc BBK library indexes and the International Standard Book Number (ISBN).

The collection of conference materials will be published on the website of Pavlodar Pedagogical University named after Alkey Margulan – <https://ppu.edu.kz/materialyi-konferencziju/> in PDF format.

### **The main directions of the conference:**

**1. Formation of a healthy lifestyle as a social function of the education system in the implementation of the Sustainable development Goal of society "Ensuring a healthy lifestyle and promoting well-being for all at any age"**

**2. Physical education, fitness and recreation, physical rehabilitation as factors of health saving and improving the quality of life of various population groups**

**3. Multicultural competence of health professionals in the field of physical culture, sports, fitness and wellness industry and its formation in the process of professional education**

**4. Social partnership to promote a healthy lifestyle and well-being among various groups of the population**

**5. Sports engineering, smart gadgets and medicine for an active lifestyle, health, fitness and sports**

**Официальные языки конференции** – казахский, русский и английский.

Участие в конференции возможно в следующих формах: выступление с докладом на пленарном заседании, доклад на заседании секций (офлайн и онлайн формат), заочное участие (только публикация).

### **Place and time of the conference**

Date: **April 5, 2024**

The venue is a large hall (Mira str., 60, main building of the PPU).

Registration of participants from 09.00 a.m. to 10.00 a.m.

The conference starts at 10.00 a.m.

The costs associated with arrival at the conference are covered by the participants of the conference.

### **Contact information**

**Editors by section:**

**Section 1. Formation of a healthy lifestyle as a social function of the education system in the implementation of the goal of sustainable development of society "Ensuring a healthy lifestyle and promoting well-being for all at any age"**

Marina Semyonova, PhD, Vice Dean for Research at the Higher School of Art and Sports, Associate Professor of the educational program "Physical Culture and sports".E-mail: [semyonovamv@teachers.ppu.edu.kz](mailto:semyonovamv@teachers.ppu.edu.kz)

**Section 2. Physical education, fitness and recreation, physical rehabilitation as factors of health saving and improving the quality of life of various population groups**

Komandik Tatyana Denisovna, PhD, Associate professor of the educational program "Physical Culture and Sports".

E-mail: komandiktd@ppu.edu.kz

**Section 3. Training of specialists in the field of physical culture, sports, fitness and wellness industry in the context of professional education**

Dmitry Pavlovich Muchkin, PhD, Associate Professor of the educational program "Physical Culture and Sports".

E-mail: muchkin\_dmitrii@teachers.ppu.edu.kz

**Section 4. Social partnership to promote a healthy lifestyle and well-being among various groups of the population**

Kusmidenov Marat Yelemesovich, teacher-expert of the educational program "Physical Culture and Sports" of the Higher School of Art and Sports.

E-mail: kusmidenov\_marat@teachers.ppu.edu.kz

**Section 5. Sports engineering, smart gadgets and medicine for an active lifestyle, health, fitness and sports**

Vasily Aitmukhamedovich Seksenov, Master's degree, Vice Dean for Academic Affairs of the Higher School of Art and Sports, teacher-expert of the educational program "Physical Culture and Sports".

E-mail: seksenovva@ppu.edu.kz

**TECHNICAL INFORMATION:**

1. **Working languages of the conference:** Kazakh, Russian, English.
2. The deadline for submitting materials is **March 30, 2024** inclusive, to send to the submitted e-mail of the section editor.
3. **The volume of the article is from 3 to 5 pages in A4 format.**
4. Following the results of the conference, an electronic version of the collection in PDF format is being released to the e-mail address.
5. The number of articles by one author(s) **is unlimited.**
6. Strictly follow the procedure for sending documents: **scientific article + registration form**, referred to by the last name of the author of the article (in case of co-authorship by the first name), and only **after receiving a positive response** to include the article in the collection, **it is necessary to pay the registration fee.**
7. The cost of one collection for teachers, trainers and doctoral students is **5000 tenge**, for students and undergraduates – **2500 tenge.**

An electronic copy of the payment receipt must be submitted within three days (after receiving a positive response) to the e-mail of the section editor. **The original receipt must be saved.**

When paying, make a note on the receipt "A healthy lifestyle, sports and physical culture are the basis of human well-being and society." The registration fee must be paid for each article separately.

When paying, make a note on the receipt "A healthy lifestyle, sports and physical culture are the basis of human well-being and society." The registration fee must be paid for each article separately.

You can pay via the app Kaspi.kz (Select the service – Payments – All – Education – Universities – city – Pavlodar – Name of the educational institution – PGPU Olzhabai Batyr street 60 – Faculty (Higher School of Economics) – Course (conference on healthy lifestyle, sports and physical culture) and then your data (full name on the certificate).

**For foreign participants participation is free.**

Articles sent after the specified deadline are not subject to publication if you have not received a response from the responsible person.

Information about a positive or negative decision to publish an article will be sent to your email address within 3 days by the section editor. **Materials with an originality of at least 70% are accepted for publication.**

1. The editor of the section has the right to reject materials that do not meet the rules of design, the topic of the section.

2. The scientific article must correspond to the topic of the section, be original, relevant, have scientific novelty, validity of assumptions, comply with the rules of spelling, punctuation and design requirements specified below.

### REPORTING REQUIREMENTS

1. The text of the report should not exceed 6 pages in MS WORD (6.0 or 7.0). Illustrations, appendices and list of sources are included in the total volume. File name: e.g. "Author's name (initials and surname)\_name of paper". 2;

2. Font: Times New Roman; font size 14; single spacing; margins: left - 3 cm, other - 2 cm. Paragraph indent is set automatically (red line 1.25 cm). Do not use multiple spaces and tabs. Pages are not numbered;

3. At the top of the page - in capital letters the title of the report is given

4. (in bold letters), followed by initials and surname, place of work and first name separated by a space;

5. An abstract in Kazakh, Russian, English in italics (not more than 100 words);

6. Key words in Kazakh, Russian, English in italics (not more than 7)

7. References and list of references are given at the end of the text of the article.

**In-text references** are given in square brackets: [1, pp. 43-45], if several sources are to be cited, they are given in brackets, separated by a semicolon: [2, p. 1; 19, pp. 10-12].

**Illustrations** (high-quality black-and-white drawings and clear photographs at least 300 dpi) should be submitted **as separate files** (.jpg or .tif) with the author's name and number of the drawing in the title.

In the text of the article, in the place where the author plans to place the illustration, a caption shall be given, which shall contain:

- Type ("Fig.", "Tabl.", etc.) and a serial number in Arabic numerals (without a number sign);

- Title of the illustration;

- For maps and drawings, a legend explaining symbols and scale.

In the text, references to illustrations and appendices are given in parentheses. If there are appendices in the article, they should be numbered and titled. The details of the source must be specified at the end of the application. If there are abbreviations in the text or in the list of sources and literature, then they must be deciphered in a special list of abbreviations at the end of the article.

### SAMPLE FORMAT OF ARTICLE MATERIALS

Erdenov S.N., candidate of pedagogical sciences, Pavlodar Pedagogical University named after Alkey Margulan, Pavlodar

**WAYS TO DEVELOP INCLUSIVE EDUCATION IN KAZAKHSTAN**

**Annotation**

This article discusses the problems faced by Kazakh society in the process of introducing inclusive education in the field of physical education and sports.

**Key words:** adaptive-corrective dance gymnastics, integration, inclusion, inclusive physical education, children with special educational needs.

Text text text text text text text text text text, text [3, p. 47]. Text text text text text text text text text text: "Quote"

Literature

We draw your attention to the need to present the materials in a carefully edited form in compliance with all the above requirements. The responsible person for the section has the right to reject materials that do not comply with the rules of registration.

**Application for participation in the International Scientific and Practical Conference**

<b>1</b>	Last name, first name, patronymic (in full)	
<b>2</b>	City, region, country	
<b>3</b>	Position (or course, year of study – for master’s, doctoral and undergraduate students)	
<b>4</b>	Academic degree, academic title	
<b>5</b>	Last name, first name, patronymic, academic degree, academic title of scientific advisor (for graduate students, doctoral students, students)	
<b>6</b>	Phone number with country and city code	
<b>7</b>	E-mail	
<b>8</b>	ORCID	
<b>9</b>	Topic of the article	
<b>10</b>	Section name	
<b>11</b>	Participant status: <input type="checkbox"/> scientists, Research Institute staff, university professors; <input type="checkbox"/> TPE teachers, teachers of schools, additional education organizations, preschool teachers, etc. <input type="checkbox"/> sports coaches and fitness/wellness coaches, instructors, etc.; <input type="checkbox"/> doctoral students, undergraduates; <input type="checkbox"/> students	
	Form of participation: <input type="checkbox"/> To make a presentation at the plenary session <input type="checkbox"/> to make a presentation at the session of the section (offline-online format); <input type="checkbox"/> take part in the conference as a listener; <input type="checkbox"/> participate in absentia (publication)	

**CONTACT DETAILS OF THE ORGANIZING COMMITTEE**

**Republic of Kazakhstan, Pavlodar, ul. Olzhabai batyr, 60, Pavlodar Pedagogical University named after Alkey Margulan, Higher School of education and sports, Dean's office tel. 8 (7182) 65-16-52 , internal 341**

Semyonova Marina Vasilyevna, PhD, Vice Dean for Research at the Higher School of Art and Sports, Associate Professor of the educational program "Physical Culture and Sports". E-mail: [semyonovamv@teachers.ppu.edu.kz](mailto:semyonovamv@teachers.ppu.edu.kz)