

**List of Interview Questions for Foreign Applicants
Applying to the Kazakh National University of Sports
by Groups of Educational Programs for the 2026–2027 Academic Year**

B005 – Physical Education Teacher Training

1. Define physical education.
2. Name the main means of physical education.
3. What are the components of a physical education lesson structure?
4. What objectives does physical education address in schools?
5. What teaching methods are used in physical education classes?
6. What is a physical quality? Name the main physical qualities.
7. Give examples of exercises for developing endurance.
8. What is motor activity and how is it measured?
9. How should a warm-up be organized before the main part of the lesson?
10. Which games help develop agility?
11. What is sports training?
12. Name the principles of sports training.
13. What does the term “training load” mean in the training process?
14. Explain the concept of “recovery” in sports.
15. What stages are included in an athlete’s preparation?
16. What is the difference between general physical training (GPT) and specialized physical training (SPT)?
17. What is training process planning?
18. What methods are used to develop strength?
19. How is an athlete’s physical condition monitored?
20. What are technique and tactics in sports?
21. What hygiene requirements apply to a sports hall?
22. Why is it important to follow a daily routine while practicing sports?
23. What personal hygiene rules should an athlete follow?
24. What is overfatigue and how can it be prevented?
25. How does lack of sleep affect sports performance?
26. Name harmful habits that interfere with physical development.
27. How should sportswear be selected for training sessions?
28. What sanitary standards must be observed during outdoor lessons?
29. What is hardening (physical conditioning through environmental exposure) and why is it important?
30. Name methods of injury prevention during physical education lessons.
31. How many players are there on a volleyball team?
32. Name the rules of serving in table tennis.
33. What does the “offside” rule mean in football?
34. What basic techniques are used in basketball?
35. Name the main types of track and field athletics.
36. What skills does swimming develop?
37. What are safety regulations in sports games?
38. How is the winner determined in athletics competitions?
39. What are the features of conducting relay games in primary school classes?
40. How should an active game be organized for children during a physical education lesson?

41. What is the difference between teaching methodology in primary and secondary school?
42. What are the features of organizing active games during lessons?
43. What does a teacher's preparation for a lesson include?
44. How should a physical education lesson plan be prepared?
45. How are assessment and evaluation conducted in physical education lessons?
46. What criteria are used to assess students' physical fitness?
47. Name the types of physical education lessons.
48. What exercises are used to develop coordination?
49. How can a morning exercise routine be designed for primary school students?
50. What measures should be taken when organizing outdoor lessons in winter?

B098 – Sports

1. What is sport and what are its main functions in society?
2. Name the main types of sports.
3. What does the system of sports training include?
4. Explain the concept of the "training process."
5. Name the stages of long-term athlete development.
6. What does the term "physical training" mean?
7. What is the difference between general physical training and specialized physical training?
8. What is sports specialization?
9. What principles form the basis of sports training?
10. What does sports exercise technique include?
11. What are tactics in sports?
12. Explain the concept of "training load" and its types.
13. What is supercompensation?
14. What does recovery after exercise include?
15. What are the signs of overtraining in an athlete?
16. Name the main recovery methods.
17. What methods are used to develop strength?
18. What exercises are used to develop endurance?
19. What is coordination and how can it be developed?
20. What does the methodology of teaching motor skills include?
21. What are the stages of learning sports exercises?
22. Name the main training methods.
23. What is pedagogical control in sports?
24. Name the main forms of sports competitions.
25. How is a training microcycle planned?
26. What does an athlete's preparation for competitions include?
27. What is the role of warm-up and cool-down in training?
28. How should a track and field training plan be designed?
29. Name the biomechanical characteristics of running.
30. What is the difference between aerobic and anaerobic exercise?
31. Which muscles are involved in pull-ups?
32. Name the types of sports injuries and methods of prevention.
33. What is sports medicine and what are its objectives?
34. What hygiene requirements apply to sports halls?
35. How should outdoor training sessions be organized in winter?

36. What nutritional standards are recommended for athletes?
37. Name the psychological qualities necessary for an athlete.
38. What is volitional training in sports?
39. How does motivation influence sports performance?
40. Name the basic principles of sports ethics.
41. What are anti-doping regulations?
42. What competencies should a sports coach possess?
43. Name the types of sports documentation.
44. What are the features of training children?
45. What are the features of women's sports?
46. How do the coach and athlete interact during the preparation process?
47. Name the features of individual and team sports.
48. What types of monitoring are used in the training process?
49. What is sports management?
50. What career opportunities does the "Sports" program provide?