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	<i>Программа вступительного экзамена</i>	


ENTRANCE EXAMINATION PROGRAM

For the educational program: 6B10115 – Kinesiotherapy.

Duration of study – 2 years and 6 months.

Mode of study: full-time.

Astana, 2026.

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1. PURPOSE AND SCOPE OF APPLICATION

1.1 The program is intended for applicants in the field of "Health care" groups of educational programs 6B10115- Kinesitherapy with a training period of 2 years 6 months

2. REGULATORY REFERENCES

2.1 This program uses links to the following documents:

-Order of the Minister of Education and Science of the Republic of Kazakhstan No. 600 dated October 31, 2018, "On Approval of the Standard Rules for Admission to Educational Organizations Implementing Educational Programs of Higher and Postgraduate Education" (as amended by the Order of the Acting Minister of Science and Higher Education of the Republic of Kazakhstan No. 547 dated October 27, 2023).

3. THE MAIN PART

3.1 Brief Information

In accordance with Paragraph 6, Chapter 2 of the Order of the Minister of Education and Science of the Republic of Kazakhstan No. 600 dated October 31, 2018, "On Approval of the Standard Rules for Admission to Educational Organizations Implementing Educational Programs of Higher and Postgraduate Education", citizens of the Republic of Kazakhstan who have technical and vocational, post-secondary, or higher education are admitted to study under higher education programs providing shortened periods of study.

The entrance examination is conducted in the form of computer-based testing at the Astana Medical University in an offline format.

Required level of education for applicants with a study duration of 2 years and 6 months:

-Technical and vocational education in one of the specialties "Nursing" or "General Medicine", or higher education in one of the specialties "Physical Culture and Sports", "Nursing", "General Medicine", "Pediatrics", "Dentistry", "Preventive Medicine", or "Occupational Therapy", without work experience requirements.

3.2 Contact Information:

Astana, 49A Beibitshilik Street, Astana Medical University, School of Nursing, Rooms 802 and 215; office phone: +7 (7172) 57-78-96 (243), mobile: +7 708 957 84 80, e-mail: zhetmekova.zh@amu.kz.

3.3 Venue of the Entrance Examination:

Venue: Astana, 51 Beibitshilik Street, Astana Medical University.

3.4 Format of the Entrance Examination:


– Computer-based testing.

The list of examination questions was approved at the meeting of the School Council of the Astana Medical University, Minutes No. 8 dated April 28, 2026.

3.5 Schedule for Document Submission and Dates of the Entrance Examination

Table 1.

Document Submission Period	Examination Dates	Examination Time	Acceptance of Appeals	Examination Venue
1 July – 3 August	5-14 August 2026 г.	10.00-12.00 14.00-16.00	By 1:00 p.m. on the day following the announcement of the results.	51 Beibitshilik Street, 5th floor, Rooms 501 and 509.

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*The entrance examination schedule (exact date, time, and applicant's full name) will be published on our website in the "For Applicants" section under "Shortened Study Program."

List of Required Documents:


1. an application addressed to the Rector of the University in the prescribed form;
2. a document confirming technical and vocational, post-secondary, or higher education (original);
3. an identity document (original and copy);
4. six photographs measuring 3 × 4 cm;
5. a medical certificate in Form 075/u (original and copy), fluorography image, and a copy of Form 063/u (vaccination card);
6. In cases of restrictive measures, declaration of a state of emergency, or emergency situations of social, natural, or technological nature within a specific territory, applicants shall submit the medical certificate directly to the educational institution after such measures are lifted;
7. an extract from the record of completion of the psychometric examination;
8. persons holding documents of technical and vocational or post-secondary education who have confirmed their qualification and possess at least one year of work experience in the specialty shall additionally submit one of the documents provided for in Article 35 of the Labor Code of the Republic of Kazakhstan.

3.5 Examination Materials:

1. Antagonist muscles: characteristics and features.
2. Functions of antagonist muscles.
3. Antagonists of the rectus abdominis muscle.
4. Features of agonist muscles.
5. Functions of agonist muscles.
6. Features of synergist muscles.
7. Functions of synergist muscles.
8. Characteristics of the biceps brachii muscle.
9. Characteristics of the triceps brachii muscle.
10. Muscles stabilizing the clavicle.
11. Concept of abduction.
12. Concept of adduction.
13. Concept of flexion.
14. Concept of extension.
15. Concept of arm elevation.
16. Concept of arm depression.
17. Concept of the structural and functional unit of muscle tissue.
18. Vertebral column: structure and classification.
19. Number of vertebrae in the cervical, thoracic, and lumbar regions of the vertebral column.
20. Skeleton: structure and classification.
21. Structural features of the pelvis.
22. Structural features of the upper limb skeleton.
23. Structural features of the lower limb skeleton.
24. Classification of joints.
25. Functions of joints according to their types.
26. Classification of muscles.
27. Functions of muscles.
28. Structural features of muscle fibers.
29. Back muscles.
30. Neck muscles: deep and superficial.
31. Shoulder girdle muscles.
32. Diaphragm and its structural features.

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33. Definition of scoliosis.
34. Classification of scoliosis.
35. Apex of spinal curvature in scoliosis.
36. Methods of scoliosis correction.
37. Definition of posture.
38. Prevention of scoliosis development and progression.
39. Ligaments: types and classification.
40. Patellar ligament: localization and function.
41. Application of novocaine blockades.
42. Flatfoot: definition and types.
43. Exercises for strengthening the foot.
44. Definition of myositis.
45. Achilles tendon: structural features.
46. Types of active kinesiotherapy.
47. Types of passive kinesiotherapy.
48. Positioning therapy: definition.
49. Abdominal muscles.
50. Attachment points of the short head of the biceps femoris muscle.
51. Attachment points of the iliopsoas muscle.
52. Attachment points of the plantaris muscle.
53. Contractile function in the human musculoskeletal system.
54. Concept of “radicular syndrome.”
55. Concept of ligaments and their functions.
56. Concept of “piriformis syndrome.”
57. Definition of therapeutic physical culture (exercise therapy).
58. Goals and objectives of exercise therapy.
59. Indications for exercise therapy sessions.
60. Contraindications for exercise therapy sessions.
61. Goals and objectives of exercise therapy in obesity.
62. Indications and contraindications for exercise therapy in obesity.
63. Inflammatory process in the articular bursa.
64. Tendon and its functions.
65. Concept of tendinitis.
66. Concept of fasciitis.
67. Concept of periostitis.
68. Concept of a trigger point.
69. Myosin and its functions.
70. Types of muscle tissue.
71. Definition of kinesio taping.
72. Indications for kinesio taping.
73. Contraindications for kinesio taping.
74. Causes of hernias and protrusions of the lumbar intervertebral disc.
75. Muscles classified as hip adductors.
76. Muscles classified as hip abductors.
77. Principles of kinesiotherapy.
78. Indications and contraindications for kinesiotherapy.
79. Neck muscles.
80. Abdominal muscles.
81. Muscles of the upper and lower limbs.
82. Factors slowing recovery after injury.
83. Exercises strengthening back muscles.
84. Exercises increasing flexibility.
85. Prevention of injury risk during kinesiotherapy sessions.

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86. Exercise therapy exercises for strengthening back muscles contraindicated in disc herniation.
87. Attachment point of the medial head of the sternocleidomastoid muscle.
88. Attachment point of the lateral head of the sternocleidomastoid muscle.
89. Concept of “hypertrophy.”
90. Concept of “hypotrophy.”
91. Definition of lordosis.
92. Features of kyphosis.
93. The role of breathing in kinesiotherapy.
94. Diagnostic methods for suspected bone injury.
95. Muscular bed of the kidney: definition.
96. Types of physical loads in work with elderly people.
97. Instrumental methods for assessing physical condition before kinesiotherapy.
98. Principles of working with patients with chronic pain.
99. Instrumental diagnostic methods for bone injuries.
100. Factors slowing recovery after injury.

3.7 Results of the entrance examination

Minimum passing score – 50;

Maximum score – 100.


The passing score is determined by the Admissions Committee depending on the number of submitted applications.

Duration of the examination – 1 hour 40 minutes (1 minute per test question).

Total number of questions – 100.

Each question has one correct answer.

Each correct answer is worth 1 point.

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Appendix 1

To the Chairperson of the Board – Rector of
 NCJSC “Astana Medical University”

From _____
 full name

_____ residential address

_____ mobile phone number

_____ Home phone number

E-mail: _____

_____ ID number, date of issue, issuing authority

APPLICATION

I hereby request permission to take the entrance examination in the form of


_____ for the educational program _____.

The following documents are attached to this application:

- 1) Educational document (original);
- 2) Six photographs sized 3 × 4 cm;
- 3) Identity document (original and copy);
- 4) Medical certificate in Form 075/u;
- 5) Extract confirming completion of the psychometric examination;
- 6) Employment record book.

I hereby give my consent to the collection, processing, and dissemination of personal information related to the examination results.

Signature/Date _____

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Appendix 2

To the Chairperson of the Appeals Commission

Full name of the applicant _____

IIN (Individual Identification Number) _____

APPEAL APPLICATION

I hereby request a review of the results of my special/entrance examination, as the test question

(specify the reason for submitting the appeal — e.g., incorrect wording of the question, etc.).

Date of announcement of the special examination results _____

/ _____ / _____ / _____ /

Signature

Full name

Date