

<b>Full name: Abilda Yerzhan Mukhtarovich</b>	
<b>Education:</b>	
2011	M.Auezov South Kazakhstan Region qualification Bachelor of Education, Physical Culture and Sports
<b>Work experience</b>	
<i>Academic:</i>	
<i>Work in this organization: Miras University</i>	
2021-2022 гг.	Senior lecturer of the Chemistry, Biology, Physical Education and Sports sector.
	Discipline: Physical education
<i>Previous jobs in educational organizations:</i>	
2015-2018	Youth Sports School of South Kazakhstan Region, Coach, arm wrestling teacher
2018 - 2020	No. 18 Secondary school of East Kazakhstan Region, teacher
<b>Professional development:</b>	
2021г	certificate of professional development. Theory and methods of physical culture of Al-Farabi Kazakh National University
<b>Membership in professional organizations:</b>	
Period:	Member of the KR national team
<b>Awards and prizes:</b>	
2011	2011 World Arm Wrestling Championship Almaty 1st place
2011	MSMK (Master of Sports of International class)
2012	World Arm Wrestling Championship 2012 in Brazil (San vicente) 1st place
2013	2013 NEMIROFF World Cup 1st place among professional athletes
2015	2015 World Arm Wrestling Championship in Malaysia 1st place
2019	2019 1st place in the Championship of the Republic of Kazakhstan
<b>Activities in the service sector:</b>	
<b>Publications and presentations:</b>	
2021	Sport is the way to happiness! Materials of the International Scientific and Practical Conference: "Higher School Science 2021". - Shymkent: Alem, Miras University, Shymkent, Kazakhstan, 2021
2021	Participation in the Republican remote competition of R&D and R&D "In the world of science", Scientific and Methodological Center "ZIAT", Nur-Sultan
2021	Askarova K.B., Iksanova N.F., Slambekova Zh.Zh., Sapakhov M.A., Abilda E.M. The role of a physical education teacher in the physical education of younger schoolchildren. MNPC "Innovations in Education, Physical Culture, Sports and Tourism", Kazakh Academy of Sports and Tourism, Almaty, 2021.
<b>New scientific developments:</b>	
Period: 2021-2022	Problems arising in physical training, and their prevention!