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**O. I. Tursymatova<sup>1</sup>, A. T. Urgenishbekov<sup>2</sup>,  
M. M. Dilmakhanova<sup>3</sup>, A. B. Aimirzayeva<sup>4</sup>, \*A. B. Karabalaeva<sup>5</sup>**

<sup>1,2,3,4</sup>Korkyt Ata Kyzylorda University,

Republic of Kazakhstan, Kyzylorda

<sup>5</sup>Astana International University,

Republic of Kazakhstan, Astana

\*e-mail: [karabalaevaAiman@mail.ru](mailto:karabalaevaAiman@mail.ru)

<sup>1</sup>ORCID: <https://orcid.org/0000-0002-5280-732X>

<sup>2</sup>ORCID: <https://orcid.org/0000-0002-5691-1861>

<sup>3</sup>ORCID: <https://orcid.org/0000-0002-4969-9794>

<sup>4</sup>ORCID: <https://orcid.org/0000-0002-3755-0407>

<sup>5</sup>ORCID: <https://orcid.org/0000-0002-2525-2154>

## **INNOVATIVE APPROACHES TO TEACHING BIOPHYSICS IN HIGHER EDUCATION: THEORY AND PRACTICES**

*This article examines innovative methods of teaching biophysics in higher education institutions, including virtual laboratories, simulations, project-based learning, and online platforms. Surveys conducted among 275 students and 64 instructors revealed that these methods improve the understanding of biophysical concepts, enhance student motivation, and increase engagement. Virtual laboratories and simulations enable safe and effective experiments, while project-based learning helps apply theory to practice, fostering critical thinking. An analysis of academic performance indicated that students using these innovative methods exhibited a 15% increase in average performance, with course completion rates rising from 70% to 85%.*

*Based on the collected data, recommendations are provided for expanding the use of virtual laboratories, implementing project-based learning, and developing online platforms. The need for instructors to receive additional training for the effective application of these methods is also emphasized. The findings of the article confirm that innovative approaches create a more interactive and effective educational environment, improving the preparation of students in the field of biophysics.*

*Keywords: innovative approaches, biophysics, educational institutions, virtual laboratories, educational environment*

## **Introduction**

Modern education in biophysics is undergoing transformational changes driven by the need to integrate knowledge from various disciplines for a deeper understanding of complex living systems. Biophysics, positioned at the intersection of biology and physics, requires students to think interdisciplinarily, apply physical laws to biological phenomena, and utilize modern technologies to study biophysical processes. One of the key aspects of innovative teaching is the use of an interdisciplinary approach, which combines the principles and methods of biology and physics [1;2].

Contemporary technologies play a crucial role in transforming the methods of teaching biophysics [3]. Virtual laboratories and computer simulations provide students with the opportunity to conduct experiments and visualize biophysical processes that are difficult or impossible to reproduce in a traditional laboratory. These technologies not only make learning more interactive and engaging but also allow students to gain practical experience with advanced tools and research methods.

Project-based learning is another innovative approach gaining popularity in the teaching of biophysics. This method involves students working on real projects that require the application of knowledge and skills from various fields. Projects may include the development of new biophysical models, the conduct of experimental research, or the creation of applications for analyzing biological data. This approach stimulates creative thinking, collaboration, and independence, which is important for preparing students for scientific careers [4;5].

Distance learning and online platforms also play a significant role in the modern educational environment. They provide students with access to educational resources anytime and from anywhere, which is particularly relevant in the face of global challenges such as pandemics. Online courses and platforms like Coursera, edX, and Khan Academy offer a wide range of biophysics courses developed by leading universities and research institutes.

Evaluating the effectiveness of these innovative methods is crucial. It is important to understand how they contribute to improved educational outcomes, increased student motivation and engagement, as well as the development of critical thinking and analytical skills [6;7].

Thus, the goal of this article is to explore innovative approaches to teaching biophysics in higher education institutions, assess their effectiveness, and provide recommendations for their implementation. An examination of theoretical

foundations and practical methods, as well as an analysis of data on their effectiveness, will allow us to draw conclusions about how to improve biophysics education to prepare students for modern challenges and opportunities in scientific and professional activities.

### **Materials and Methods**

**Theoretical Foundations of Innovative Approaches.** Modern teaching of biophysics in higher education institutions requires the use of innovative approaches to ensure a deep and comprehensive understanding of the subject. This section examines the theoretical foundations of two key innovative approaches: interdisciplinary learning and the use of modern technologies.

**Interdisciplinary Approach.** Interdisciplinary learning is the cornerstone of teaching biophysics. Biophysics, as a field of knowledge, combines the concepts and methods of biology and physics to study biological systems at all levels of organization, from molecular to systemic. The interdisciplinary approach in teaching biophysics allows students to see the connection between these sciences and apply their knowledge to real scientific and medical tasks.

The advantages of the interdisciplinary approach include:

-In-depth understanding of the subject: Students studying biophysics through the lens of an interdisciplinary approach can gain a deeper understanding of biological processes by applying physical principles and methods to them. This leads to a more complete and comprehensive understanding of complex biophysical concepts.

-Development of analytical skills: Interdisciplinary learning helps develop students' critical thinking and analysis skills. Applying physics to biological systems requires students to analyze data, construct models, and conduct experiments, which enhances their analytical abilities.

-Increased motivation and interest: Students participating in interdisciplinary courses often show greater interest and motivation in their studies, as they see the practical application of their knowledge. They can work on real projects that are meaningful for science and medicine.

-To successfully implement the interdisciplinary approach, instructors must develop courses that integrate biological and physical concepts. It is important to use real-world examples and tasks that require knowledge from both fields.

-Use of Modern Technologies. Modern technologies play a vital role in teaching biophysics, providing unique opportunities for in-depth study of biophysical processes. Virtual laboratories, simulations, and computer modeling are powerful tools that can significantly enhance the learning process.

The advantages of using modern technologies include:

-Interactive learning: Virtual laboratories and simulations make learning more interactive. Students can perform virtual experiments that are difficult or impossible to conduct in a real laboratory, allowing them to better understand complex biophysical processes.

-Visualization of complex concepts: Computer models and simulations help visualize biophysical processes, making them more comprehensible. For example, molecular dynamics simulations allow students to observe how proteins fold and interact with other molecules.

-Accessibility and flexibility: Modern technologies provide access to educational resources at any time and from any location. This is especially important in the context of distance learning. Online courses, video lectures, and interactive exercises allow students to learn at their own pace and on their schedule.

To effectively use modern technologies in teaching biophysics, instructors must integrate them into the educational process. Virtual laboratories can be used for conducting lab work, simulations can be incorporated into lectures and practical classes, and computer modeling can become part of students' research projects.

Thus, it can be said that the interdisciplinary approach and the use of modern technologies are key elements of innovative biophysics teaching, contributing to a deeper understanding of the subject, the development of analytical skills, and increased student motivation.

**Practical Methods and Their Application.** Modern teaching of biophysics requires the use of various practical methods that contribute to a deep understanding of the subject, the development of critical thinking, and the preparation of students for scientific work. This section provides a detailed examination of three key methods: virtual laboratories and simulations, project-based learning, and the use of online platforms and distance learning.

Virtual laboratories and simulations are becoming increasingly popular in educational institutions due to their numerous advantages. They allow students to conduct experiments in a safe and controlled environment, which is especially important for biophysics, where many experiments can be complex and costly [8;9].

**Advantages of Virtual Laboratories.** Safety and accessibility: Virtual laboratories provide a safe environment for conducting experiments, avoiding the risks associated with the use of hazardous chemicals or equipment. This is especially beneficial for students who do not have access to fully equipped physical laboratories.

Cost-effectiveness: Virtual laboratories eliminate the need for expensive equipment and consumables, reducing the costs of education.

Project-based learning is an effective method that promotes the development of critical thinking and problem-solving skills. Students work on real projects that

require the application of knowledge from biology and physics, allowing them to see the practical application of their knowledge.

**Advantages of Project-Based Learning.** Development of problem-solving skills: Project-based learning requires students to identify problems, develop hypotheses, and test methods for solving them. This helps develop critical thinking skills and analytical abilities.

**Use of Online Platforms and Distance Learning.** Online platforms and courses provide students with the opportunity to learn at their own pace and on their schedule [10]. This is especially relevant in the face of global challenges such as pandemics when access to traditional educational institutions may be limited.

**Advantages of Online Platforms.**

**Flexibility and convenience:** Online platforms allow students to learn at any time and from any location, making education more accessible. Students can plan their studies according to their schedules and needs.

**Access to extensive resources:** Online courses provide access to a variety of educational resources, such as video lectures, interactive exercises, discussion forums, and self-study materials.

**Forums and discussion groups:** Online forums and discussion groups allow students to interact with instructors and peers, ask questions, and discuss complex concepts. This helps create a learning community and maintain active participation in the educational process.

Thus, virtual laboratories and simulations, project-based learning, and the use of online platforms and distance learning represent effective methods of teaching biophysics that contribute to a deep understanding of the subject, the development of critical thinking, and problem-solving skills. These methods help create a more interactive, accessible, and engaging educational environment, preparing students for modern challenges and opportunities in science and technology.

**Results and Discussion**

**Assessment of the effectiveness of innovative approaches.** To assess the effectiveness of innovative approaches, a series of studies was conducted, including surveys of students and instructors, an analysis of academic performance, and a comparison of traditional and innovative teaching methods. Data were collected from several groups of university students enrolled in a biophysics course.

The first stage of the study involved conducting surveys among students and instructors participating in biophysics courses. A total of 275 students and 64 instructors were surveyed. The surveys were designed to gather comprehensive information about the perception of innovative teaching methods, their advantages and disadvantages, as well as the level of satisfaction with the educational process.

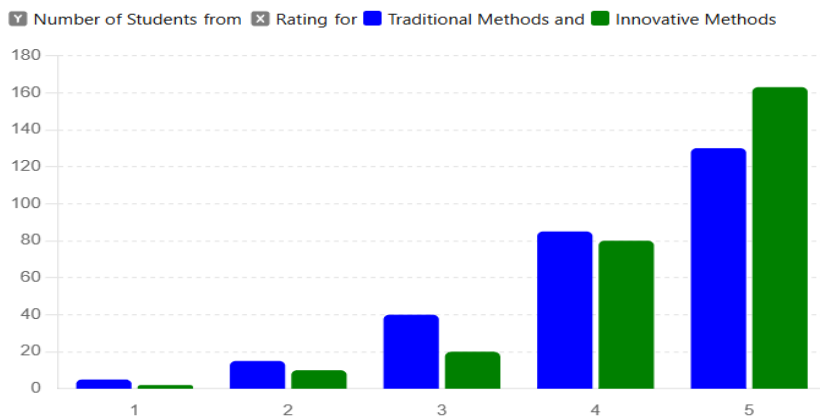


Figure 1 – Students’ Survey Results: Traditional vs Innovative Methods

The student survey included questions about their learning experiences, perceptions of innovative methods (such as virtual laboratories, simulations, project-based learning, and online platforms), level of engagement and motivation, as well as self-assessment of their knowledge and skills. For instance, students rated how much the innovative methods helped them better understand complex biophysical concepts on a scale from 1 to 5 (Figure 1). Open-ended questions were also included, allowing students to express their opinions and suggestions for improving the learning process.

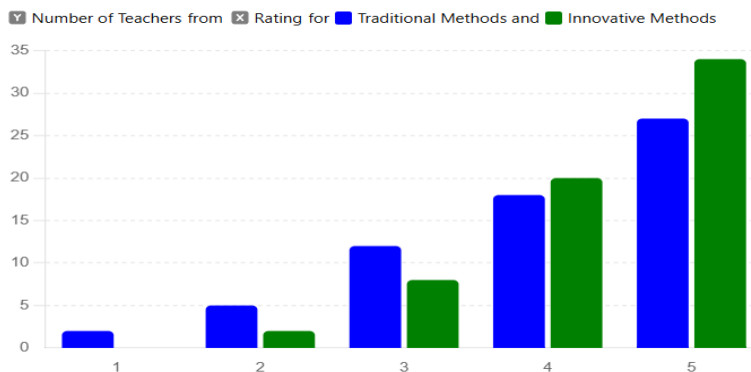


Figure 2 – Teachers’ Survey Results: Traditional vs Innovative Methods



The survey for instructors included questions about the teaching methods used in the course, their perceptions of the effectiveness of these methods, as well as their observations of student performance and engagement. Instructors shared their experiences and opinions on which innovative methods most effectively contribute to learning biophysics (Figure 2). Additionally, they were asked about the challenges they face when implementing innovative methods and what resources are needed for their successful application.

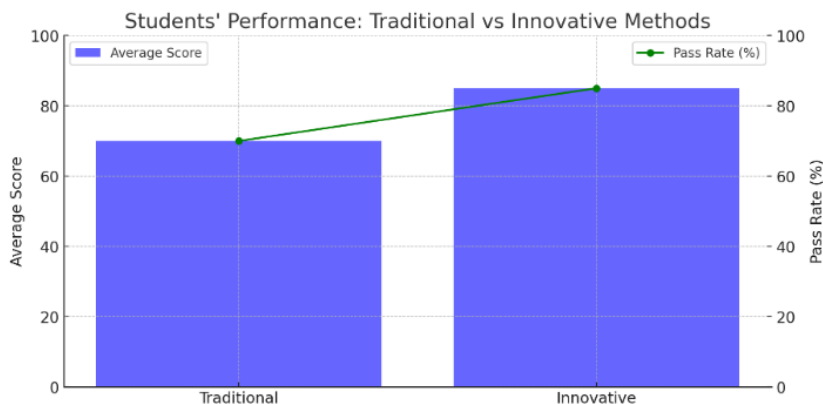


Figure 3 – Students' Performance: Traditional vs Innovative Methods

The second phase of the study involved comparing traditional and innovative teaching methods to assess their effectiveness and impact on students' educational outcomes (Figure 3).

Traditional Teaching Methods included lectures, laboratory work, and traditional exams. This approach is widely used in educational institutions but has certain limitations, such as a lack of interactivity and practical orientation. Instructors noted that traditional methods do not always facilitate a deep understanding of complex biophysical processes.

Innovative Teaching Methods included the use of virtual laboratories, simulations, project-based learning, and online platforms. These methods aimed to increase interactivity, student engagement, and the development of critical thinking and analytical skills. Virtual laboratories allowed students to conduct experiments in a safe and controlled environment, simulations helped visualize complex processes, and project-based learning promoted problem-solving skills and creative thinking.

Based on the results obtained, the following conclusion can be drawn.

1. Perceptions of Students and Instructors: Surveys revealed that the majority of students (78 %) and instructors (85 %) rated the innovative teaching methods positively. Students noted that virtual laboratories and simulations helped them better understand complex biophysical processes, while project-based learning contributed to the development of their problem-solving skills. Instructors emphasized that innovative methods enhance student motivation and make the learning process more engaging and effective.

2. Student Performance: An analysis of academic performance showed that students who were taught using innovative methods generally achieved better results than those who were taught using traditional methods. The average performance in groups using innovative methods was 15 % higher, and the percentage of students successfully completing the course increased from 70 % to 85 %.

3. Comparison of Teaching Methods: A comparison of traditional and innovative methods indicated that innovative methods are more effective in improving students' educational outcomes. Virtual laboratories and simulations provided better visualization and understanding of the material, project-based learning fostered the development of critical thinking, and online platforms offered access to a wide range of educational resources.

Thus, the research methodology, which included surveys of students and instructors, an analysis of academic performance, and a comparison of traditional and innovative teaching methods, allowed for a comprehensive assessment of the effectiveness of innovative approaches in teaching biophysics. The results demonstrated that innovative methods contribute to a deeper understanding of the material, the development of critical thinking, and improved student performance, making them promising for further implementation in the educational process.

Surveys of students and instructors revealed significant differences in the perception of traditional and innovative teaching methods.

The results showed that students who were taught using innovative methods demonstrated higher proficiency in understanding complex concepts and applying knowledge in practice. Instructors noted that the integration of technology and an interdisciplinary approach enhances student motivation and engagement in the learning process.

A majority of students (78 %) positively evaluated innovative teaching methods. The survey indicated that students found virtual laboratories and simulations particularly useful for understanding complex biophysical processes. The visualization and interactivity provided by these methods contributed to a deeper understanding of the material. Project-based learning also received high

marks as it allows students to apply theoretical knowledge in practice and develop problem-solving skills.

Instructors (85 %) also gave positive feedback on innovative methods. They pointed out that using virtual laboratories and simulations not only makes the learning process more interesting for students but also simplifies the explanation of complex concepts. Instructors also emphasized that project-based learning fosters the development of critical thinking and independent research skills among students.

An analysis of student performance showed that students taught using innovative methods achieved better results compared to those taught by traditional methods. The average performance of students using innovative methods was 15% higher than that of students following traditional methods. Additionally, the percentage of students who successfully completed the course increased from 70% to 85%. This indicates that innovative methods contribute to a deeper understanding of the material and better exam preparation.

A comparison of traditional and innovative teaching methods highlighted several advantages of the latter:

- Interactivity and Visualization: Virtual laboratories and simulations make learning more interactive and enhance the understanding of complex concepts through process visualization.

- Practical Application of Knowledge: Project-based learning enables students to apply theoretical knowledge in practice, fostering problem-solving skills and critical thinking.

- Flexibility and Accessibility: Online platforms and distance learning provide students with the flexibility to study at their convenience from any location, which is especially important in the face of global challenges.

Instructors also noted that the use of innovative methods simplifies the explanation of complex concepts and makes the learning process more engaging. However, the implementation of these methods requires additional resources, such as technical support and instructor training.

In conclusion, innovative teaching methods are promising and effective tools for enhancing the quality of education in the field of biophysics.

#### Conclusions

The conducted research and data analysis have demonstrated that innovative teaching methods in biophysics, including virtual laboratories, simulations, project-based learning, and online platforms, significantly enhance the quality of education in this field. Students who are taught using these methods show higher levels of understanding of complex biophysical concepts, as well as improvements in critical thinking and problem-solving skills.

Surveys of students and instructors confirmed that innovative methods are positively received and contribute to increased motivation and engagement in the learning process. The average academic performance of students who used innovative methods was 15% higher, and the course pass rate increased from 70 % to 85 %.

A comparison of traditional and innovative teaching methods revealed significant advantages of the latter, including improved interactivity and visualization, opportunities for practical application of knowledge, and increased flexibility and accessibility of education.

Based on the data and research results, several recommendations can be made for further improving the teaching of biophysics in higher education institutions:

1 **Adopt Virtual Laboratories:** Universities are encouraged to actively implement virtual laboratories to conduct safe and cost-effective experiments. Educational programs should be updated to align with modern scientific advancements.

2 **Integrate Project-Based Learning:** Instructors should integrate project-based learning into courses to allow students to apply theory in practice and develop critical thinking skills. Universities are recommended to support interdisciplinary projects that combine biology, physics, and other sciences.

3 **Expand the Use of Online Resources:** Universities should expand the use of online resources, providing access to education at any time. Instructors can use video lectures and interactive exercises to maintain student engagement.

4 **Organize Professional Development Programs:** It is necessary to organize professional development programs for instructors and provide technical support when using virtual laboratories and online platforms.

5 **Conduct Research on the Impact of Innovative Methods:** It is recommended to conduct research to assess the impact of innovative methods on educational outcomes. Universities should analyze data to improve educational programs.

In conclusion, innovative teaching methods in biophysics have proven to be effective and promising. Their implementation contributes to creating a more interactive, accessible, and engaging educational environment, ultimately improving the quality of education and preparing students for contemporary challenges and opportunities in science and technology.

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*О. И. Тұрсынатова<sup>1</sup>, А. Т. Үргенішбеков<sup>2</sup>, М. М. Ділмаханова<sup>3</sup>,*

*А. Б. Аймырзаева<sup>4</sup>, А. Б. Қарабалаева<sup>5</sup>*

<sup>1,2,3,4</sup>Қорқыт Ата атындағы Қызылорда университеті,

Қазақстан Республикасы, Қызылорда қ.

<sup>5</sup>Астана халықаралық университеті,

Қазақстан Республикасы, Астана қ.

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## **ЖОҒАРЫ ОҚУ ОРЫНДАРЫНДА БИОФИЗИКАНЫ ОҚИТУДЫҢ ИННОВАЦИЯЛЫҚ ТӘСІЛДЕРІ: ТЕОРИЯ ЖӘНЕ ПРАКТИКА**

*Бұл мақалада жоғары оқу орындарында биофизиканы оқытудың инновациялық тәсілдері зерттеледі, сондай-ақ олардың тиімділігін бағалау жүргізіледі. Зерттеу пәнаралық оқыту әдістерін, виртуалды зертханалар, модельдеу, жобалық оқыту және онлайн платформалар сияқты заманауи технологияларды пайдалануды қамтиды. Зерттеу барысында 275 студент пен 64 оқытушыға сауалнама жүргізілді, сонымен қатар студенттердің үлгеріміне талдау жасалды.*

*Сауалнама нәтижелері студенттер мен оқытушылардың көпшілігі инновациялық әдістерге оң баға беріп, олардың күрделі биофизикалық тұжырымдамаларды түсінуді жақсартуға, мотивация мен оқу процесіне қатысуды арттыруға қосқан үлесін атап өтті. Үлгерімді талдау инновациялық әдістерді қолдана отырып оқитын студенттер дәстүрлі әдістермен салыстырғанда жоғары нәтиже көрсететінін анықтады, орташа үлгерім 15 % - га артып, курсты сәтті тапсыру пайызы 70 % - дан 85 % - га дейін өсті.*

*Алынған мәліметтер негізінде виртуалды зертханалар мен модельдеулерді пайдалануды кеңейту, жобалық оқытуды енгізу, онлайн-платформалар мен қашықтықтан оқытуды дамыту, сондай-ақ оқытушылар үшін біліктілікті арттыру бағдарламаларын ұйымдастыру бойынша ұсыныстар жасалды. Мақаланың қорытындылары оқытудың инновациялық әдістері интерактивті және тиімді білім беру ортасын құруға ықпал ететінін растайды, бұл сайып келгенде студенттердің биофизика саласындағы дайындық сапасын жақсартады.*

*Кілтті сөздер: инновациялық тәсілдер, биофизика, оқу орындары, виртуалды зертханалар, білім беру ортасы*

О. И. Турсыматова<sup>1</sup>, А. Т. Ургенишбеков<sup>2</sup>, М. М. Дильмаханова<sup>3</sup>,  
А. Б. Аймырзаева<sup>4</sup>, \*А. Б. Карабалаева<sup>5</sup>

<sup>1,2,3,4</sup>Қызылординский университет имени Коркыт Ата,

Республика Казахстан, Кызылорда,

<sup>5</sup>Международный университет Астана,

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## **ИННОВАЦИОННЫЕ ПОДХОДЫ К ПРЕПОДАВАНИЮ БИОФИЗИКИ В ВЫСШИХ УЧЕБНЫХ ЗАВЕДЕНИЯХ: ТЕОРИЯ И ПРАКТИКА**

*В данной статье исследуются инновационные подходы к преподаванию биофизики в высших учебных заведениях, а также проводится оценка их эффективности. Исследование охватывает междисциплинарные методы обучения, использование современных технологий, таких как виртуальные лаборатории, симуляции, проектное обучение и онлайн-платформы. В рамках исследования были проведены опросы 275 студентов и 64 преподавателей, а также анализ успеваемости студентов.*

*Результаты опросов показали, что большинство студентов и преподавателей положительно оценивают инновационные методы, отмечая их вклад в улучшение понимания сложных биофизических концепций, повышение мотивации и вовлеченности в учебный процесс. Анализ успеваемости выявил, что студенты, обучающиеся с использованием инновационных методов, демонстрируют более высокие результаты по сравнению с традиционными методиками, с увеличением средней успеваемости на 15 % и повышением процента успешной сдачи курса с 70 % до 85 %.*

*На основе полученных данных сделаны рекомендации по расширению использования виртуальных лабораторий и симуляций, внедрению проектного обучения, развитию онлайн-платформ и дистанционного обучения, а также организации программ повышения квалификации для преподавателей. Выводы статьи подтверждают, что инновационные методы обучения способствуют созданию более интерактивной и эффективной образовательной среды, что в конечном итоге улучшает качество подготовки студентов в области биофизики.*

*Ключевые слова: инновационные подходы, биофизика, учебные заведения, виртуальные лаборатории, образовательная среда*

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«Toraighyrov University» баспасынан басылып шығарылған

Торайғыров университеті

140008, Павлодар қ., Ломов к., 64, 137 каб.

«Toraighyrov University» баспасы

Торайғыров университеті

140008, Павлодар қ., Ломов к., 64, 137 каб.

8 (7182) 67-36-69

e-mail: kereku@tou.edu.kz

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