

Master`s Degree Program: SPORTS KINESIOLOGY

Professional qualification: Sports Kinesiologist

Duration: 1 year

Mode of study: full-time

ADMISSION REQUIREMENTS AND BACKGROUND:

Admission to the master`s program of Sports Kinesiology requires a Bachelor`s degree with the following professional qualifications: Physical education teacher, Sports coach (in any kind of sport), Sports manager, Sports animator, Coach of applied physical training and sports for the Bulgarian Army and the Ministry of Interior; from Broad area of study: (1) Pedagogics, Subject field: Pedagogics of physical education (Code: 1.3.); and (2) Health Care and Sports, Subject field: Sport (Code: 7.6.).

This master`s program enhances the professional qualification and is a good start for a successful carrier, as it improves the competitiveness of graduates at the local and global labor market.

Master`s programs related to Kinesiology (i.e. Human Kinetics) are attractive for specialists of various professional qualifications. Worldwide practice shows that Bachelor`s and Master`s programs in Kinesiology differ largely following different criteria. For example, there are: Science and Kinesiology, Arts Kinesiology, scientific investigations in the field of sport performance (Sport and Science) etc. As this is a new, pioneer program in Kinesiology in Bulgaria, accredited for a first time in South-West University, it covers a broad spectrum of scientific and applied aspects.

AIMS:

(1) to upgrade and internationalize the education of the graduates from bachelor's programs related to exercise and movement, with knowledge on locomotion of the healthy humans by fundamental disciplines, such as: Anatomy of movement and Basics of kinesiology, Neurophysiology of movement, Bioenergetics of skeletal muscles;

(2) to ensure the education of the graduates on the functional research, related with contemporary methodology, such as: Spiroergometry, Kinesiological Electromyography, Isokinetic Dynamometry, Exercise Biochemistry etc.;

(3) to enrich the knowledge of the graduates on practical and applied disciplines, related with exercise and training, sedentary lifestyle effects, overtraining etc., which reveals the relation between physical activity and health;

(4) to provide knowledge of these specialists on many activities related to motor control of skeletal muscles in various applied disciplines, such as: dance art, instrumental music, plastic art, vocal music etc.

(5) to give the methodology and provide possibilities for training skills on the experimental approaches during kinesiological research at a different levels such as: a literature review preparation, selection of the experimental groups, nonparametric statistic analyses, experimental design and data interpretation etc.

KNOWLEDGE:

Graduates from this master's program will be proficient in:

(1) Basic disciplines: applied physics (physics of rigid body and fluids, heat exchange, kinematics, dynamics, statics etc.), scientific research and statistics, non parametric statistical analyses of experimental data on physical work and physical effort, physical loading, motor skills and motor performance, sports, sport training, biophysics (introduction in physical and biological basis of the exciting structures) etc.;

(2) A range of medico-biological disciplines, related to movement and training: anatomy of the skeletal-muscular system and anatomy of movement, neuro-muscular basis of motor activity, functional research in sports and kinesitherapy (including spiroergometry for assessment of aerobic capacity; evaluation of anaerobic capacity, electromyography, isokinetic dynamometry for assessment of force and power during eccentric, concentric and isometric contractions, bioenergetics of the motor activity and evaluation of the parameters for aerobic and anaerobic work; physiological basis of motor control, metabolism, bio-stimulation, supplementation and exercise performance;

(3) Disciplines, related with motor activity and motor control of the skeletal muscles in the applied areas of vocal preparation for singing, dance art, instrumental art, and plastic arts, such as: classic exercise, folklore dances, typical dances, piano, accordion, graphics and drawing, painting, sculpture, applied arts, vocal singing.

(4) General scientific and special skills in psycho-social, legal, economic issues of physical activity and sport, acquired by training in psychology of physical activity and sport, social aspects of physical activity , etc.

PROFESSIONAL COMPETENCIES AND SKILLS

A Sports Kinesiologist is a broad spectrum specialist. The competencies of the specialists, based on their general and specialized training and education enables them to enlarge the areas of application, and to alter their routines and business activity, which could be not only related to kinesitherapy, but also to physiotherapy and rehabilitation. If needed, they could adapt to scientific, investigatory, consulting, expert, organizational, educational and management activities.

A Sports Kinesiologist has a competency:

- to organize various sport and multisport events (competitions, hiking trips and outings, etc.); to supervise, consult, advise and coach participants.

- to carry out curative, restorative and recreation activities, functional testing and rehabilitation in hospitals, polyclinics, clinical centers, sanatoriums, hotels, fitness centers, retirement houses and other health and social institutions and facilities.
- to motivate and educate patients, pupils, students, citizens, people with disabilities etc., for exercise, for natural and healthy lifestyle, sensible habits related to physical culture, optimal level of working capacity, for overcoming the sedentary lifestyle; and for initiating and maintaining good fitness level.
- to prepare and develop documentation for scientific projects in the area of kinesiology and physical therapy.

Curriculum

<u>First semester</u>	ECTS credits	<u>Second semester</u>	ECTS credits
1. Biological foundations of kinesiology	4.0	1. Anatomy of movement with kinesiology, part 2	4.0
2. Anatomy of movement with kinesiology, part 1	5.0	2. Exercise biochemistry	3.0
3. Spiroergometry, isokinetic dynamometry and kinesiological electromyography	8.0	3. Biostimulation in sports	2.0
4. Methodology of kinesiological research and nonparametric statistics	5.0	4. Physical activity, health, morbidity and ergotherapy	2.0
5. Social aspects of physical activity and sport	4.0		
Optional disciplines (the students choose one discipline for each group)		Optional disciplines (the students choose one discipline for each group, they cannot choose same disciplines as in first semester)	
I. Arts kinesiology		I. Arts kinesiology	
1. Classical exercise	2.0	1. Classical exercise	2.0
2. Folklore dances	2.0	2. Folklore dances	2.0
3. Distinctive dances	2.0	3. Typical dances	2.0
4. Piano	2.0	4. Piano	2.0
5. Accordeon	2.0	5. Accordeon	2.0
6. Graphics and drawing	2.0	6. Graphics and drawing	2.0
7. Painting	2.0	7. Painting	2.0
8. Sculpture	2.0	8. Sculpture	2.0
9. Applied arts	2.0	9. Applied arts	2.0
10. Introduction to vocal training	2.0	10. Introduction to vocal training	2.0

II. Science		II. Science	
1. Cybernetic kinesiology		1. Cybernetic kinesiology	2.0
2. Psychology of physical activity	2.0	2. Psychology of physical activity	2.0
3. Contemporary trends in theory and methods in sports training	2.0	3. Trends in theory and methods in sports training	2.0
4. Training of athletes with disabilities	2.0	4. Training of athletes with disabilities	2.0
5. Sports trauma	2.0	5. Sports trauma	2.0
6. Eccentric exercises in sports and kinesitherapy	2.0	6. Eccentric exercises in sports and kinesitherapy	2.0
		State examination or master thesis defence	15
	Total 30		Total 30

Total for both semesters: 60 credits

Course description

BIOLOGICAL FOUNDATIONS OF KINESIOLOGY

ECTS credits:	4.0	Classes per week:	2L+1S +0E+LE
Assessment:	written exam	Course type:	compulsory
Semester:	I		
Course coordinating department: Sports and Kinesitherapy, Faculty of Public Health and Sports			
Lecturer: Assist. Prof. Maria Kokova Email: mariakokova@swu.bg		Department: Sports and Kinesitherapy	

Annotation:

In this discipline the students learn the basic paradigms and theories in biology, the subject, objectives and methods, and relationships of biology with other sciences. The science of living organisms introduces the students to the laws of nature at different levels of organization of matter: cell, tissue, organ, system, organism, population, species, community,

ecosystem and biosphere. The objectives of the course are to introduce students to the cell theory, structure and functioning of cells, types of cells, formation of tissues, organs and systems in multicellular organisms, and to the basic types of regulation in living nature, homeostasis, and biological basis of the behavior of humans and animals.

Contents:

Subject, tasks and importance of biology. Basic principles of organization of living systems. Cellular biochemistry. Cellular energetics. Reproduction and individual development of organisms. Introduction to genetics. Evolutionary doctrine. Development of the biosphere. Nutrition and digestion in plants, invertebrates and vertebrates. Coordination and regulation in animals. Coordination and regulation in plants. Growth and development. Types of growth. Homeostasis. Systems of governance and regulation in biology. Animal locomotion.

Teaching and evaluation:

The discipline gives 4 credits as follows: 2 are awarded for attending lectures and seminars, and 2 for carrying out control tests and extracurricular work. The current grade is formed as a sum of the averaged grades from the control tests (40%) and the overall assessment of the activities and development of extracurricular work (60%). The exam is written. It consist of 2 questions from the syllabus. The students have to answer both questions. The exam grade is an average from both answers, when each is graded Average 3 at least. If one of the answers is graded Poor 2, than the average grade is also 2, regardless of the other grade. The final grade is calculated as follows: 40% of current grade and 60% of the exam grade.

ANATOMY OF MOVEMENT WITH KINESIOLOGY – PART I

ECTS credits:	5.0	Classes per week:	2L+0S +0E+1LE
Assessment:	written and oral exam	Course type:	compulsory
Semester:	I		
Course coordinating department: Sports and Kinesitherapy, Faculty of Public Health and Sports			
Lecturers (team): Assoc. Prof. Maria Gikova, Ph D Tel.: 0898 77 65 97 E-mail: mgikova@abv.bg		Department: National Sport Academy, Sofia	

Course outline:

Students obtained knowledge on fundamental anatomical-functional disciplines. Motor system is the main object with a special attention on the so-called kinesiological characteristics. The material is in accordance with the requirements of the clinical and special disciplines. In the first part of the discipline, the students obtained knowledge on the functional anatomy and kinesiology in the context of the interactions between systems, proper terms, anatomical vocabulary and terminology, ideas for topographic anatomy etc. Knowledge on axes and planes is further included together with locomotor system, passive and active parts of this apparatus, types connections between bones and structural organization of the skeletal muscles.

Course topics:

Osteology, bone tissue, types of bones in the skeletal system. Functions of the bones, kinematic links. Origin, genesis and development of the bones. Aging processes. Bones of the spinal column. Bones of the thoracic cage. Skull. Bones of upper and lower limb. Bones as leverage systems. Kinematic links of the locomotor system. Anatomical conditions for injuries and traumatism. Muscle apparatus, peculiarities of the muscle action - accompanying movements, active and passive muscle insufficiency, paradoxical action of the muscles. Muscle synergy: agonists, antagonists, fixators, inverse agonists or neutral antagonists. Muscles of head, neck, torso – insertions, functions and innervation. Anatomical and functional analysis of the spinal column movements.

Teaching and assessment:

The lecture course is presented by multimedia, anatomical models and posters. Practical exercises should be done with contemporary equipment in the laboratory on physiology and anatomy or in the University center for research in sport and kinesitherapy with isokinetic dynamometer, kinesiological EMG etc. The current intermediate assessment is accumulated basing on one or two tests and participation in the practical exercises.

**SPIROERGOMETRY, ISOKINETIC DYNAMOMETRY, KINESIOLOGICAL
ELECTROMYOGRAPHY**

ECTS credits:	8.0	Classes per week:	2L+0S +0E+4LE
Assessment:	written and oral exam	Course type:	compulsory
Semester:	I		
Course coordinating department: Sports and Kinesitherapy, Faculty of Public Health and			

Sports	
Lecturers (team): Assoc. Prof. Nevena Stoyanova Pencheva; Tel.: 0899 147 701, Assist. Prof. Kristina Jivkova Grancharska; Tel.: 0878 755 006, Assist. Prof. Maria Kokova, PhD; Tel.: 0896 73 34 71,	Department: Sports and Kinesitherapy Sports and Kinesitherapy Sports and Kinesitherapy

Course outline: The aim of the discipline is to acquire theoretical and practical knowledge and skills by the students on the fundamental research of cardio-respiratory system and support and movement system through assessment of the biomechanical, physiological and electrophysiological parameters. The healthy untrained persons and trained athletes from different sport disciplines are the main subjects for functional testing. The main 3 modules of the course share the same name with the discipline. The volume of the lectures is limited in favour of the practice in order to give an opportunity of the students to obtain experimental data by exercise on novel methodology and to discuss the results obtained. So, the main purposes of the teaching on this 3 modules are achieved predominantly by practical activities.

Course content:

Part Selected topics from the physiology of respiratory system – this part is just for student from bachelor degree of Physical education.

Part Spiroergometry comprises: - functional changes in respiratory and cardiovascular system during exercise; - approaches for evaluation of the VO₂max and their application in the practice; - the methodology of direct spiroergometric assessment of the VO₂max and evaluation of the parameters, which are measured or calculated; - methods for indirect determination of the VO₂max, their limitations and advantages.

Part Neurophysiology of skeletal muscles – this part enlarge the knowledge of the students from degree bachelor on Physical education on physiology of muscles, motor units, motor control etc.,

Part Isokinetic Dynamometry comprises: - the role of the skeletal muscle for human movement and for generation of different types of force in the context of the sub-cellular structural organization of muscles and different types of muscle contractions; - characterization of the dynamometry as a methodology for measurement of torque and related parameters as well, such as: muscle and joint work, power, etc.; - methodology of isokinetic dynamometry for evaluation of the muscle performance and muscle function; - description and characterization of the measured and calculated parameters, obtained with isokinetic dynamometry in sports and kinesitherapy.

Part Kinesiological EMG comprises: - the role of EMG in investigations of neuro-muscular performance; - relationship between physiological signal and register EMG signal; -

understanding of the correlation between EMG signal and influences of internal and external factors; - description of the characteristics of the recorded technique, frequency and amplitude elements of the signal etc.; - validity and reliability of the EMG measurements] – interpretations of the myograms during static, dynamic and isokinetic exercise.

Course organization and assessment:

The lectures are presented by multimedia, supplemented by smaller discussion sections. The practical laboratory exercises should be done with specialized equipment in specialized laboratory or University center for research in sport and kinesitherapy. At the end of the semester the students obtain an intermediate assessment, after 2 or 3 test performances and assessment of the practical exercise attitudes. In order to appear in the exam, their current grade have to be higher than 2. After passing exam (written and oral), the students receive final grade.

References:

Eston R., Reilly Th. (2004) Kinanthropometry and exercise. Physiology laboratory manual: tests, procedures and data. (Eds. Roger Eston and Thomas Reilly). Routledge (Taylor & Frances Group), London and New York.

Lieber R. L. (2009) Skeletal muscle structure, function and plasticity: the physiological basis of rehabilitations. Lippincott, Williams, Wilkins.

Wilmore J.H., Costill D.L., Larry Kenney W. (2008) Physiology of Sport and Exercise, fourth edition, Human Kinetics.

Wasserman K., Hansen J.E., Sue D. Y., Stringer W. J. (2005) Principles of Exercise Testing and Interpretation (Fourth Edition) Lippincott Williams Wilkins.

METHODOLOGY OF KINESIOLOGICAL RESEARCH AND NONPARAMETRIC STATISTICS

ECTS: 5.00

Classes per week: 2L+0cy+0ly +2LE

Assessment: exam

Course type: compulsory

Course coordinating department: Sports and Kinesitherapy, Faculty of Public Health and Sports

Lectors:

Assoc. Prof. Elena Karashtranova, Ph D

Department on Informatics, Faculty of mathematics and natural sciences

Prof. Pariz Parizov

e-mail: p_parozov@swu.bg

Outline:

The course Social aspects of physical activity and sport is included in the curriculum of the Master's program Sport Kinesiology. The aim of the discipline is to provide the necessary preconditions for the implementation of the new social features of the physical education.

Contents:

Introduction, Sport and physical activity, description, etc. Influence of religion, race and ethnicity on sport, Sport and recreation. Effect of tourism on the organism.

Teaching and assessment:

Traditional methods, multimedia, reflexive techniques, Internet. The final exam is written, on basic terms, mechanisms, schemes.

ANATOMY OF MOVEMENT WITH KINESIOLOGY – PART II

ECTS credits:	4.0	Classes per week:	2L+0S +0E+1LE
Assessment:	written and oral exam	Course type:	compulsory
Semester:	I		

Course coordinating department: Sports and Kinesitherapy, Faculty of Public Health and Sports

Lecturers (team):

Assoc. Prof. Maria Gikova, Ph D

Tel.: 0898 77 65 97

E-mail: mgikova@abv.bg

Assist. Prof. Maria Kokova, Ph D

Tel.: 0896 73 34 71,

Department:

National Sport Academy, Sofia

Sports and Kinesitherapy

Course outline:

In the second part of the discipline, the students received knowledge on the muscles of upper limb and lower limb, kinesiological analyses of movement, cardiorespiratory system as a limited factor of exercise, adaptive morphological changes in physical activity and aspects of motor control as well.

Content:

Upper limb muscles – insertions, functions, innervation. Kinesiological analyses of movement in the joints of upper limb and shoulder. Muscles of lower limb – insertions, functions and innervation. Arch. Kineziological analysis of movements in the joints and lower limbs, walking and squatting - standing.

Cardiorespiratory system as an exercise-limiting factor. Adaptive morphological changes in physical activity. Anatomic and functional aspects of the management of movement. Movement as a process of managing, the nervous system as the governing body, the body as a manageable unit. Outer and inner circle of government, rights and feedback. Kineziological analysis of simple movements and complex motor actions - algorithm. Analysis of complex motor activities - walking, running, squatting, standing, lifting the arm to the vertical position - anteflexion and abduction. Modern methods for analysis and modeling of the musculoskeletal system. Internal and external force field.

Teaching and assessment:

The course is conducted using multimedia, models, anatomical and poster boards. The workshops are held at the Center for Functional studies in sport and kinesitherapy with isokinetic dynamometers, kinesiological EMG, etc. Current grades are calculated based on one or two tests and participation in practical exercises.

EXERCISE BIOCHEMISTRY

ECTS credits:	3.0	Classes per week:	2L+0S +0E+1LE
Assessment:	written	Course type:	compulsory
Semester:	I		
Course coordinating department: Sports and Kinesitherapy, Faculty of Public Health and Sports			
Lecturer: Assist. Prof. Maria Kokova, PhD E-mail: mariakokova@swu.bg		Department: Sports and Kinesitherapy	

Outline:

The aim of the proposed program is to give students in-depth knowledge and skills on metabolic changes in the human body at rest and exercise.

The program starts with discussion on the physical and chemical basics of biochemistry, followed by an overview of metabolism, with emphasis on the major catabolic energy-

E-mail: ivan_topouzov@swu.bg

Lab exercises:

Assist. Prof. Kristina Jivkova Grancharska; Tel.: 0878 755 006,

Department: Sports and Kinesitherapy

Annotation:

Course "Physical Activity Health, Morbidity and ergotherapy" introduces students to the wording and meaning of health systems to assess their health and grades of health. Boundary conditions are considered in health. Special attention is paid to the influence of different types of physical activity on health and the risk of occurrence of diseases inconsistent with individual abilities loads, including stress, surge micro- and macro-traumatism. Sport for health is seen as a means to strengthen the body and prevent stress and disease. The role and tasks of ergotherapy are studied in the rehabilitation of illnesses and injuries come as a result of physical activity and sports.

Contents:

Health and illness – definitions and characteristics. Definition of health service. Structure and tendencies in the dynamics of the sick rate in Bulgaria , Europe and rest of the world. The physical activity and its relatedness with health and illnesses. Oxidative stress and sports. Illnesses from sports overtensioning, micro and macro traumatism. The natural means and sports as a method for strengthening the human organism and prophylaxis of stress and illnesses. Their impact upon the immunity and hardening. Role and tasks of ergotherapy in the rehabilitation of illnesses and injuries come as a result of physical activity and sports. The LODI–model – application in the kinesiological practice. Adapted physical activity and sports in rehabilitation of people with chronic illnesses and injuries. The role of art (Art-therapy) in rehabilitation of children and adults. The role of animation and supervision for the kinesiology, kinesitherapy and rehabilitation.

Technology of learning and examination:

The lectures are supported by posters, as well as the seminar exercises. The current marks are formed on the basis of a test and participation in the seminars.

CLASSICAL EXERCISE

ECTS credits:	2.0	Classes per week:	1L+0S +1E+1LE
Assessment:	exam	Course type:	elective
Semester:	I /II		
Course coordinating department			
Department of Choreography			
Prof. D.Sc. Anelia Yaneva		Department:	Faculty of Arts

Summary:

Students become familiar with and learn the basic movements of the classical dance.

During the tutorial students record and analyse the basic requirements in the performance of the studied movements - possible mistakes and to absorb the compulsory conditions for the correct movements.

During the exercise, divided in groups, the students learn the basic elements from the classic dance - movements on bar, in the middle of the stage, jumps.

Content of studies:

Analysis and types of learning of steps and jumps, preparing for the learning of the classic dance. Analysis and types of learning of rhythmic movements. Analysis and types of learning of movements in partnering. Analysis and types of learning of stage graphycs. Analys and types of learning of basic movements of the classic dance. Steps and jumps preparing the learning of elements from the classic dance - Temps leve saute; Changement de pied; Pas echappe; Rhythmic movements - clapping in different timing schemes, with accent on the different point of the timing. Partning movements – Pas chasse, pas ebmoite, изучаване на полка, валс learning of polka and walce. Stage graphycs movements - combinations, diagonal rolling, circle, two rows. Simple movements of classical dance - – Battements, Ronds, Tours, Pirrouettes, Pas sauté, Allegro.

Methodology of the studies and evaluation:

From methodical point of view the studied material is separated in sessions. The course targets to familiarise the students with movement's knowledge of the classic dance realm;

the principles and the specifics of performing the classic dance movements; to become familiar with the requirements of the classic dance movements; to become fluent and capable to independantly apply combinations, build on the classic dance movements.

The studies complete with an end of the term exam, where the final mark is formed with the marks of two prime mid-term exam and evaluation of the independent students' work.

FOLKLORE DANCES

ECTS credits:	2	Classes per week:	1L+0S +1E+0LE
Assessment:	exam - written and practical	Course type:	elective
Semester:	I / II		

Course coordinating department: Sports and Kinesitherapy, Faculty of Public Health and Sports

Lecturer:	Department:
Prof. Nikolai Cvetkov, Ph D	Choreography
Tel.: 0899 14 77 01	Faculty of arts
E-mail: tsvetkov_n@swu.bg	

Summary:

Course "Bulgarian Folklore Dances" contains Draft general overview of Bulgarian folklore dances. The course provides historical data for Bulgarian folklore dances. Students learn folklore dance ethnographic specimens from all areas to get acquainted with the style and character of the performance. The course includes topics of Bulgarian ethnochoreology. The students master the different samples of Bulgarian folklore dance.

Course content:

Overview of Bulgarian folklore dance. Ihistorucal information about Bulgarian folklore dances. Dance as public entertainment. Ritual dance culture. Ritual dances of the calendar cycle. Ritual dances of the family cycle. Female ritual dances. Girlish and feminine ritual dances. Male ritual dances. Mastering the dance patterns from Northern folklore region. Mastering the Dance Shoppe samples of folklore region. Mastering the dance patterns of the Thracian folklore region. Mastering the dance patterns from Pirin Folklore field. Mastering the dance patterns folklore from Dobrudja area.

Teaching and assessment:

The course consists of lectures, exercises and individual work of students. The course takes place in the traditional manner, supported by choreography examples. Complementary lectures are held in the dance hall with an accompanist. The course ends with an exam -

written and practical at the end of the semester. The final evaluation report the results of the tests and exams (written and practical) in the ratio 6:4.

PIANO

ECTS credits:	2.0	Classes per week:	1L+0S +1E+0LE
Assessment:	exam - written	Course type:	elective
Semester:	I / II		

Course coordinating department: Sports and Kinesitherapy, Faculty of Public Health and Sports

Lecturer:

Assoc. Prof. Maria Goranova, Ph D

Tel.: 0899 14 77 01

E-mail: E-mail: maria_g@swu.bg

Department:

Music

Faculty of arts

Summary:

Course "Piano" is optional and purpose of the proposed curriculum is to give students basic knowledge regarding relationships, hearing music - Fingertip-motor skills and habits. The short course addressing the issue of musical hearing and its active manifestation in the process of playing piano. The aim is to focus attention on building basic Fingertip-driven and manual piano skills, using different rhythmic and song samples. Provides an opportunity for students to improvise individually and in pairs different rhythmic and sound design as an expression of polar and close emotional states.

Training is necessary for students to have a elementary ear for music.

Course content:

Music as an art form. Elements of musical expression. Getting familiar with the note writing. Introduction to the piano keyboard. Children's song - an expression of attitudes and emotions. Problems arising when playing by ear and playing notes. Ensemble playing. Playing by ear and imitations of different rhythmic and melodies. Gaining skills in assessing foreign and own exact implementation. Perform various rhythmic phrases with a musical note recording. Playing by ear a familiar melody and simple children's songs. Reading and playing musical text. Ensemble playing.

Technology of the education and assessment:

The course is delivered in a manner approved by using multiple tables and diagrams illustrating the music "live". The practical exercises are held in room with two pianos.

At the end of the semester, students receive ongoing assessment, based on assessments of one test and assessment of thematic development / paper.

DRAWING AND GRAPHIC

ECTS credits:	3.5	Classes per week:	2L+0S +0E+1LE
Assessment:	written and oral exam	Course type:	elective
Semester:	I /II		
Course coordinating department: Faculty of Arts			
Lecturers (team): Prof. Georgi Drachev		Department: Fine arts	

Annotation:

The painting and Graphic course provides complex knowledge –predominantly practical from the field of painting and graphic. This study discipline is basic in teaching students dealing with fine arts. Thus students obtain technical skills connected to different types of paintings and graphical techniques.

The lectures course is connected to basic problems, expressive means and concepts from the field of painting and graphic both in historical and contemporary aspects. Basic theoretical knowledge is taken into consideration which is used in practical activities.

The practical course of painting is connected to the following study disciplines: Painting, Plastic Anatomy, Modeling, History of Fine Arts etc. Painting and Graphic are defined as additional study disciplines for the study process of the Kinesiology subject.

Content of the study program:

Targets of the subjects Students t obtain complex preparation in the field of painting and graphic. This target is connected to basic concepts and problems from practice and theory. It is performed via coordination between lectures and practical exercise defined in the program.

This is made possible via the following tasks implemented in the Painting and Graphic study:

- Students to get familiar with characteristics of graphic painting in theory and practice. Everything which is necessary for theoretical and practical preparation of a student following this study discipline;

- To obtain basic theoretical knowledge connected to graphic painting oh nature mort, landscape and human figure. Mastering of techniques in graphic painting and expressive capacity of basic materials.

Organization of assessment:

During practical exercise acquired skills are being checked connected to lecture course tasks and mostly to practical exercise tasks which are dominating, connected to auditorium and outside activities. Final goal is professional assimilation of painting skills in accordance with their future occupation.

The total credit of the study discipline is 2 which are provided for one semester. The total credit is sum of the credits for auditorium activity and the credits for outdoor activity. The total grade is a result of the current control and the exam grade.

PAINTING

ECTS credits:	2.0	Classes per week:	1L+0S +1E+1LE
Assessment:	exam	Course type:	elective
Semester:	I /II		
Course coordinating department: Faculty of Arts			
Lecturer: Prof. Emil Kukov, D. Ed. E-mail: emil_kukov@swu.bg		Department: Pedagogics of Fine Arts Education	

Short description of the course:

The purpose of the presented Painting course is to provide a system of knowledge on the theory of painting and pictorial skills necessary for successful development of paintings, and to develop visual-motor coordination in working with special materials and techniques. This course provides knowledge about the technology of painting, composing knowledge, of drawing, lighting and shading, and color volume and spatial development of the specific nature of painting expression, knowledge of proportions and plasticity of the human body, knowledge of building space by laws linear and aerial perspective.

Course content:

1. Color harmonies and interplay of colors (induction). Contrast. Manipulative actions scenic materials. Building a custom engine for compositional construction of still life. Technological features of watercolor technique (wet dry). Color mixing. Volume of drawing and building lighting and shading still life. Spatial organization. Technological features of watercolor technique (wet on wet). Proportions and construction of plastic head with artistic means. Technological features of the tempera technique. Local values and materiality in painting the human figure from life. Technological characteristics of the oil technique. Still life of everyday objects and flowers with colorful drapery in contrast range. Paper, watercolor and painting materials . Still Life by sharp-edged objects, plaster ornaments and draping in monochrome range. Paper, Watercolor (wet dry). Still Life with household items and gypsum head draped in warm range. Paper, water color (wet-on-wet). Schematic sketch of a human head (background color draping). Schematic sketch of a female figure wearing (sitting) on a colored background.

Technology of education and assessment:

Methods of education and training are lectures, discussions, talks, visualizations (reproductions of artworks, sketches of student funds etc.). Also are included interpretation, evaluation and monitoring, as well demonstrations and corrections (with practical exercises). The technique used is capable of displaying video (over 200 video art), DVD, multimedia (multimedia laptop with a video projector), are presented more than 4,000 art slides.

The final score is a function of the arithmetic mean score of current control derived from semester written examination. It reports the results of monitoring and evaluation of the test in the ratio 4:6 contingent parts.

SCULPTURE

ECTS credits:	2	Classes per week:	1L+0S +1E+0LE
Assessment:	exam	Course type:	elective
Semester:	I / II		
Course coordinating department: Sports and Kinesitherapy, Faculty of Public Health and Sports			
Lecturer: Prof. Dimitar Sotirov, Ph D		Department: Faculty of arts	

Summary

The course on "Sculpture" is aimed at detecting the spatial problems of plastic language arts. The course aims at "Sculpture" is to give as soon as richly culture. Training is done in two ways: plastic relief and management of the human body. The students master the plastic

construction of human body composition development in sculpture, familiarization with the positioning of the sculpture in space, getting a good plastic culture.

Course content

What is modeling? Supplies, tools and materials. Modeling per kind. Embossed building composition. Composition - types of relief. Genres in sculpture. Materials. Nude - kind and study. What is sculpture? Historical development. Modeling a classic relief plaster cast. Modeling of human head from a plaster cast. Modeling the figure.

Teaching and assessment

Sculpture Training includes lectures and practical exercises. The basic form is "a kind sculpture" and free reproduction of nature into sculptural forms. We use a large number of reproductions of artworks to illustrate the learning process. The final score is the result of the monitoring and evaluation of the examination. The practical orientation of the course determined to adopt a 4:6 relation between the proportion of exam assessment and monitoring.

INTRODUCTION TO VOCAL TRAINING

ECTS credits:	2.0	Classes per week:	1L+0S +1E+0LE
Assessment:	exam	Course type:	elective
Semester:	I / II		
Course coordinating department: Faculty of Arts			
Lecturer: Associate professor Galina Popova E-mail: galateya@swu.bg		Department: Drama Department School of Arts	

Annotation:

The purpose of the vocal training is the development of vocal technique (a combination of specific habits and skills) of future performers – singers. The development of vocal technique is a process of targeted willful mastering, control, and automation of specific motion of the singing. The syllabus is designed to offer a wider view of the kinesiology and to provide understanding about a professional performing art whose specific movement side is subject to

Theory and methodology of Physical Education

Summary:

Course "Cybernetic Kinesiology" adds to the physiological and biomechanical aspects of the study of human movement a new theoretic position. It aims to teach the students the principles and laws of operation of complex dynamic systems management. This knowledge is of a fundamental nature to explore the mechanisms of motor coordination, structure and processes of development in ontogeny. On the other hand, this theoretical knowledge creates a contemporary theoretical and methodological modern scientific worldview for the study of complex processes in the body in the treatment and rehabilitation of various diseases, especially violations of neuromuscular coordination.

Course content:

Module One - Introduction to Theoretical Cybernetics: What science is the cybernetics. Cybernetic system. Functional aspect of management. The system of governance - structure. Information and Control. Basic principles and laws of cybernetics, cybernetics methodology.

Module Two - motor control in sport: A retrospective analysis of scientific understanding of the human movements. Methodology of systematic, structural modeling of motor coordination. Structural-functional model of self-governing system of human. Coordination abilities and their manifestations in sports movements. Cyber laws of development of human motor coordination.

Teaching and assessment:

The course is held in the traditional way endorsed using visual aids for the presentation of the material in the form of graphs, sketches, tables, etc. We use audiovisual tools. Students through course work consists of self-training by studying literature, consultations with the teacher, develop papers on specific topics. Exam is written. It covers two theoretical questions. The final score is the arithmetic mean of the current assessment and the exam

CONTEMPORARY TRENDS IN THEORY AND METHODS IN SPORTS TRAINING

ECTS credits: 2.0 Classes per week: 1L+1S +0E+0LE

Assessment: exam Course type: elective

Semester: I/II

Course coordinating department: Sports and Kinesitherapy, Faculty of Public Health and Sports

Lecturers (team):

Prof. Dr. Vassil Zhechev

Assist. Prof. Valeri Tsvetkov

Outline:

In this course, new approaches and contemporary ideas on physical activity in sports are considered. The students learn the laws governing the training process and their specific applications considering age and training levels. Special attention is paid to the different types of planning, management, selection and prediction in sports training. To successfully participate in this course, the students need background knowledge on anatomy and age-related morphology, physiology and sports physiology, sports psychology, sports pedagogics, biomechanics, chemistry and biology, sports sociology, etc.

Contents:

Part 1

Basic methodological problems of sports training. Essence and social functions of sport in modern society. Theory of sports – as a scientific knowledge system – contents and structure. Essence of sports training .Selection and prediction of sports skills.

Part 2

Planning and control in sports. Fatigue and recovery. Sports fitness levels. Means, methods and principles of training. Specialized sections in sports training. Practical exercises. Methods in training strength, endurance, speed and agility. Control of intensity – dosage and effect.

Teaching and assessment

Assessment of students' performance is in accordance with Regulation 21/2004 of Ministry of Education and Science. The discipline gives 2 credits: 1 for auditorium and 1 for extracurricular work. The exam is written. It consists of two theoretical questions – 1 for each part of the questionnaire handed out to the students beforehand.

TRAINING OF ATHLETES WITH DISABILITIES

ECTS credits: 2.0

Classes per week: 1L+1SE+0LE+0PE

Assessment: exam

Course Type: Elective

Semester: I / II

Course coordinating department:

Department of "Sports and physical therapy"

Faculty of Public Health and Sports

Lecturer:

Professor Kiril Aladjov, Doctor of Pedagogical Sciences

E-mail: kirilaladjov@swu.bg

Annotation:

Discipline "Training of Athletes with Disabilities" aims to give students theoretical and practical knowledge of exercising sports activities for people with disabilities who are preparing to take part in competitions. Basis for mastering the discipline are theoretical and practical sessions on various disciplines related to the methodology of sports training. Athletes with disabilities compete in different groups (categories) depending on the type and degree of injury and disability. Racing Rules, equipment and tools for participation, track and sectors, and playgrounds are adapted to physical abilities of athletes with disabilities. Sports training and used in it equipment and training methods have also been adapted and tailored to the exercise of certain sports and participate in competitions for people with disabilities.

Course content:

Disabilities. Definition, causes, frequency. Certification and registration types, categories, characteristics of different groups of people with disabilities. Bulgarian and international organizations for athletes with disabilities. Sports activities for people with disabilities and its place in contemporary society, nature. Historical data on sport for people with disabilities. Recent achievements. Social significance Specific features of the organization of sports for athletes with disabilities. Sanitary hygienic and technical requirements for sports equipment sports for people with disabilities

Sports and medical issues in sport for people with disabilities. Aim and tasks of sports medical care. Physiological, anatomical and biomechanical characteristics of the various sports and disciplines. Features in the methodology of training and organization of competitions. Features of sports training for different types of sports available for practice by athletes with disabilities.

Teaching methods and assessment:

During the course provides group and individual consultations lecturer associated with providing the necessary methodological guidance to absorb the teaching learning material. The current control is based on topics currently teaching material through individual tests. At the end of the course an examination in the form of a written test on the material. Summary final grade is complete the following indicators: participation and attendance of students in various activities, the results of the current control tests and the result of the final examination test.

semester, students receive: - continuous assessment based on one test, and – final assessment - based on exam - written and oral.

References

1. Facilitated Stretching: PNF Stretching Made Easy. Robert E. McAtee Softcover, Human Kinetics Publishers 1993.
2. Stretching scientifically: a Guide to Flexibility Training, Tom Kurz, 3rd edition, Softcover, Stadion (Publisher) 1994.
3. LaStayo P. C., Woolf J. M., Lewek M. D., Snyder-Mackler L., Reich T., Lindstedt S. (2003) Eccentric muscle contractions: Their contribution to injury, prevention, rehabilitation, and sport. J Ortho Sport Phys Ther 33, 557-571.
4. Lee T. D. (2011) Motor control in everyday actions. Human Kinetics