

## **PHYSICAL EDUCATION AND SPORT**

EDUCATIONAL QUALIFICATION DEGREE: BACHELOR

PROFESSIONAL QUALIFICATION: TEACHER

Specialty "Physical education and sport" is in the structure of the Faculty of Pedagogy. Graduates with "Bachelor on Physical Education" degree are prepared for working in the different fields and levels of the educational system in the Republic of Bulgaria, namely: Teacher on physical education, instructor on various sports and organizational worker in the field of physical education and sport.

The sports teacher implement various tasks of physical education and sport to the students in the different levels at school, both in physical education and sport classes and in other forms of physical exercises.

Students' education is in line with the new educational requirements for applying the system of credit transfer. Those who graduate from the educational qualification degree "Bachelor" can continue their education in master programs. They also have the opportunity to expand their professional training through parallel education in another speciality provided that they have successfully completed the first year and passed the relevant entry exams.

The students' education includes general scientific and pedagogy training that teaches the science conceptual apparatus, methodology and relationships; general training in medical and biological sciences; special theoretical and methodological training on the scientific disciplines directly related to studying the regularities of physical education and sport. The methodical and practical training includes knowledge on the methodological and practical skills for training on the basic and additional sports disciplines. The specific theoretical, methodological and applied subjects provide opportunity to acquire skills for independent professional sports educational performance like teachers and methodologists in physical education. During the educational and sports competitions it also develops skills to work in a team.

## STRUCTURE OF CURRICULUM

**Speciality: PHYSICAL EDUCATION AND SPORT – code: 01.08.8.10**

<b>First year</b>			
First semester	ECTS credits	Second semester	ECTS credits
General pedagogy (theory of education and didactics)	5.0	Theory of Physical Education	6.0
Human Functional Anatomy and Age Morphology	6.0	Track-and-field Part 2	6.0
History of physical education	5.0	Swimming	6.0
Track-and-field Part1	3.0	Physiology (general and exercise physiology)	7.0
Methodology of Basketball teaching	6.0	Winter sports course	5.0
English for sports	5.0		
	Total 30		Total 30
<b>Second year</b>			
First semester	ECTS credits	Second semester	ECTS credits
Methodology of Football teaching	6.0	Gaming activities in physical education and sport	6.0
Methodology of Handball teaching	6.0	Methods of physical education in Secondary school	7.0
Gymnastics (main and sports)	6.0	Methodology of Volleyball teaching	6.0
Aquatic sports course	5.0	Hiking, orienteering and camp case	5.0
General principles of physical education methodology	5.0		
<b>Selectable disciplines (students choose one course)</b>		<b>Selectable disciplines (students choose one course)</b>	
Methodology of Tourist activity	2.0	Biochemistry exercise	4.0
Methodology of Aquatic sports	2.0	Sport activity – stress, adaptation	4.0
<b>Selectable disciplines (students choose one course)</b>		<b>Selectable disciplines (students choose one course)</b>	
		Methodology of Winter sports	2.0
		Table tennis	2.0
	Total 30		Total 30
<b>Thitd year</b>			
First semester	ECTS credits	Second semester	ECTS credits

Current pedagogical practice Part I	5.0	Current pedagogical practice Part II	4.0
Psychology of Gymnastics and sports	6.0	Preschool physical education methods	5.0
Audiovisual and information technology in training	2.0	Management of Physical Education and Sports	4.0
Theory and methodology of sports training	5.0	Extracurricular activities of physical education	4.0
Methodology and methods of the sport and pedagogy research	6.0		
<b>Selectable disciplines (students choose one course)</b>		<b>Selectable disciplines (students choose one course)</b>	
Informatics	3.0	Sports medicine and hygiene	4.0
Management of sport	3.0	Integrity in the sport and pedagogy activity	4.0
<b>Selectable disciplines (students choose one course)</b>		<b>Selectable disciplines (students choose one course)</b>	
Sports massage	3.0	System of Olympic movement	3.0
Rhythm and dance	3.0	Mental self regulation	3.0
		<b>Selectable disciplines (students choose one course)</b>	
		Sports Sociology	2.0
		Philosophy	2.0
		<b>Selectable disciplines (students choose one course)</b>	
		Development and project management	2.0
		Metrology and sport statistics	2.0
		<b>Selectable disciplines (students choose one course)</b>	
		Field Hockey	2.0
		Badminton	2.0
	Total 30		Total 30

<b>Fourth year</b>			
First semester	ECTS credits	Second semester	ECTS credits
Current pedagogical practice Part III	5.0	Pre-graduation teaching practice	20
Biomechanics and management of movements control in sport	5.0	Graduation	10
		Practical state examination	
		Theoretical state examination (written and oral) or thesis defense	
<b>Selectable disciplines (students choose one course)</b>			

Valeologiya	4.0		
Comparative education in the physical education and sport	4.0		
<b>Selectable disciplines (students choose one course)</b>			
Foot hall	3.0		
Kinesistherapy	3.0		
<b>Selectable disciplines (students choose one course)</b>			
Physical activity and contemporary lifestyle	5.0		
Psychophysical training of the athlete	5.0		
<b>Selectable disciplines (students choose one course)</b>			
Tennis	2.0		
Aerobics	2.0		
<b>Selectable disciplines (students choose one course)</b>			
Taekwon-do	2.0		
Bodybuilding	2.0		
<b>Selectable disciplines (students choose one course)</b>			
Protection in disaster and pre-medical help	4.0		
Administrative foundations of the school physical education	4.0		
	Total 30		Total 30
<b>TOTAL FOR 4 SCHOOL: 240 CREDITS</b>			

## GENERAL PEDAGOGY (THEORY OF EDUCATION AND DIDACTICS)

**ESTC credits:** 5,0

**Assessment form:** exam

**Semester:** I

**Department:** Pedagogy, Faculty of Pedagogy

**Lecturer:** Head assistant: Nikolay Tsankov PhD, Pedagogy Department

E-mail: ntzankov@swu.bg

**Weekly workload:** 2+1+0

**Type of the course:** compulsory

### **Course description:**

The understanding of main accents in modern science of education (particularly philosophy of education, theories of education and socialization and learning theory ) is an essential part and the foundation of the professional competence of the future teachers, teaching at all levels and stages of the education system. Performing different professional tasks and roles, the contemporary teachers face a variety of challenges in their school practice. This fact brings forward as a main goal of their training not only the basic knowledge of education science but also the formation and development of skills associated with the full design and implementation of education and educational activities at school together with the development of an adequate attitude towards the specifics of the professional activity of the teacher and its results, i.e. formation and development of a complete teaching competence.

### **Contents:**

Theoretical problems of education. Science and theory. Scientific research. Philosophy and methodology of science. Methods of scientific research in education. Branches of education science. System of education. Levels and spheres of education. Goals of education. Taxonomy of the educational goals. The role of the clubs in the work with gifted children and students. Approaches to education. The activity approach. The individual approach. The process-oriented approach. The Goal-oriented approach. The Competence approach. Education, socialization and development. Characteristics of development. Human development. Theories of development. Environment, development and education. Education, socialization and education. Socialization and identity. Factors and institutions of socialization. The role of teachers in education and development. Theories of education. Characteristics (referential meanings) of education. Education as a social phenomenon, system and process. Main characteristics and laws in the process of education. Out-of-school (extracurricular) education and the role of the teachers. Principles of education. Characteristics. Classification. Contents and peculiarities. Forms and methods of education. Characteristics. Classification. Main educational factors. The family. Educational functions of the mass communication environment. Globalization, contemporariness and education. Theories of education. Main characteristics. Teaching and learning. Theories of learning and types of learning. Learning styles. Models, strategies, styles, structure and functions of teaching. Design of education. Educational contents. Forms. Basic constructs. Documentation and regulations for the educational contents. Principles of Education. Main characteristics. Modern interpretation of the principles of education. Principles of education from the point of view of the constructivism. Methods of education. Classification. Characteristics. Selection and combination. Teaching methods of face to face education. Interactive educational methods. The lesson as a form of education. History and evolution of the lesson.

Contemporary lesson theory. Lesson technologies. Essential differences between a lesson and a training session. Educational Technology. Characteristics. Classification. Educational Diagnostics. Levels, methods and tools.

**Educational technology:**

The realization of the course is based on the basic ideas and principles of constructivism as a modern educational paradigm. The main principle is the one of setting a task within a certain situation. Practical situations are used to construct educational tasks to be completed with the help of ICT. The practice is organized and controlled through the use of a desktop visualization which allows the instructor to help students in all stages of their training. Students' achievements are regularly diagnosed through tests and practical assignments. The results are organized in a portfolio which is the basis of a summative assessment. The educational process is structured in a way that allows a transition from standard platforms for management of educational contents to system-based ones for sharing and creating of portfolio through the means provided by a shared environment.

## HUMAN FUNCTIONAL ANATOMY AND AGE MORPHOLOGY

**ESTC credits:** 6,0

**Assessment form:** written exam

**Semester:** I

**Department:** Kinesytherapy, Faculty of Public Health and Sports

**Lecturers:** Head Assist. Prof. St. Vezekov, PhD, [vezekov\\_neuro@abv.bg](mailto:vezekov_neuro@abv.bg); Head Assist. Prof. Maria Kokova, PhD and Head Assist. Prof. Kristina Grancharska

**Weekly workload:** 2+0+2

**Type of the course:** compulsory

**Course description:**

The course has as an object to help the study of the structure, morphological and functional characteristics of the human body with an accent on the systems related to motor behavior. The anatomy topics are: central nervous system, brain cortex, autonomic nervous system, endocrine system, respiratory and cardiovascular system, skeletal and muscle .

The functional topics are: molecular physiology of neuron and myofibres; functional nervous systems - sensory, attention networks, affective, executive and memory, autonomic nervous system, endocrine glands specific functions, mechanisms of action of hormones; contractile tissues – function, regulation; the vascular system; respiration, stress physiology

All the above mentioned topics are considered related to the age morphology of the human body.

**Course Aim:**

Objectives of the course are related with knowledge related with above topics and their educational work with children and youth.

**Educational Methods:**

Conversation, discussion, asociative method, conference

**Course Educational Enrollment:**

special request in the student educational office

**Exam Enrollment:**

coordination with the main lecturer and student ed. Office

## HISTORY OF PHYSICAL EDUCATION

**ECTS: 5.0**

**Classes per week: L-3 (lectures)**

**Assessment type:** exam

**Course coordinating department:** Department of Sports  
Faculty of Public Health and Sports

**Lecturer: Prof. Stoyan Ivanov PhD**

Tel.: 0882484803 E-mail: [dekan.st.ivanov@swu.bg](mailto:dekan.st.ivanov@swu.bg)

### **Course outline:**

The course is aimed at students majoring in physical education pedagogy. It presents an overview of the history of pedagogy, physical education and didactic practice. The major events arranged chronologically that have shaped up the theory and practice of physical education, sports and the Olympic movement come into focus of the course.

### **Course topics:**

History of physical education; theories for the emergence of the Olympic Games; physical education in the Ancient world and during the feudal era. History of physical education – subject matter and methodology. Theories for the emergence of physical exercises and games in the early stages of the human societal life. Physical education in slave-owning societies – education practices and pedagogical ideas in Ancient Near East, Ancient Egypt, Ancient India, Ancient China, Ancient Persia. Ancient Greece and Ancient Rome – the cradle of contemporary physical culture. Ancient Greece as the motherland of the Olympic Games. Physical education in Ancient Rome. Christianity and physical education in the feudal era. Humanism and physical education. Development of systems of physical exercises and education. Emergence and development of the modern-age Olympics. Bulgarian participation in the modern Olympics. Physical education in Bulgarian institutions – in the military, at schools. International sport federations and associations. Physical education after the Second World War.

### **Course organization and assessment:**

Of utmost importance are the students' abilities in conducting individual work, their skills in using historical and pedagogical reference books as sources of information, their academic skills in preparing term papers on the course topics (alone or in a team).

The course assessment includes a term paper and a written exam on the course topics. Only those students who receive a positive grade at the term paper are admitted to the exam. The final mark takes into account both the term paper and the exam. It assesses the students' knowledge of the course topics, their ability to handle historical facts, their aptitude for comparative study and analysis.

## TRACK-AND-FIELD

**ESTC credits:** 9

**Weekly workload:** 1 lectures +2 practice

**Assessment form:** exam

**Type of the course:** compulsory

**Semester:** I-II

Department of Sports, Faculty of public health and sports

**Lecturer:** Associate prof. Chavdar Kotzev e-mail: [kotsevsport@abv.bg](mailto:kotsevsport@abv.bg)

**Course summary:** The course offers knowledge and skills in the theory and methods of successful athletics training. Students become familiar with different forms of training

and control in athletics and develop sport and educational competencies as future physical education teachers and coaches.

**Course content:** The course includes topics related to athletics history and development, different classifications and specifics of typical athletic exercises. A special attention is given to the specific methods and technics of training and their potential to develop individuals' physical abilities and qualities. The practical training as an important part of the course provides for students adequate sports technics and methods for successful training and develops a core minimum of locomotors and functional abilities in accordance with the specifics of athletics and the requirements of physical education teachers qualification.

**Organization of the course and evaluation procedures:** The course comprises lectures and sports training with modern sports equipment. The theory and practice together create a set of knowledge and skills. Students are also involved into active training. They take parts in local and national competitions and sports events.

The students final assessment includes both practical and theoretical parts. Their performance during the semester is also taken in consideration.

## METHODOLOGY OF BASKETBALL TEACHING

**ECTS credits:** 6.0

**Weekly classes:** 1 L+ 3 S

**Form of Assessment:** exam

**Type of exam:** written exam

**Departments involved:**

Department "Theory and Methodology of Physical Education ", Faculty of Pedagogy

**Lecturer:** Head Assist. Valeri Tzvetkov, PhD, Department "Theory and Methodology of Physical Education ."

E-mail: valeric@mail.bg

**Course summary:**

This curriculum covers the main directions in the methodology of teaching basketball. Teaching is the most difficult and complicated unit of the educational process of studying basketball. It can be achieved only if you know and apply proper methodology.

Here are included the main concepts and classifications of the technique and tactic of the basketball. game, including the right mastery of technique of players, passing, leading, stopping, fancy moves, game technique, individual, group and team tactic actions in attack and defense.

**Goal and objectives:** The goal and objectives are directed to the proper methods of mastering knowledges of the main content and form of basketball game. Using them they will be able to choose means, methods and dose for compliance different basketball tasks in the educational system of physical education and sport.

**Expected results:** Practical mastering of a large number of seminars with basketball character, and the methods of teaching will provide future teachers good knowledge of the content and its proper teaching in different ages of the system of physical education and sport.

**Organization of the course and evaluation procedures:** The course comprises lectures and sports training with modern sports equipment. The theory and practice together



create a set of knowledge and skills. Students are also involved into active training. They take parts in local and national competitions and sports events. The students final assessment includes both practical and theoretical parts. Their performance during the semester is also taken in consideration.

## ENGLISH FOR SPORTS

**ESTC credits: 5**

**Assessment form:** exam

**Semester: I**

**Department:** Pedagogy

**Lecturer:** Head assistant: Yana Rangelova, Pedagogy Department

E-mail: yana.rangelova@abv.bg

**Weekly workload: 0+0+4**

**Type of the course: compulsory**

**Course summary:** This course is designed for students in sports and physical education. It is intended to develop the ability of the participants to communicate comprehensively and to undertake sports studies in English, using appropriate vocabulary and grammatical structures. The course focuses on all language skills as well as accuracy.

Students encounter various activities and audio visual aids as sources/cues for learning and using the language. The course aims to consolidate the English that the students already know, and to give them confidence in using the language.

This course is aimed at:

1. Preparing participants who intend to get a job in sports and physical education.
2. Developing participants' communication skills.
3. Providing participants with background in major sports concepts.
4. Understanding some English terms used in topics related to sports training and physical education fields.
5. Recognizing and use different note taking techniques.

**Course content:** Talking about yourself (sports and leisure), Sports studies, Olympic games – Winter and Summer, Sports equipment, Talking about scores, Verbs of movement, body parts, Daily routine of an athlete, sports instructions and exercises, Physical education teacher job description, Professional CV and cover letter.

**Evaluation and assessment:** Final evaluation includes:

- Attendance.
- Written and oral presentation of an own design project.
- All self-study assignments submitted.
- Final written test (min. 66% correct).
- Oral exam.

## THEORY OF PHYSICAL EDUCATION (TPE)

**ECTS credits: 6**

**Weekly workload: 3 L +1 S**

**Type of knowledge check: exam**

**Type of exam: written**

**Semester: II**

**Department:** „Theory and Methodology of Physical Education”, Faculty of Pedagogy

**Lecturer:** Prof. .Dr. Sci. Kiril Kostov, „Theory and Methodology of Physical Education” dept.

e-mail: kzkostov@abv.bg

### **Headnote:**

Theory of physical education is a scientific subject that studies the laws of physical training as an education and health process.

It is included in the curriculum of "Physical Education and sport" as a fundamental subject. It builds students' theoretical knowledge necessary for understanding the methodology of education at the different levels of education system and various sports taught at school.

By lectures and seminars the students get knowledge about the goals, objectives, means and principles of the physical education. An emphasis is put on the scientific theories for adaptation of the human body to various external influences, which is the basis of man's physical improvement.

Based on these scientific theories, the traditional problems of TPE are considered in a new way: training in physical activities; the properties, structure of physical activity and the factors for their development.

This is a prerequisite to update and improve the methods of physical education as well as to optimize the results in practice.

## ASSESSMENT SYSTEM

### **Regular checkup:**

After each part of the curriculum the students are given a written exam (test). They must demonstrate knowledge on the main subjects covered in each part. In case of underperformance of the students on the checkup they have to present a paper on the topic.

### **Semester exam:**

At the end of the training course the students have a final exam. For this exam only students are admitted that have (as a minimum grade Satisfactory 3 and 50% attendance) the necessary number of credits, namely: 0,5 credits for each of the successfully taken checkups; each student has the right to present 2 papers at most on missed thematic parts – these papers are also graded with 0,5 credits.

Grades from the current checkups can not be used instead of semester grade.

## SWIMMING

**ESCK Credits: 6.0**

**Weekly workload: 1+0+3**

**Type of knowledge check: exam**

**Type of exam: written**

**Methodical management: Department of Sports**

Faculty of Public Health and Sports

**Lecturer: Professor Lazar Kamenov, PhD**

**Head assistant: Daniela Lekina – e-mail [danilekina@swu.bg](mailto:danilekina@swu.bg)**

### **Annotation:**

Swimming is very popular in Bulgaria and in the whole world. It is an excellent education method for children and youths. That is why swimming is included in the Physical education and Water sports education programs. Talking about swimming as education discipline, the students can gain methodical and practical preparation. This will help them train their students when they become teachers.

### **Education discipline:**

The students gain knowledge in swimming technique. They will also gain knowledge of how the swimming affects on the physique of the swimmer. The students also gain knowledge in methodical-practical swimming education for children and youths.

### **Education technology:**

The swimming program includes lectures and practical exercises. They are conducted every week in covered swimming pool.

## PHYSIOLOGY (GENERAL AND EXERCISE PHYSIOLOGY)

**ECTS credits: 7,0**

**Weekly workload: 3L+0S+0E+2LE**

**Assessment: written exam**

**Type of the course in the curriculum: compulsory**

**Semester: II**

**Department: Department of Kinesytherapy, Faculty of Public Health and Sports**

**Lecturers: Prof. Nevena Stoyanova Pencheva**

Tel.: 0899 147 701, E-mail: [nevena\\_pencheva@yahoo.com](mailto:nevena_pencheva@yahoo.com)

Assist. Prof. Kristina Jivkova Grancharska

Tel.: 0878 755 006, E-mail: [krisy.grancharska@gmail.com](mailto:krisy.grancharska@gmail.com)

Assist. Prof. Maria Lubenova Kokova

Tel.: 073 588 530, E-mail: [maariakokova@swu.bg](mailto:maariakokova@swu.bg)

**Annotation:** The main objective of the course is to provide knowledge on the functions and mechanisms of regulation of physiological systems in human at rest and during exercise.

**Course content:** The first part of the course include: - biological foundations of physiology; - general physiology of excitable structures, - physiology of the nervous system, sensory (afferent) functions of the nervous system, the physiology of skeletal muscles and autonomic nervous system. The second part of the course covers the endocrine functions and their specific stress - induced effects, the main functions of blood and blood cells, cardiovascular functions and types of circulation, respiratory function of

the lungs, the function of the digestive system and organs associated with it in different parts of the gastrointestinal tract, the theoretical basis for the assessment of energy expenditure, physiological characterization of renal and non-renal excretory processes. The third part of the course focuses on the physiological aspects of acute and long-term adaptation changes in systematic physical exercise or sports physiology. It covers : - sports training as a set of stress-induced reactions - factors of work capacity - biochemical characteristics of the energy expenditure of skeletal muscle function - changes in muscle tissue and respiratory system during exercise - changes in blood and blood circulation in system load - physiological bases of motor learning - physiological characteristics of motor skills - physiological characteristics of the methods of sports training (cardio-training, interval training, plyometry, circuit training etc.) - age physiology in sport activities - physiology of exercise and sport training with women.

**Teaching and assessment:** The main lecture tool is multimedia. The practical laboratory exercises performed with specialized equipment in specialized laboratory or University center for research in sport and kinesitherapy, allow the students to: - observe and to conduct physiological experiments and investigations and to analyze the results obtained; - to adopt knowledge and skills by software programs in computer class, anatomical models and posters. At the end of the semester, students receive: - current grade, based on 2 or 3 test and evaluation of practical exercises; an additional form of current evaluation by scholarly paper on a topic related to the course, could be also applied in some courses; - final grade based on current grade (40 %) and grade from the written exam (60 %), set at the beginning of the semester.

## WINTER SPORTS

**ESTC credits:** 5,0

**Minimum workload:** 60 academic hours

**Assessment form:** practical exam

**Type of the course:** compulsory

**Department:** Theory and methods of physical education, Faculty of Pedagogy

**Lecturer:** Prof. Dr. Sci. Magdalena Kostadinova Glushkova

Tel.: 0887 99 08 01;

e-mail: [m\\_glushkova@swu.bg](mailto:m_glushkova@swu.bg) and [m\\_glushkova@abv.bg](mailto:m_glushkova@abv.bg)

### **Course summary:**

The course aims at the acquisition of knowledge and skills on teaching skiing sports, the specifics of its needs and conditions, formation and development of specific motor skills to perform ski techniques. It involves knowledge for planning, organizing and conducting classes for students participating in the course which are going to prepare them to work with people of different ages and with different motor skills.

### **Course content:**

The course topics are related to the subject and the educational goals of the ski training. Basic concepts and their application in winter sports. Types of skiing disciplines. Ski equipment. Specifics of the choice of ski equipment. Installation of ski machines - Technical requirements for slalom, giant slalom and ski sloping. Ski slopes - types, technical characteristics. Dangers and risks in skiing. Choosing a place for the training of

people with different motor abilities. Modern aspects of the programs and methods of teaching skiing. Ski equipment and methods of teaching. Rules.

**Organization of the course and evaluation procedures:** the course comprises instruction and practice related to different components of ski training.

The evaluation procedures include current assessment and final practical exam, and the final grade is based on them both.

The evaluation technology and the final grade formula are given in the syllabus.

## METHODOLOGY OF FOOTBALL TEACHING

**ECTS credits:** 6.0

**Weekly classes:** 1L+ 3 S

**Form of Assessment:** exam

**Type of exam:** written exam

**Departments involved:** Department "Theory and Methodology of Physical Education", Faculty of Pedagogy

**Lecturers:** Head assistant Valeri Tzvetkov, PhD, Department "Theory and Methodology of Physical Education ."

**E-mail:** [valeric@mail.bg](mailto:valeric@mail.bg)

### Abstract

This curriculum covers the main directions in the methodology of teaching football. Teaching is the most difficult and complicated unit of the educational process of studying football. It can be achieved only if you know and apply proper methodology.

Here are included the main concepts and classifications of the technique and tactic of the football game, including the right mastery of technique of players, passing, leading, stopping, fancy moves, ball hitting with a foot and a head, game technique of the goalkeeper, individual, group and team tactic actions in attack and defense.

**Goal and objectives:** The goal and objectives are directed to the proper methods of mastering knowledges of the main content and form of football game. Using them they will be able to choose means, methods and dose for compliance different football tasks in the educational system of physical education and sport.

**Expected results:** Practical mastering of a large number of seminars with football character, and the methods of teaching will provide future teachers good knowledge of the content and its proper teaching in different ages of the system of physical education and sport.

**Organization of the course and evaluation procedures:** The course comprises lectures and sports training with modern sports equipment. The theory and practice together create a set of knowledge and skills. Students are also involved into active training. They take parts in local and national competitions and sports events.

The students final assessment includes both practical and theoretical parts. Their performance during the semester is also taken in consideration.

## METHODOLOGY OF HANDBALL TEACHING

**ECTS: 6.0**

**Classes per week:** L-1+S-3 (lectures, seminars)

**Assessment type:** exam

**Course coordinating department:** Department of Sports

Faculty of Public Health and Sports

**Lecturer: Prof. Stoyan Ivanov PhD**

Tel.: 0882484803 E-mail: [dekan.st.ivanov@swu.bg](mailto:dekan.st.ivanov@swu.bg)

Chief asst. Novko Popov ; E-mail: [n.popov@swu.bg](mailto:n.popov@swu.bg)

### **Course outline:**

The course offers the theoretical knowledge and provides practical technical and tactical skill training in handball. The course presents an overview of basic methodological problems of teaching and training in handball. Students will learn of methods and teaching programs as well as achievement assessment methods.

### **Course topics:**

Emergence and development of handball; the rules of the game; handball at school; basic attack techniques; basic defense techniques; basic offensive tactics; basic defensive tactics; achievement assessment methods in handball.

### **Course organization and assessment:**

Lectures comprise multimedia presentation of the course topics. Examples are used from the professional experience of Prof. Ivanov. Seminars build up on the lecture presentations, offering the possibility for a more targeted individual learning to students. Extramural activities comprise preparation for the seminars on each topic (case study, program development), preparation for tests, preparation of term papers (both methodological and practical studies).

The course assessment includes a term paper and a written exam on the course topics. Only those students who receive a positive grade at the term paper are admitted to the exam. The final mark takes into account both the term paper and the exam.

## GYMNASTICS

**ECTS: 6.0**

**Classes per week:** L-1+S-3(lectures, seminars)

**Assessment type:** exam

**Course coordinating department:** Department of Sports,

Faculty of Public Health and Sports

**Lecturer:** Associate prof. Kremka P, Stankova PhD

### **Annotation**

The university discipline “Gymnastics” with status of mandatory university discipline is meant for bachelor students in “Pedagogy of training of gymnastics”. The topical units of the school curriculum are separated in four modules and emphasize mostly on Theory of gymnastics and the conceptual apparatus, specificity, priorities and methods for learning of the different types of gymnastics. Analyzed are their age variations and their different appliance with certain direction, under certain conditions and requirements. The program consists of current methodological tools and practical utilization of knowledge on the basic content of different types of gymnastics.

The given knowledge forms and builds up existing skills of students in terminology, classifications, skills and methods for organizing and teaching. The specialists are given the opportunity to be able to, on their own, to choose the optimal type of content, knowledge and skills for building, structuring and implementation of a thematic unit that will enhance the creative, analytical and individual character of pedagogical skills and abilities.

## AQUATIC SPORTS

**ECTS: 5.0**

**Classes: S-60 (seminars)**

**Assessment type:** exam

**Course coordinating department:**

Department of Sports, Department of Theory and Methodology of Physical Education  
Faculty of Public Health and Sports, Faculty of Pedagogy

**Lecturer: Prof. Stoyan Ivanov PhD**

Tel.: 0882484803 E-mail: [dekan.st.ivanov@swu.bg](mailto:dekan.st.ivanov@swu.bg)

Prof. Atanas Georgiev PhD

E-mail: [naskoag@swu.bg](mailto:naskoag@swu.bg)

**Course outline:**

The course takes place as a series of seminars on aquatic sports over 10 days. The aims of the course are: introduce basic requirements for organizing summer seaside camps with children and students; allow students to acquire basic skills in water skiing, windsurfing, rowing etc., and improve their swimming skills.

**Course topics:**

Introducing the water ski equipment. Learning basic technique and body position out of the water. Deep water start technique. Keeping one's balance on the skis. Balancing in turning.

Windsurfing – introducing the equipment necessary, determining wind direction, steering, regulating pressure in the sail

Rowing – introducing the boats and other equipment, oars grip and basic position, rowing cycles

Swimming – improving the students skills in breast- and backstroke, long distance swimming (technique, particularities, safety measures)

**Course organization and assessment:**

The students are subject to continuous assessment, including assessing their progress in every sport discipline. Only the students who have been graded positively and have actively participated in the seminars are admitted to the exam.

## “GENERAL PRINCIPLES OF PHYSICAL EDUCATION METHODOLOGY”

**ECTS credits: 5**

**Weekly workload:** 2 lecture -2 seminars

**Type of knowledge check:** exam

**Type of exam:** written

**Semester:** III

**Department:** „Theory and Methodology of Physical Education”, Faculty of Pedagogy

**Lecturers:** Prof.Dr. Sci. Kiril Kostov, „Theory and Methodology of Physical Education” dept.

e-mail: kzkostov@abv.bg

### **Course summary:**

The subject “General principles of the physical education methods (PhEM) is a theoretical and applied (methodological and practical) course that aims to teach the students in speciality "Physical Education and sport " the fundamental didactic bases, the principles and methods of training and education, the forms of work in school and outside it and their specific application in physical education. As a fundamental theoretical and applied subject the PhEM comprises also knowledge from other subjects included in the curriculum. It has closest relation with subjects such as "Theory of physical education", "Didactics", "Physiology and psychology of age", "Hygiene".

### **Course content:**

By studying this course solving of the following tasks is aimed:

- Obtaining knowledge by the students about the PhEM as a theoretical and applied subject;
- Teaching the students the basic requires about the implementation of the educational process in physical education in the different sectors and levels of the educational system.
- Acquiring a certain amount of knowledge about the age and sex specific features in using the tools, methods and forms of physical education.

**Assessment system:** The system for overall knowledge examination and assessment has three main components:

#### **1. Regular checkups during the training course by:**

- preparation of different papers, reports and abstracts;

#### **2. Mid-term written exam** – it is carried out as test.

**3. Final (semester) exam (test)** – it is applied only for the students that could not reach the minimum subject requirements (the minimum of 50 points, equal to grade Satisfactory 3) or would like to increase their grade.

The idea behind this type of assessment is based on the credit system, i.e. collection of certain amount of points for the work during the semester and proven knowledge.



## GAMING ACTIVITIES IN PHYSICAL EDUCATION AND SPORT

**ECTS credits:** 6.0

**Weekly classes:** 1 L + 0 S + 3 P

**Form of Assessment:** exam

**Type of exam:** written exam

**Departments involved:** Department "Theory and Methodology of Physical Education", Faculty of Pedagogy

**Lecturer:** Associate prof. Evgeni Asenov Kavdanski, PhD, Department "Theory and Methodology of Physical Education."

E-mail: [e\\_kavdanski@swu.bg](mailto:e_kavdanski@swu.bg)

### **Abstract:**

Activities on the course "Gaming play activities in physical education and sports" are designed for students in second year of the degree Physical education and sport. The theoretical foundations of gaming activity and learning of wide range of games methodical practical will meet modern requirements for acquiring gaming nature of teaching physical education in different age groups in addressing the educational, training and rehabilitation tasks.

In casual emotional environment, using the game as a means of physical education, students will learn to implement the curriculum and its motor equivalents - coordination and conditioning capabilities in strict sequence and dosage. Through them you can realize the goals and objectives that are set for each specific activity, and the whole educational process in physical education and sport.

Mastery of the game teaching method will provide great advantage in their future work as sports coaches in the different levels of the education system.

### **Course content:**

The study of a wide range of games from a theoretical aspect and methodical practical, will meet the current requirements to use the games as an outlet for educational, correctional and rehabilitation tasks in lessons in physical education and sport.

In casual emotional environment, using the game as a means of physical education, mastering gaming method and a variety of gaming equipment, the sports teacher will be able to realize their goals in an emotional casual atmosphere. Students will learn to implement the curriculum in strict sequence and dosage for any particular job, and the whole learning process.

### **Teaching**

In terms of practical work to update, expand and improve the skills of students to work with various age groups in the education system. Through interactive methods: games, group work, debate, seeks mastery of strategies for organizing and implementing various versions of gaming activity in lessons in physical education and sport.

## METHODS OF PHYSICAL EDUCATION IN THE SECONDARY SCHOOL

**ECTS credits:** 7.0

**Weekly classes:** 3 L+1 S +2 P

**Form of assessment:** exam

**Type of exam:** written

**Department:** Department "Sport ", Faculty "Public health and sport",  
Department of "Theory and Methodology of Physical Education", Faculty of Pedagogy

Lecturers: Prof. Stoyan Ivanov, PhD

Tel: 00 359 882484803 E-mail: dekan.st.ivanov @ swu.bg

Chief Assistant Daniela Tomova, PhD

Tel: 00 359 888642506

E-mail: [danitomova@swu.bg](mailto:danitomova@swu.bg), [danitomova@abv.bg](mailto:danitomova@abv.bg)

### **Abstract:**

The course "Physical Education and Sport in Secondary School" familiarizes the students of "Pedagogy of Physical Education " with Educational system in physical education and sport for grades 1-12 of secondary school.

### **Course content:**

The following issues are discussed in four sections:

State educational requirements for course content /standard/; New syllabi of Physical education and sport for secondary comprehensive schools and sport schools; System of annually assessment of students' performance in physical education and sport; Entering of matriculation exams in Physical education and sport for schools; Sports training and „Theory and Methodology of sports training” for sports schools; Organization and conduct of the third extra hour of physical education and sport.

Knowledge, skills and attitudes are indicated that students must achieve at the end of each degree and at any stage of the main and additional cores of educational content. Some requirements are specified for the level of physical preparedness for each class, stage and grade. The emphasis is on mastering of sport-technical and tactical knowledge and skills aiming the achievement of sports education (primary, general and special). The reasons are given for inclusion of a number of new sports in the curriculum. The evaluation systems in different stages and levels of the educational system are presented based on a detailed analysis of the educational process in the subject and the theory of evaluation.

### **Teaching and assessment:**

The course is held in a traditional manner with multimedia presentation. In teaching, the examples of longstanding scientific and methodical practice of the holder of the discipline are used. The seminars are conducted in accordance with the thematic lectures, aiming at deepening the knowledge and individualized training.

### **Extracurricular load**

It provides self-training: training exercise on any topic /case studies, preparation of preliminary programs/, preparation for doing tests, exams and more, development of theoretical and practical issues in the papers.

Students' assessment takes the form of examination which includes: Writing a paper on a self- selected topic of study material; Exam on the main topics of the educational content. Only those students whose papers are evaluated positively are admitted to the exam. The

final mark/note is based on the assessment of the written paper and the presentation during the exam.

## **HIKING, ORIENTATION AND CAMP CASE**

**ECTS credits:** 5.0

**Weekly classes:** S-60 (seminars)

**Assessment:** practical exam

**Department:** "Theory and Methodology of Physical Education", Faculty of Pedagogy

**Lecturers:** Prof. Atanas Georgiev, PhD, Theory and Methodology of Physical Education

**E-mail:** [naskoag@swu.bg](mailto:naskoag@swu.bg)

**Abstract:**

The aim of the course is to give basic knowledge and skills in dealing with the mountain that students can apply as teachers. Be able to organize and carry out tourist activities with students in module "Tourism".

**Course content:**

Learning the basic rules and skills for movement in unfamiliar terrain with a map and compass, mastering the technique of movement on different terrains and slopes and acquire skills to build camp and knowledge to comply with the rules camping. Acquainted with the beauty of Bulgarian nature, the dangers in different forms of tourism practice. Students learn about the preparation and organization of tourist trips and hikes, requirements for equipment and personal gear, respect for others, of camaraderie and cooperation.

**Teaching and assessment:**

In workshops guidance display after working with a compass and map, are monitored by teachers with tests for movement in azimuth and knowledge of the legend . At the end of the course takes place in real racing orientation, as the transit time of the racing route sets and assessment of students (assuming they were open all control points). To successfully complete the course in tourism, each student must have climbed the peak and 2500.

## **CURRENT TEACHING PRACTICE**

**ECTS credits:** 14.0

**Weekly classes:** 0 L + S + 3 P

**Form of Assessment:** exam

**Type of exam:** practical

**Department:** "Theory and Methodology of Physical Education", Faculty of Pedagogy

**Lecturers:** Assistant prof. Evgeni Asenov Kavdanski PhD, Chief Assistant Valeri Tzetkov Phd, Chief Assistant Daniela Tomova Phd, Chief Assistant Ilia Kanelov, tel: 073 588 525; e [kavdanski@swu.bg](mailto:kavdanski@swu.bg), [valeric@mail.bg](mailto:valeric@mail.bg)

e-mail: [danitomova@swu.bg](mailto:danitomova@swu.bg), [i\\_kanelov@abv.bg](mailto:i_kanelov@abv.bg)

**Abstract:**

In the course "Current educational practice" starts the actual practical training and self-study students. Its role in their development as teachers is very important. From onlookers of the pedagogical process in Physical education and Sport , they become fluid participants. Training course is for training course "Methodology of Pphysical education" and observation, but in real terms, as it absorbed methodical and practical knowledge and skills to conduct educational work in Physical education and Sport in different stages and levels of the education system.

Using theoretical knowledge on the issues of school Physical education, utilizing new ones especially for the practical use of various methods and tools , students are not only actively involved in the educational process, but plan it, organize and implement directly as full active teachers.

Training course is aimed not only to check the overall preparation of students in performing a specific job, but also to their creative involvement in the detailed critical - analytical analysis after him. This encourages them to activity, critical thinking , develop their ability to assess and self-esteem.

**Course content:** Methodical, practical training with a total 135 hours in the different levels of education - primary degree / early stage / main degree - / secondary school / and average degree/ high school /enabled:

- students to get first hand experience in the practical realization of the profession, „Teacher of Physical education and sport "
- to continue their studies in a real operational relationships and relationships between the subjects of the pedagogical process;
- ,to deepen their knowledge and skills in direct current planning classroom level, by making plan syllabus for classes conducted by them;
- to learn independence, responsibility and desire for creative career in a real school setting; to learn about age differences and methodological peculiarities of working with students at various stages and levels of the educational system; to create the conditions for conducting research, preparing reports, coursework and thesis;
- to provide the necessary knowledge and skills to implement multidirectional impact of physical education, by creating the conditions for practical realization of integrative functions in different degrees;

### **Teaching**

Students to realize their own creative teaching and educational process in primary and supplement core curricula in "Physical Education and Sport" at different levels of the education system.

## **PSYCHOLOGY OF GYMNASTICS AND SPORTS**

**ECTS credits:** 6,0

**Weekly classes:** 2 L + 0S + 2 P

**Form of Assessment:** exam

**Type of exam:** written

**Department:** Department "Sport ", Faculty "Public health and sport",

**Lecturer:**Assistant prof. Kremka P, Stankova PhD

### **Annotation**

The mandatory university discipline “Psychology of gymnastics and sports” is meant for students third year in discipline Pedagogy of Teaching Physical Education. It emphasizes on regularities and characteristics of individual mental processes and their manifestation in the activity, respectively motor sports activity including the construction and operation of individual strategy of behavior and activity of a person. Attention is particularly paid to functional and psychosocial characteristics of the individual and specificity of the motor sports activity as a medium and catalyst for the formation of reflexive abilities. In this direction a new light is given on the psychology characteristics of the motor training in gymnastics and sports and its management and insurance. The reflexive nature of user motivational area of motor activity in sports and the specificity of

the formation of motor habit, build up the already acquired knowledge of students in this thematic area. The program also consists of current relationships in terms of functional features and pedagogical aspects of physical and psychological health of the individual related to motor sports activity. It provides knowledge, opportunities and skills of the trained students for individualizing and classification of information for basic groups of problems and difficulties in the psychological analysis of their nature to solve, overcome and adapt. In the implementation of thematic units sought link between physiology, theory and methodology of the gymnastics and sports, Pedagogy, Physical and psychological health and other university disciplines, fields and current innovative approaches.

## **AUDIO-VISUAL INFORMATION TECHNOLOGIES IN EDUCATION**

**ESTC credits:** 2,0

**Weekly workload:** 0+0+2

**Assessment form:** achievement term grade (test + practically oriented assignment)

**Type of the course:** compulsory

**Semester:** V

**Department:** Pedagogy, Faculty of Pedagogy

**Lecturer:** Head assistant: Nikolay Tsankov PhD, Pedagogy Department

E-mail: [ntzankov@swu.bg](mailto:ntzankov@swu.bg)

### **Course description:**

The course aims at providing knowledge and skills of using modern audio-visual and information technologies as a part of the professional competence of physical education and sports teachers. ICT and the possibilities for its adequate use are inseparable part of the functional literacy of modern teachers. The accent of the course is on the acquisition of skills for working with the most popular applications and products used in teaching as well as the possibilities they have for design of the educational environment. This will further improve the self-confidence of the students when having to apply the competences they have developed in real life situations within the educational institutions. An attempt is made within the course for re-evaluation of the already existing practice in educating the future teachers out of the context of their future work.

### **Contents:**

Levels of use of ICT in education. Possible applications of information technology in education in school. Spreadsheets in the work of teachers. Electronic data processing. Principles for working with spreadsheets (in school). Microsoft Excel. Data entry and processing in MS Excel. Areas of cells. Types of addresses. Relative address, absolute address; Mixed addresses. Formulas: Operators, Arithmetic (+, -, \*, /, ^); Functions (SUM, MAX, MIN, AVERAGE, IF). Data visualization. Diagrams. Information technology means for presenting information. Computer presentation. Characteristics of computer presentation. Requirements for computer presentations for training purposes. Creating a computer presentation with MS Power Point. Design of a computer presentation. Navigation in computer presentations. Animation. Creating a slide show with MS Power Point. Printing presentation materials. Designing a computer presentation on a specific methodological unit in school. Internet and classroom in school – possibilities for both teachers and students in school. Design and implementation of

multimedia applications in school education. Educational software and multimedia. Modern information educational technology.

**Educational technology:**

The realization of education is based on the basic ideas and principles of constructivism as a modern educational paradigm. The main principle is the one of setting a task within a certain situation. Practical situations are used to construct educational tasks to be completed with the help of ICT. The practice is organized and controlled through the use of a desktop visualization which allows the instructor to help the students in all stages of their training. Students' achievements are regularly diagnosed through tests and practical assignments. The results are organized in a portfolio which is the basis of a summative assessment. The educational process is structured in a way that allows a transition from standard platforms for management of educational contents to system-based ones for sharing and creating of portfolio through the means provided but the shared environment.

## **THEORY AND METHODOLOGY OF SPORTS TRAINING**

**ECTS credits:** 5.0

**Weekly classes:** 2L+1S

**Assessment:** written exam

**Department:** Theory and Methodology of Physical Education, Faculty of Pedagogy

**Lecturer:** Prof. Atanas Georgiev, PhD. Theory and Methodology of Physical Education,

**E-mail:** [naskoag@swu.bg](mailto:naskoag@swu.bg)

**Abstract:**

The main objectives of the course are acquainted with the laws and general methodological problems of sports training and analyzing the methods and funds of sports training. Special attention is given to the types of preparation, planning and management of the training process, the selection and prediction of athletic ability. The course is designed in accordance with modern requirements for management of the training process and help students in their future teaching in the field of physical education and sport.

**Course content:**

Understanding the nature and functions of modern sport, sports training system, basic regularities of sports training , sports training as a process of management; loading in sports training , fatigue and recovery , fitness levels, and physical shape , selection and forecasting sporting skills , early learning and starting sports training , supervision in sport - general methodological and organizational problems. Control the level of motor skills, techniques and dynamic loading, sources and methods of control in sport.

**Teaching and assessment:**

The course includes lectures, tutorials and tests, and essay. Independent task is a paper. The exam is on the course content. The final grade is based on test scores, essays and exams.

## „METHODOLOGY AND METHODS OF THE SPORT AND PEDAGOGY RESEARCH”

**ECTS credits: 6**

**Weekly workload: 2 L + 2 S**

**Type of knowledge check: exam**

**Type of exam: written**

**Semester: V**

**Department:** “Theory and Methodology of Physical Education”, Faculty of Pedagogy

**Lecturers:** Prof. Dr. Sci. Kiril Kostov, Head assistant Nevyana Dokova PhD, “Theory and Methodology of Physical Education” dept.

e-mail: kzkostov@abv.bg;

e-mail: nevid@swu.bg

### **Headnote:**

The main aims of subject „Methodology and methods of the sport and pedagogy research” are:

- To acquaint the students in speciality "Pedagogy of Physical Education" with the nature and characteristics of the scientific work as a specific cognitive human activity;
- To give them the necessary fundamental knowledge and skills to carry out researches and as a result the efficiency of their future professional and educational work to be increased;
- To increase their methodological skills.

### **Course content:**

Acquainting with the basic theoretical issues, with the methodological approaches, principles and methods of research in the field of physical education and sport, and by mastering the necessary metrological and computational procedures, the students will learn how to identify scientific problems, how to develop concepts, to formulate scientific theses and hypotheses, how to conduct experimental work, to analyze the results obtained, to draw conclusions, to develop different in nature and focus scientific papers.

### **Assessment system:**

The system for overall knowledge examination and assessment has three main components:

#### **2. Regular checkups during the training course by:**

- a) preparing different papers, reports and abstracts;
- b) solving cases, problems and individual tasks during the seminars.

#### **2. Interim written exams** – three tests during the semester.

**3. Final (semester) exam** – it is applied only for the students that could not reach the minimum subject requirements (the minimum of 50 points, equal to grade Satisfactory 3) or would like to increase their grade.

The idea behind this type of assessment is based on the credit system, i.e. collection of certain amount of points for the work during the semester and proven knowledge.

## PRESCHOOL PHYSICAL EDUCATION METHODS

**ESTC credits:** 5,0

**Weekly workload:** 2 lectures +2 practice

**Assessment form:** exam

**Type of the course:** compulsory

**Semester:** VI

**Department:** Theory and methods of physical education, Faculty of Pedagogy

**Lecturer:** Prof. Dr. Sci. Magdalena Kostadinova Glushkova

Tel.: 0887 99 08 01; e-mail: [m\\_glushkova@swu.bg](mailto:m_glushkova@swu.bg) and [m\\_glushkova@abv.bg](mailto:m_glushkova@abv.bg)

### **Course summary:**

The course is a core requirement of the Undergraduate Degree Physical Education and Sports Training at South-West University "Neofit Rilski". It provides theoretical knowledge together with practical skills in the field of preschool physical education. It aims at developing knowledge, skills and competencies for planning, organization and implementation of the educational process and in particular of the physical education for 3-7 year-old children. The course focuses on the specifics of educational interaction and communication with children. It also helps students' training in the field of assessment and diagnostics of different conditions, changes, gender specifics, stage variations of different aspects of children's functional, locomotor, motorial and other abilities.

### **Course content:**

Theoretical and methodological basis of the Preschool Physical Education; importance of physical education for the development of 3-7 year olds; System of preschool physical education in Bulgaria- comparative analysis with other countries around the world; Norms, standards and regulations; Physical education content – modules, cores, parts (characteristics); Biomechanics and natural movements of children from their birth to the age of 7; Physical education case studies and situations – types, tasks, characteristics, number of hours, duration, structure, variants, lesson planning, organization; Methods and means of children's physical education; Preschool physical education as a process – structure, types and stages of education; Cognitive theories for locomotor development – stages, main characteristics, transfer of children's locomotor skills; Physical working capacity and fatigue of children; Physical exercises – importance, components, planning, management and control; Locomotor abilities of children – types, characteristics, development; Assessment of different processes and phenomena in children's body and physical education practice; Physical education planning and management.

**Organization of the course and evaluation procedures:** the course comprises lectures and practice.

The evaluation procedures include continuous assessment and final written exam, and the final grade is based on them both.

The evaluation technology and the final grade formula are given in the syllabus.



## MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS

**ECTS credits:** 4.0

**Weekly classes:** 2 L+1 S

**Assessment:** written exam

**Department:** Theory and Methodology of Physical Education, Faculty of Pedagogy

**Lecturer:** Prof. Atanas Georgiev, PhD. Theory and Methodology of Physical Education

**E-mail:** [naskoag@swu.bg](mailto:naskoag@swu.bg)

### **Abstract:**

The main objectives of the course is to provide basic knowledge and skills in the organization and management of non-governmental organizations (including school sports clubs), and the organization of work and management of state and municipal sports institutions.

### **Course content:**

Study of the organization and management of the system of physical education and sport. Understanding the regulations on the legal status of the organization and management of the process of physical education and sport, including the Physical education and sport as well as the organization and management of sport in some countries of the European Union.

### **Technology assessment:**

The course includes lectures, tutorials and tests, and essay. Independent task is a paper. The exam is on the course content. The final grade is based on test scores, essays and exams.

## EXTRACURRICULAR ACTIVITIES OF PHYSICAL EDUCATION

**ECTS credits:** 4,0

**Weekly classes** 2 L +1S

**Form of Assessment:** exam

**Type of exam:** written

**Department** of "Theory and Methodology of Physical Education", Faculty of Pedagogy

**Lecturer:** Head Assist. Daniela Tomova, PhD, Department of "Theory and Methodology of Physical Education"

E-mail: [danitomova@swu.bg](mailto:danitomova@swu.bg), danitomova@abv.bg

### **Abstract:**

**The main** objectives of the course are:

- 1) To teach students in "Pedagogy of Physical Education" with extracurricular physical education and sport. Extracurricular activities in Physical education and sport.
- 2) To form and skills development planning and management of sports in extracurricular learning is a continuation and extension of the classical classroom
- 3) The development of didactic materials required for the training process.

Course content: level

Acquiring knowledge of the students about the importance and place of physical education and sports outside school and Extracurricular activities. Introduce students to extracurricular forms of physical education and sport, their organization, implementation and management.

Mastery of a given amount of exercise and specific methodological approaches to working with students of all stages of the degrees and knowledge of the organization and

management of work in physical education and sport in Extracurricular activities school forms.

**Technology assessment:**

The course includes lectures, tutorials and tests, and essay. Independent task is a paper. The exam is on the course content. The final grade is based on test scores, essays and exams.

**BIOMECHANICS OF THE PHYSICAL EXERCISE**

**ECTS credits:** 3,0

**Weekly classes** 2 L +1S

**Form of Assessment:** exam

**Type of exam:** written

**Department:** Department "Sport ", Faculty "Public health and sport"

**Lecturer:** Head Assist. Ivan Kostadinov Glushkov, Phd.

Tel.: 0899 145 222

e-mail: E-mail: [iv\\_glushkov@swu.bg](mailto:iv_glushkov@swu.bg); [iv\\_glushkov@abv.bg](mailto:iv_glushkov@abv.bg)

**Course outline:**

The program is compulsory and is designed to the latest findings of biometry and the requirements of modern sports training related to the ongoing process of modeling the athletes' movements.

**Summary of the program:**

The rise and development of biomechanics and the relation to the other science. Kinematics. Essence and meaning of the starting systems. Spatial characteristics. Types of movement. Special features of the time and spatial characteristics. Dynamics. Power characteristics in biomechanics. Gravity. Support reaction. The effect of the forces (action, energy, power). Inert characteristics. Determining methods of inert moment of the human body. Forces of friction and resistance of the milieu to the motive power. Showing the forces of elastic deformation. Interaction of the internal and external forces. D'Alembert's principle. Special feature of the force action perpendicular to the axis. Force action askew to the base going through the center of gravity. Effect of impact between two bodies. Statics. Center of gravity of the bodies. Graphical method for determining the general center of gravity. Statics as part of the dynamics. Center of gravity. Analytical method of determining the general center of gravity. Sustainability conditions of the bodies. Gathering forces. Biomechanical properties of bone and a joint - connecting apparatus. Kinematic joints. Osteochondral segments as leverage. Biomechanical properties of muscles. Mechanical action of muscles. Functional classification of muscles. Features and operation of one-joint and multi-joint muscles. Motor operation as a system of movement. Physical exercise as the control system. Methods for biomechanical analysis. Biomechanics of motor skills. Criteria for appropriate biomechanical movements. Biomechanics of physical exercise (sports optional).

**Teaching and assessment:** The course is conducted through lectures and seminars.

The evaluation includes **monitoring and a written exam** and the final score is a function of both.

Technology for its formation and the criteria used are detailed in the syllabus of the course.