

## **PHYSICAL EDUCATION AND SPORT**

**EDUCATIONAL QUALIFICATION DEGREE: MASTER  
PROFESSIONAL QUALIFICATION: TEACHER**

The subject "Physical Education and Sport" is in the Pedagogical Faculty structure. The graduates with the qualifications master degree in physical education are trained basically to a realization in different departments and levels of the educational system in Bulgaria: teacher in physical education, different sports instructor and organizational worker in the physical education and sports field. The sports pedagogue accomplishes varied tasks of the physical education and sport for the students from different levels at school as well as in the physical education and sports classes, and in other forms and physical exercises.

The students training is in unison with the new educational requirements for implementing the credit transfer system. . They have the opportunity to expand their professional training through parallel acquisition in other subjects on the condition that they have successfully completed their first year and have successfully passed the university entrance exam.

The students training includes general scientific and pedagogical education which studies the conceptual thesaurus, science methods and laws. General training in medical and biological sciences. Special theoretical and methodological training of scientific disciplines directly related to study regularities of physical education and sport.

The methodical and practical training includes knowledge of methodological and practical skills training on basic and additional sports disciplines.

The special theoretical, methodical and applied disciplines provide an opportunity to acquire skills for independent professional sports pedagogical expression as teachers and methodologist in physical education, and also to develop skills in teamwork in organizing the educational training and sports competition activity.

Purpose of the Master's program

It is intended for students graduated in the field 1.2. Pedagogy and 1.3. Pedagogy of education in .... (not including "Physical education and sport", as well as students with bachelor degree from other professional fields, but with acquired qualification "Teacher in ...

## CURRICULUM

<b>First year</b>			
First semester	ECTS credits	Second semester	ECTS credits
History of physical education	4.0	Methodology of Volleyball teaching	4.0
Human Functional Anatomy and Age Morphology	4.0	Extracurricular activities of physical education	4.0
Track-and-field	4.0	Theory of Physical Education	5.0
Methodology of Basketball teaching	4.0	Methods of physical education in preschools	4.0
Management of Physical Education and Sports	3.0	Swimming	3.0
Gymnastics (basic and sports)	4.0	Physiology (general and exercise physiology)	5.0
English for sports	3.0		
Theory and methodology of sports training	4.0		
		<b>Selectable disciplines (students choose one course)</b>	
		Methodology of Aquatic sports	5.0
		Methodology of Tourist activity	5.0
	<b>Total</b>		<b>Total</b>
	30		30
<b>Second year</b>			
First semester	ECTS credits	Second semester	ECTS credits
Methods of physical education	6.0	Pre-graduation teaching practice	5.0
Methodology of handball teaching	4.0		
Methodology of Football teaching	4.0	<b>Selectable disciplines (students choose one course)</b>	
Current pedagogical practice	5.0		
Mobile games	4.0	Football	2.0
Research in sport science	4.0	Fitness and Bodybuilding	2.0
Biomechanics and management of movements control in sport	3.0		
		<b>Selectable disciplines (students choose one course)</b>	
		System of Olympic movement	2.0
		Valeology	2.0
		<b>Selectable disciplines (students choose one course)</b>	
		Rhythm and dance	2.0
		Tennis	2.0

		<b>Selectable disciplines (students choose one course)</b>	
		Information technology	2.0
		Physical activity and contemporary lifestyle	2.0
		<b>Selectable disciplines (students choose one course)</b>	
		Kinesitherapy	2.0
		Project management	2.0
	Total 30		Total 30
<b>TOTAL FOR 2 SCHOOL: 120 CREDITS</b>			

## SHORT INFORMATION AND DESCRIPTION OF THE COURSES

### ANOTATION:

#### HISTORY OF PHYSICAL EDUCATION

**ECTS credits: 4.0**

**Weekly classes 2 1**

**Form of Assessment:** exam Type of exam: written

**Semester: I**

**Department** Theory and Methodology of Physical education

**Faculty** of Pedagogy

**Lecturer:** Assoc .prof. Daniela Tomova, PhD

**E-mail:** danitomova@swu.bg, tel.: 0885929203

#### **Annotation:**

The course is aimed at students NA majoring in physical education and sport. 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. Ancient Greece as the motherland of the Olympic Games. 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.

## HUMAN FUNCTIONAL ANATOMY AND AGE MORPHOLOGY

**ECTS credits: 4.0**

**Weekly classes 1 L + 1 P**

**Form of Assessment:** exam Type of exam: written

**Semester: I**

**Department** Theory and Methodology of Physical education

**Faculty** of Pedagogy

**Lecturer:** Assoc .prof. St. Vezenkov, PhD

**E-mail:** vezenkov.stoyan@swu.bg, tel.: 0885929995

### **Annotation:**

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 .

### **Course topics:**

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

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

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

Conversation, discussion, asociative method, conference

The final mark takes into account both the term paper and the exam. It assesses the students' knowledge of the course topics, central nervous system, brain cortex, autonomic nervous system, endocrine system, respiratory and cardiovascular system, skeletal and muscle

## TRACK-AND-FIELD

**ESTC credits: 4.0**

**Weekly workload: 1 L +0 S + 2 P**

**Semester: I**

**Assessment form:** written exam

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

**Lecturer:** Associate prof. Chavdar Kotzev, Department of Sports, Faculty of public health and sports

**E-mail:** kotsevsport@swu.bg

### **Annotation:**

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 teacher's 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:** 4.0

**Weekly workload:** 1 L+0 S+2 P

**Assessment form:** written exam

**Semester:** I

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

**Lecturer:** Prof. Kiril Kostov, D.Sc, Department "Theory and Methodology of Physical Education

**E-mail:** kzkostov@swu.bg

### **Annotation:**

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 knowledge 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.

## MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS

**ECTS credits: 3.0**

**Weekly workload:** 1 L + 1 S + 0 P

**Assessment form:** written exam

**Semester:** I

**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

### **Annotation:**

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.

## GYMNASTICS (BASIC AND SPORT)

**ECTS credits: 4.0**

**Form of check classes: exam**

**Semester: I**

**Methodological guidance:**

**Department of Sports**

**Faculty of Public Health, health care and sports**

**Lecturer(s):** Assoc. Prof. Dr. Kremka Stankova

**E-mail:** kremka@swu.bg, tel.: 073/588 530,

**Weekly workload: 1 l + 0 su + 2 pr**

**Type of exam: writing**

### **Annotation**

The subject "Gymnastics(basic and sport)" is a subject meant for Master's degree students from the discipline "Physical education and sport". The curriculum focuses on the theory of gymnastics and the terminology, specifics, priorities and methods for teaching the different types of gymnastics and its realization by the students themselves. Age features and the different applying of gymnastics with a specific orientation are being analyzed, under certain conditions and demands. The program consists of current means for methodical and practical assimilation of knowledge on the basic content of the different types of gymnastics.

## ENGLISH FOR SPORTS

**ECTS credits: 3.0**

**Weekly workload: 2 s.u**

**Semester: I**

**Form of Assessment: exam Type of exam: written**

**Department:** Theory and Methodology of Physical education

**Faculty of Pedagogy**

**Lecturer:** Maria Mladenova, assistant

**E-mail:** m.kamenichka@swu.bg, tel.: 0879811199

### **Annotatin:**

The English language course for "Physical Education" is aimed at mastering basic language skills and knowledge corresponding to level A1-A2, the main focus is the terminology related to physical education and sport.

The purpose of the course is to develop communicative competences that will allow students to use their knowledge in future practice as educators.

During the training the knowledge improves as well as the language skills in English gained in high school; new language material is acquired and strategies for self-study and self-improvement are formed. A time is provided to learn specific terminology that will allow students to acquaint themselves in English literature considering the issues related to their professional training and realization.

At the end of the course students should be able to listen, read and understand different texts in English; to talk about certain topics; express oral and written opinion on an issue.

## THEORY AND METHODOLOGY OF SPORTS PREPARATION

**ECTS credits: 4.0**

**Weekly classes: 2l +1 s**

**Semester: VI**

**Assessment:** written exam

**Departments involved:** Theory and Methodology of Physical Education

**Lecturer:** Assoc. Prof. Chavdar Kotcev, PhD. Sport

**E-mail:** kotsev sport@swu.bg

### **Annotation:**

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 OF VOLLEYBALL TEACHING****ECTS credits: 4.0****Form of check classes: exam****Semester: II****Methodological guidance:****Department of Sports****Faculty of Public Health, health care and sports****Lecturer(s):** PhD Hristo Nikolov**E-mail:** hristo\_nikolov@swu.bg**Weekly workload: 11 + 2 pr****Type of exam: writing****Annotation**

The program covers the full range of study material for the course "Methodology of teaching volleyball. The curriculum includes basic methodological and practical issues as required training for teacher training with a master's degree. The curriculum provides introduction to the basic elements of technique volleyball game, as well as individual, group and team tactical actions in attack and defense.

Particular attention is paid to the methodology of training in technique and tactics, knowledge of knowledge of the rules and refereeing and application of technical skills and tactical knowledge in the practice of the game.

**Goals, Tasks, Results**

The goals and tasks are aimed at formation and development of a relatively good level of technical elements of the volleyball game, the main tactical knowledge and skills and develop special for the game motor skills.

Students' theoretical knowledge will lead to the acquisition of knowledge that will help for easier assimilation of methodical and practical exercises.

**Teaching Methods**

Illustrating using multimedia projector, lectures, discussion, practical exercises

**EXTRACURRICULAR ACTIVITIES OF PHYSICAL EDUCATION AND SPORT****ECTS credits: 4.0****Form of Assessment:** exam**Semester: II****Department** Theory and Methodology of Physikal education**Faculty** of Pedagogy**Lecturer:** Assoc .prof. Daniela Tomova**E-mail:** danitomova@swu.bg , tel.: 0888642506,**Weekly classes 21 +1 s****Type of exam: written**

**Annotation:**

The main of the training is to provide knowledge about extracurricular school forms of physical education and the organizations that implement them.

With so prepared curriculum is addressing the following tasks:

- 1) To teach MA students in " Physical Education and Sport" 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

## **THEORY OF PHYSICAL EDUCATION**

**ECTS credits: 5.0**

**Form of Assessment:** exam

**Semester: II**

**Department** Theory and Methodology of Physical education

**Faculty** of Pedagogy

**Lecturer:** Prof. Kiril Kostov D.Sc

**E-mail:** kzkostov@swu.bg

**Weekly classes 2 1+1 s**

**Type of exam: written**

**Annotation:**

The theory of physical education is a scientific discipline that studies the laws of physical education, as educational educational and correctional healing process.

It is included in the curriculum of the Master's program "sport animation" as a fundamental course, building the students' theoretical knowledge necessary for understanding the methodology of education at different ages and in different sports in the context of the knowledge and skills to acquire a sports cartoonist. Through lectures and seminars students learn knowledge for the purpose, objectives, means and principles of physical education. An emphasis is put on scientific theories about the human body adapt to various external influences, which is the basis of human physical perfection.

## METHODS OF PHYSICAL EDUCATION IN PRESCHOOLS

**ECTS : 4.0**

**Weekly workload: 2 lectures + 1 hands-on practice**

**Type and form of evaluation:** continuous assessment and final written exam

**Semester: II**

**Department:** "Theory and Methodology of Physical Education"

Faculty of Pedagogy

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

**E-mail:** m\_glushkova@swu.bg, tel.: 08879908 01

### **Annotation:**

The course is a core requirement of the Master's Degree Program. 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 the educational interaction and communication with children. It also helps students' training in the field of assessment and diagnostics of different conditions, changes, and gender specifics, stage variations of different aspects of children's functional, locomotor, motor and other abilities.

### **Course content:**

Theoretical and methodological basis of the Pre-Primary 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. Biomechanics on 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.

## SWIMMING

**ECTS credits: 3.0**

**Testing mode: exam**

**Semester: II**

**Methodic direction:**

Theory and Methodic of Physical Education (TMPE) Department

**Pedagogy Faculty**

**Lecturer(s):** Senior Assistant Daniela Lekina PhD, Sports Category

**E-mail:** danilekina@swu.bg, tel.: 0888300122

**Week hours: 2 practice**

**Exam type: practical**

### **Annotation:**

The program in Swimming discipline is designated for students – masters in the Physical Education and Sports discipline. The program foresees study of the methodic of teaching swimming, mastering the technique of swimming styles, acquiring knowledge and skills necessary for the pedagogical and organizational work in school institutions. In compliance with the curriculum the Swimming discipline is taught in the second semester. The sessions are held as practical seminars.

The academic content is coordinated with the high requirements towards the professional training of future experts.

The practical activities ensure knowledge about the technique and methodic of training in swimming. They form knowledge and skills necessary for the practical work in the field of swimming. The students study: technique of sports and applied swimming of the start and turn, methods of primary training in swimming, acquiring knowledge about conducting training with various range of people, knowledge about organization and conducting physical and mass events by using swimming.

The assessment of reached results in the training process is coordinated with the requirements of Ordinance No 21 by Ministry of Education dated 30 September 2004 for applying a system for accumulation and transfer of credits.

## PHYSIOLOGY (GENERAL AND EXERCISE PHYSIOLOGY)

**ECTS credits: 5.0**

**Assessment:** written exam

**Semester: II**

**Department:** Theory and methods of physical education

Faculty of Pedagogy

**Lecturer:** Prof. Nevena Stoyanova Pencheva

**E-mail:** npencheva@swu.bg, tel.: 0899 147 701

**Weekly workload:** 2L+0S+0E+1LE

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

**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, plyometric, 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.

## METHODOLOGY OF AQUATIC SPORTS

**ECTS: 5.0**

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

**Semester: II**

**Assessment form : practical exam**

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

**Lecturer: Assoc Prof. Ivan Glushkov PhD**, Department of Sports, Faculty of Public Health and Sports,

**E-mail: iv\_glushkov@swu.bg**

### **Annotation**

The course takes place as a series of seminars on aquatic sports. 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.

**METHODOLOGY OF TOURIST ACTIVITY****ECTS credits : 5.0****Weekly classes: 1h + 13p****Assessment:** written exam**Departments involved:** Theory and Methodology of Physical Education**Lecturer:** Prof. Atanas Georgiev ,

PhD. Theory and Methodology of Physical Education

**E-mail:** naskoag@swu.bg**Annotation:**

*The training aims to:* future sports educators to acquire basic knowledge of tourism , types of tourism, sports that are practiced in the mountains and on the basis of this knowledge to know the methods of organizing and conducting various forms of tourist practice ( walk, hike , trips ) and the orientation competitions with students and sport climbing competitions .

**Course content:**

Includes introduction to the characteristics of tourism mountain hazards and prevent them advance preparation and organization to conduct hiking and events, traffic rules in the mountains, methods and tools for use on various types of terrain characteristics, nature and content of orientation as sports, general knowledge of mountaineering and climbing mountains in the world to help in the mountains.

**Teaching and assessment:**

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

**METHODS OF PHYSICAL EDUCATION****ECTS credits: 6****Weekly workload: 2 L+1 S+1 P****Semester: III****Assessment form :** written exam**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@swu.bg**Annotation:**

The subject “Methods of physical education” is a theoretical and applied (methodological and practical) course that aims to teach the students in specialty "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 “METHODS OF PHYSICAL EDUCATION” 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 “METHODS OF PHYSICAL EDUCATION” 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.

## METHODOLOGY OF HANDBALL TEACHING

**ECTS: 4.0**

**Weekly workload:** 1 L+0 S+2 P

**Assessment form :** written exam

**Semester:** III

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

**Lecturers:** Assoc. Prof. Evgeni Kavdanski PhD,

**E-mail:** e\_kavdanski v@swu.bg

Chief asst. Novko Popov

**E-mail:** n.popov@swu.bg

**Annotation:**

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 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.

## **METHODOLOGY OF FOOTBALL TEACHING**

**ECTS credits: 4.0**

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

**Form of Assessment:** Type of exam: written exam

**Departments involved:**

Department "Theory and Methodology of Physical Education ."

**Faculty of Pedagogy**

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

**E-mail:** valeric@swu.bg, tel.: 0889299899

### **Annotation**

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 knowledge 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.

## **CURRENT TEACHING PRACTICE**

**ECTS credits: 5.00**

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

**Assessment form :** practical exam

**Semester: III**

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

**Lecturers:** Assoc prof Daniela Tomova PhD, Chief Assistant Ilia Kanelov PhD,, Chief Assistant Stefan Kinov, PhD danitomova@swu.bg, i\_kanelov@swu.bg , stefankinov@swu.bg



**Annotation:**

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 Physical 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.

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 45 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 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**

MA 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.

## MOBILE GAMES

**ECTS credits: 4.0****Weekly workload: 1 L+2 P****Semester: III****Assessment form : practical exam****Department:** „Theory and Methodology of Physical Education”, Faculty of Pedagogy**Lecturers:** Assoc. Prof. Dr. Evgeni Kavdanski**E-mail:** e\_kavdanski@swu.bg**Annotation:**

Classes discipline "Moving and sport games" are for master students of the specialty ISF.

Understanding the theoretical foundations of gaming activities and learning of a wide range of games with methodical and practical, will meet the modern requirements for acquiring game character lesson in physical education and sport in different age groups in solving educational, correctional and rehabilitation tasks.

In casual emotional atmosphere, using play as a means of physical education, students will learn to implement educational content and its motor equivalents - coordination and conditioning capacities in a strictly defined sequence and dosage. They will be able to realize the goals and

objectives that are set for each specific job and the whole educational process in physical education and sport.

Mastery of the game teaching method will provide a great advantage in their future work, such as sports teachers at different levels of our educational system.

### **Goals, objectives, anticipated results**

#### **Purpose and Tasks:**

Students acquire methodical and practical knowledge to use games as a means of physical education. They will be able to realize in emotional and casual atmosphere as specific goals and objectives and global - the harmonious development of students in our educational system in physical education and sport.

#### **Expected Results:**

Practical mastery of a wide range of games and methods of their teaching, will provide future professionals the ability to independently and effectively conducting lessons in different age groups of the educational system in physical education and sport.

## **RESEARCH IN SPORT SCIENCE**

**ECTS credits: 4. 0**

**Weekly workload: 2 L + 1 S + 0 P**

**Assessment form:** written exam

**Semester: III**

**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@swu.bg; **E-mail:** nevid@swu.bg

#### **Annotation:**

The main aims of subject „Research in Sport science ” are:

- To acquaint the students 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:

- 1. 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.

## **BIOMECHANICS AND MANAGEMENT OF MOVEMENTS CONTROL IN SPORT**

**ECTS credits: 3.0**

**Semester: III**

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

**Lecturers:** ass0stant Iliq kanelovPhD, Departmen “Theory and Methodology of Physical Education”

**E-mail:** i\_kanelov@swu.bg

**Weekly workload:** 1 L + 1 S + 0 P

**Assessment form:** written exam

### **Annotation:**

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.

## FUTSAL

**ESCT credits: 2.0**

**Weekly workload: 1 lect. + 1 sem.exe.**

**Assessment form: exam**

Type of exam: written

**Department:**

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

**Lecturer:** Assoc.prof. Valery Tcvetkov, PhD

**E-mail:** valeric@swu.bg

### **Annotation:**

The proposed curriculum considers the main directions in the futsal teaching methodology. Teaching is the most difficult and complicated element of the futsal learning process. It can be done only when the correct methodology is known and applied.

The basic concepts and classification of the game and the tactics of the game, the correct handling of the basic technical skills of the players, passing, guiding, stopping, fint movements, passing the ball with foot and head, goalkeeper's technique, individual, group and team tactics of attack and defense.

**The aim** and tasks are directed to the correct methodical and practical mastering of the knowledge about the main content and form of the futsal game. Through them, students will be able to choose correctly the means, methods and dosage to perform individual tasks, both in school and out-of-school football in the educational system of physical education and sport.

### **Expected results:**

The practical handling of a large number of exercises of football character and the methodology of their pre-education provides the future educators with a good knowledge of the educational methodological content and its correct teaching in the different age groups of the educational system of physical education and sport and of the juvenile groups of different ages. The topics are listed in the curriculum.

## FITNES AND BODYBUILDING

**ECTS credits: 2.0**

**Weekly workload: 1 L + 1 P**

**Type of knowledge check: exam**

**Type of exam: written + practice**

**Semester: IV**

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

**Lecturers:** head assistant Iliya Kanelov, PhD, "Theory and Methodology of Physical Education" dept.

**Email:** i\_kanelov@abv.bg

### **Annotation:**

The course "Fitness and Bodybuilding" is taught by the students of the Master's program in Physical Education and Sports as elective in the fourth semester of the training.

The course has a theoretical and methodological-practical orientation, aims to acquaint students with specific fitness exercises and training programs for building a harmonious and athletic body. Fitness programs are aimed at achieving a good workout for the trainees. Improvement of the cardiorespiratory system, mobility in the articular apparatus, athletic and functional muscles. As well as prevention of general health, increasing the working capacity and

resistance of the body to stress factors. Bodybuilding is a system of special training complexes of muscle mass exercise, fat reduction and body building with the necessary parameters of symmetry and proportionality.

Successful completion of training will give methodological and practical training to future sports educators, to successfully manage the conditioning condition of the students. It will serve for the qualitative structuring of the lessons with a strong force and velocity, using the knowledge about the methodological requirements for the formation of motor skills. In this way, they will diversify the lessons of physical education and sport. On the other hand, they will satisfy the increasing interest of the students in this sport, which enables them to individually follow their goals in their physical development.

**Aim:** Students of the Master program in Physical Education and Sports acquire basic knowledge about the biomechanical, biochemical and physiological mechanisms of building muscle mass, reduction of fat tissue, improvement of the overall condition. To know the criteria for harmonious body composition in men and women. To receive theoretical and methodical-practical training for the application of physical exercises to different muscular groups in the human body.

## SYSTEM OF OLYMPIC MOVEMENTS

**ECTS credits: 2.0**

**Weekly classes 11+1 s**

**Semester: IV**

**Form of Assessment:** exam Type of exam: written

**Department** "Theory and Methodology of Physical Education"

**Faculty of Pedagogy**

**Lecturers:**

**Author:** Assoc Prof. Daniela Tomova PhD

**E-mail:** danitomova@swu.bg, tel.: 08859292036

### **Annotation:**

The course System of Olympic Movements is designed for students future teachers of physical education

**The aim** of the training is to give knowledge about the Olympic Movements, Olympics and high aesthetic and ethical achievement of the ancient world, and the development of the Olympic ideas in modern society. Modern Olympics movements is one of the major phenomenon of our time, an important social factor that includes in its ranks hundreds of millions of athletes from all over the planet.

Olympics, which is at the heart of modern sport and the Olympic Charter are the basis for the development of cooperation between youth from around the world in the activities of the NOC, IOC , SFF and other public and state structures

### **Tasks:**

1. Through Inputs "Systems of the Olympic Movements to create internal and ideological prerequisites for creative theoretical and practical educational activities.
2. Enriching the specific culture of the students with the knowledge and experience in the field of culture and physical education and educational practice.
3. Knowledge system of Olympic education in Bulgaria and the world and its impact in the new State educational requirements

### **Course content**

Acquiring knowledge of the students about the importance and place of Olympics ideas and the Olympic Movement for the development of sport and physical education Teaching the students village, Olympic Charter, Olympic symbols and Olympic principles

Mastery of a certain volume of the structure and activities of the IOC, NOC , IFAC and other organizations.

Knowledge system of Olympic education in Bulgarian schools. The program includes studying the development of modern Olympics and the ideas of Olympics; knowledge of historical facts and events and characterization participation of Bulgarian athletes at the Summer and Winter Olympics, and sports achievements - Olympic medals and awards.

Knowledge of the most significant achievements of Bulgarian athletes

### **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

## **VALEOLOGY**

**ECTS credits: 2.0**

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

**Assessment form : exam**

**Semester: IV**

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

**Lecturers:** Assoc. Prof. Dr. Evgeni Kavdanski

**E-mail:** e\_kavdanski@swu.bg

### **Annotation:**

Valeology introduces to students the health as a state, the factors that determine, knowledge, skills and their application in practice in order to deposit and approval. Knowledge of the personal characteristics / self-discovery / of a healthy person and practical methods for their study. Knowledge about diet as in normal life and in the practice of active competition activities in different sports and sports disciplines, the calorific value of different types of food and diet in sport regularly and sportsmen, the necessary calories, kilocalories or kilojoules during normal daily activities and active in racing mode. Moreover acquire knowledge for instantaneous assessment of physical condition in athletes and sport regularly by different indicators - measuring the amount of body fat, active body mass, muscle mass, method of recording and analysis. The scope of "Valeology » enter any problems, questions, ideas, concepts and understandings that relate to health, its primary deviations methods and means for its consolidation and storage for the longest possible time. The funds that are recommended Valeology optimal physical activity, including eastern and western traditions of many years, proper nutrition, pharmacosanation, physio - preventive therapy,etc.

Not least will gain knowledge about lifestyle and diet in everyday life not only for himself but also for the family and the generation that will create.

### **Goals, objectives, anticipated results**

Students acquire knowledge about the personal characteristics of a healthy person, the factors influencing the strengthening and preservation of health, methods of their study diet as in normal

life and in the practice of active competition activities in different sports and sports disciplines. Practical mastery of knowledge and skills will provide future sports educators, by a formal and effective implementation of the educational and training process, to control diet and preservation of the health of their students, repeated excessive demands on their body, which It will be the basis for a long-sports racing life.

## **RHYTHM AND DANCE**

**ECTS credits: 2.00**

**Weekly classes 2 P**

**Semester: IV**

**Form of Assessment:**

**Department "Theory and Methodology of Physical Education"**

**Faculty of Pedagogy**

**Lecturer:** as. Daniela Manikatoва

**Tel:** 0878928858

### **Anotation:**

**Course description:** In the proposed curriculum are viewed guidelines in the methodology of teaching of "Traditional Bulgarian line dances - horo, rhythm and dance". Teaching is the most difficult stage of process learning dances. It can be accomplished only if the correct methodology and techniques are well known and properly applied.

The course includes various complexes of rhythm exercises, traditional Bulgarian line dances-horo, as well as dances with different metro rhythm structure

**Purpose:** To be improved and developed the motor culture of the students by means of metro rhythm characteristics of the dance movements, exercises and dancing.

### **Proposition:**

1. Assimilation of knowledge of human motor activities.
2. Formatting variety of skills and habits which will enrich motor culture.
3. Development of the physical ability - flexibility, coordination, endurance. Developing a senses of rhythm and tempo.

**Expected results:** Practical assimilation of a large number of exercises, traditional Bulgarian line dances- horo and theirs teaching methodology will provide to the feature c pedagogues better knowledge of educational-methodical content and theirs proper teaching in different age groups of the educational system of sports.

## **TENNIS**

**ECTS credits: 2.0**

**Weekly classes 2 P**

**Form of Assessment:**

**Semester: IV**

**Department "Theory and Methodology of Physical Education"**

**Faculty of Pedagogy**

**Lecturers:** Assoc Prof. Daniela Tomova PhD

**E-mail:** danitomova@swu.bg

**Annotation:**

Curriculum is designed for students in MA "Physical Education and sport" wishing to master the knowledge and form sporting and technical skills of tennis and sport included in the curriculum as an optional course.

**Aim** - to familiarize students with the basic technical and tactical techniques in tennis, the means and methods of study, courses, equipment and tools for practicing tennis sport. Also, future teachers of physical education and sport form knowledge and skills for organizing and conducting competitions in tennis and improve their knowledge and skills for this game to organize training

**Tasks :**

1. Students acquire methodological and practical knowledge of using tennis as a means of physical education in the learning process.
2. Through them you can realize an emotional and casual atmosphere as specific goals and objectives.
3. Enrichment culture and motor skills of the teacher of physical education and sport for teaching and learning different sports in school and beyond.

**Content:** Formation of the sporting and technical knowledge and tactical of tennis rules. Knowledge of tools and Methodius in teaching tennis and organizing and judging competitions.

**Expected Results:**

The obtained, although the most basic knowledge of tennis will be needed for future sports educators to have the necessary methodological support to the large number wishing to practice tennis.

**Current control :**

After the fourth, 10 th and 14th occupation shall test of taught material . They must demonstrate knowledge of the biomechanical characteristics of the strokes , errors that allow learners and how to remove them

Current rating:

At the end of the course shall be a written exam on all the material. The final summary assessment is based on activity and participation in exercises, the results of ongoing quizzes and practical skills and evaluation of the written examination test

The examination shall be released if the current control in all tests assessment was at least VERY GOOD .

Preparation for the semester exam is based syllabus for exam sample tests for current control, sample questions that might be useful for self-study students .

## INFORMATION TECHNOLOGIES

**ECTS: 2.0**

**Weekly workload:** 1 lecture; 1 seminar

**Type of assessment:** exam

**Lecturer:** Chief asst. Prof. Stefan Kinov, PhD

Department of theory and methodology of physical education

**E-mail:** stefankinov@swu.bg



**Annotation:**

The *Information technology`* course is a multidisciplinary program. It includes variety of information and communication methods and technologies for presenting of teaching material, as well as such innovations in the information technologies, without which the learner future teachers is impossible to become a competitive in the free labour market in terms of training, planning and organisation of the learning process in school. In addition, information technology is an indispensable tool for training and enhancing the qualification of sports pedagogues throughout life. The most up-to-date environment for this is distance learning, which is becoming more and more in all stages and levels of the educational system.

**PHYSICAL ACTIVITY AND CONTEMPORARY LIFESTYLE****ESCT credits: 2.0**

Assessment form: exam

Department "Theory and Methodology of Physical Education"

Faculty of Pedagogy

Lecturer: head assistant Stefan Kinov, PhD

**E-mail:** stefankinov@swu.bg**Weekly workload: 1 lect. + 1 sem.exe.**

Types of exam: written

**Annotation:**

The subject is optional and aims at acquainting students with the Master's program "Physical Education and Sports" with the various possibilities for using motor activity as a tool for complex-integrated impact and development of pupils of primary school age. The age-specific peculiarities in the development of the young pupils and the multi-directional functions of the organized motor activities are examined.

Content:

The study of this discipline aims to solve the following main tasks: 1) Obtaining the necessary minimum knowledge of the importance and place of the physical education in the overall range of psychological and pedagogical influences on the pupils for their correct morpho-functional and psycho-emotional development. 2) Understanding the basic requirements of using the various means of motor activity in working with primary school pupils. 3) Mastering a certain amount of physical exercises and specific methodical techniques for working with young pupils as well as knowledge of the organization and management of physical education in primary school.

Technique of assessment:

The system of comprehensive knowledge verification and assessment includes three main points:

1. Current control during training through:
  - a) writing different papers, plan-summaries;
  - b) solving case studies, problem situations and individual assignments during seminars.
2. Intermediate written exam - conducted in the form of a test.
3. Final (semester) examination - only for those students who have not met the minimum requirements for the subject (minimum of 50 points, sufficient for the Medium 3 scorer) or want to increase their results.

Идеята, залегнала в системата се базира на принципа за кредитирането, т.е. събиране на определен брой точки за извършена работа и доказани знания.

The idea in the system is based on the principle of lending, i.e. collecting a certain number of points for proven knowledge.

## **KINESITHERAPY**

**ECTS : 2.0**

**Weekly workload: 1 l + 1 s + 0 (15+15+0)**

**Type and form of evaluation:** continuous assessment and final written exam

**Semester: IV**

**Department:** "Kinesitherapy"

Faculty: „ Public Health, Healthcare and Sports”

**Lecturer:** d-r Mariya Gramatikova

**E-mail:** mari\_gramatikova@swu.bg , tel.: 0897-920-446

### **Annotation:**

During the course of the discipline students acquire knowledge and skills to implement fundamental kinesitherapy means and methods for targeted effects on muscle – skeletal system of children (students) in orthopedic and traumatic diseases.

Studied are methodological characteristics of kinesitherapy in postural disorders of musculoskeletal - spinal deformities of chest, flat foot and prevention of these nosologies.

Masters get acquainted with specialized methods of kinesitherapy for recovery of students and athletes with sports injuries. Learn the specifics of traumatism in classes in physical education and sports and in extracurricular forms (football, basketball, skiers, athletes, gymnasts, etc.).

### **Course content:**

Studies prevention of traumatism, according to the practiced sports (in the various forms of physical education and sport) and according to the particularities of their biomechanics and pathobiomechanics.

Studies the functional diagnostics for evaluation of their somatic and functional status; (anatomo- physiological characteristics); more frequent and significant diseases, types of sports injuries and surgical intervention in cases of students and high-class athletes.

Studies kinesitherapeutic approaches, according to the period of recovery after injury. Students get acquainted with the selection and dosage of means for guiding effect.

Draw up programs of kinesitherapy for all periods of recovery, study interactions with students with sports and other injuries during their recovery.

Organization of the course and evaluation procedures: the course comprises lectures and seminars.

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.

## PROJECT MANAGEMENT

**ECTS : 2.0**

**Weekly workload: 1 l + 1s**

**Type and form of evaluation:** continuous assessment and final written exam

**Semester: IV**

**Department:** "Theory and Methodology of Physical Education"

Faculty of Pedagogy

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

**E-mail:** m\_glushkova@swu.bg , tel.: 0887 99 08 01

### **Annotation:**

The elective discipline aims to provide theoretical and tehnologopractical training of masters in developing and managing projects with pedagogical, health, sports and business direction.

Training is conducted in the following directions:

- 1. Theoretical preparation** includes acquisition of **knowledge** about EU and the funds for financing the candidate countries in the pre-accession period and the member countries (after accession funds); knowledge of the operational programs, priority axes, application documents and preparing it; documentation for managing projects; reporting documents.
- 2.** The discipline develops skills of masters in realization of the first steps in the development of application documents (with educational, scientific, sports, health, social, business projects); for managing activities (incl. reporting, risk management), etc.
- 3.** Forms **competences** of masters to guide the development and management of projects.

### **Course content:**

Studies EU structural funds and their importance for developing countries. Basic mechanisms of financing projects and research. Financing institutions. Operational programs financing various aspects of socio-economic life in the country, the environment, regional development and others areas. Coordinators of programs. Co-financing of projects. Criteria for evaluation of projects. The requirements in the development of projects (documents, types, sources of information). Technology to develop scientific research, educational, sports, health, social and business projects. The technology of project management, etc. Risk Management.

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

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.