



**ЮГОЗАПАДЕН УНИВЕРСИТЕТ
·НЕОФИТ РИЛСКИ·
БЛАГОЕВГРАД**

**Blagoevgrad 2700, "Ivan Mihaylov" str. № 66
Tel. + 359 /73/88 55 01, Fax: + 359 /73/ 88 55 16
E-mail: info@swu.bg, <http://www.swu.bg>**

**FACULTY OF PUBLIC HEALTH,
HEALTHCARE AND SPORTS**

**SPECIALTY«SPORT»
Educational-qualification degree Bachelor**

INFORMATION PACKAGE

Blagoevgrad, 2017

QUALIFICATION CHARACTERISTICS

Higher education area:	7.0. HEALTHCARE AND SPORTS
Professional field:	7.6. Sports
Specialty:	Sports
Educational-qualification degree:	Bachelor
Professional qualification:	Sport coach
Period of training:	4 (four) years (8 terms)
Form of training:	Full-time education
Code:	

GENERAL PRESENTATION OF THE SPECIALTY

The qualification characteristics of the specialty "Sports" for Bachelor Degree with professional qualification "Sports coach" is a basic document, which determines the development of the curriculum and the curricula. It complies with the Law on Higher Education, the Ordinance on the State Educational Requirements for Higher Education for Bachelor's Degree - Decree of the Council of Ministers No 162/2002 and Decree No 125 / 24.06.2002 (SG, No. 76 of 06.08.2002), Ordinance 2 of the MFAF, 27.03.2017 and with the National Classifier of Occupations (MLSP, 2010), European Classifier of Professions under № 3475, according to the acquired education, professional qualification and legal capacity (changed., issue 8 /12.09.2003), the Regulations for the educational activities and others inside regulations of SWU. The Qualification Characteristics presents the main objectives, tasks and requirements of training in the Sport specialty and is based on the standards set out in the Council of Europe Resolutions on Academic Education.

I. AIMS AND TASKS OF THE BACHELOR CURRICULUM

AIMS. The Specialty of Sport aims to prepare highly qualified specialists in the field of the modern sport, by providing specialized training in the field of sport-training, competition, scientific and organizational activity for the needs of all the state, public, educational and private institutions and organizations that have the need for such kind of specialists. The disciplines set out in the curriculum build in-depth, specialized vocational training of the students and guarantee their successful professional realization as coaches.

THE MAIN TASKS of the specialty "Sport" are as follows:

1. Creating conditions for adequate professional and scientific preparation of the future sports coaches according to the best academic standards.
2. Use of modern training methods and innovations tailored to the leading practices in the training of sports specialists.
3. Ensure the possibility of involving students in scientific activity and scientific management of their research activity.
4. Building of organizational and managerial skills in different areas of sport activity in the students.
5. Providing opportunities for inter-university and international mobility.
6. Contemporary scientific-information and methodological provision of the learning process.

II. ACADEMIC (QUALIFICATION) STANDARDS

- The professional legal capacity and qualification of sports pedagogic staff conducting training and sports competition activities in Bulgaria are regulated by the State Educational Requirements by Regulation 2 of the MFAF of 27.03.2017, where the

requirements for training and competencies (personal and professional) of the coaches in the professional field 7.6 Sport - Bachelor's degree with professional qualification "sport coach".

The vocational training of the graduates of the Bachelor's degree program is carried out through general theoretical, specialized and practical-methodical training in the envisaged disciplines and provides a high level of competence in the sphere of sport. Training involves acquiring the necessary knowledge, skills and competencies in the following areas of preparation:

A. Total theoretical training:

- **theoretical training** in general subjects in the field of pedagogy, information technologies, foreign language and other general subjects related to the development of the overall professional status of the student;

- **Theoretical training** in medical, biological and health sciences: includes disciplines such as functional anatomy, physiology of physical exercise and sport, biomechanics of sport and sports techniques, biochemistry of sports, sports medicine and hygiene, valeology, kinesitherapy, etc. related to the specifics of the sport training, the sport-motor training and the practical-methodological work in the field of sports training;

- **Special theoretical training**, including knowledge and competence in working with scientific information and experimental data, performing functional research and analysis of results, statistical processing of data, etc., which are a condition for success in the coaching profession; this is achieved with disciplines included in the curriculum, such as: functional research in sport, metrology and data processing in sports, project development, methodology and methods of sports pedagogical research and statistics.

B. Special sports-theoretical training, including knowledge and competencies of:

- Scientific basics of sports training;
- Theory and methodology of sport training in a chosen sport
- Tools and methods for controlling and managing the training process;
- Diagnosis and evaluation in sport;
- Selection and prognosis in sport;
- Psychology of sports activities;
- Sociology of sport;
- Sports ethics;
- Management of sporting activities;
- Organization and management of sport in the Republic of Bulgaria;
- History of sport in Bulgaria and the international Olympic movement;
- Organization, regulations and other documents regulating the sporting competition activities for the respective sport.

B. Special methodical-practical training - involves acquiring competencies related to:

- methodical-practical training and sports improvement in the chosen sport;
- the methodology of sports training in all its aspects - physical, technical, tactical, psychological;
- the use of appropriate means, methods and forms for the training of athletes, according to the stage of sports training, their age and individual characteristics;
- the nature and management of the workout according to the objectives and tasks of the training;
- the planning and periodization of multi-annual sports training;
- the management and control of the training process;
- planning, organizing and conducting training on the chosen type of sport in accordance with the age and stages of sports training;
- organizing and conducting competitions and other sports events for the chosen sport;

- the psychological-pedagogical aspects of the workout with children;
- the health and ethical aspects of sport (sports trauma, biostimulation, feeding, doping, etc.);
- ensuring safety and security for sportsmen in training activities;
- the operation and maintenance of the sports and technical equipment, supply facilities and equipment.

III. AREAS OF PROFESSIONAL REALIZATION

The graduates of the specialty "Sports" acquire professional qualification "sports coach", which enables the following professions to occupy the respective positions according to the "List of positions in the national classification of occupations and positions, 2011" (Annex 4 to Order № PД01-931 / 27.12.2010 with the enforced changes in NCPD-2011 from 01.01.2014 for 3422 6002 Coach, 3422 6004 Senior coach and 3422 7011 Chief coach:

- Sports coach in sports clubs;
- Coach by type of sport in secondary and high school;
- Physical education and sports educators;
- Sports organizers and managers in state, private and public sports structures (ministries, municipalities, district administrations, clubs, federations, etc.).

IV. ADVANTAGES OF ADDITIONAL QUALIFICATION

Bachelor graduates with specialty "Sports" have the opportunity to:

- continue their masters programs within the professional field 7.6 or beyond (for example, in the accredited master's specialty "Sport kinesiology" under PN 7.5 Public Health at Southwestern University "N. Rilski");
- continue their education in the educational and scientific degree "doctor"; to take part in various forms of upgrading in relation to a professional field 7.6.

STRUCURE OF THE CURRICULUM

Specialty: Sport

First year			
<i>First term</i>	ECTS credits	<i>Second term</i>	ECTS credits
History of sport	4,0	Scientific basics of sports training	3,0
Functional anatomy- part I	5,0	Gymnastics	3,0
Pedagogics	3,0	Functional anatomy- part II	5,0
Athletics	5,0	Physiology of Physical Exercise and Sports- Part I	5,0
Theory and methodology of a selected kind of sport – Part I	5,0	Theory and methodology of a selected kind of sport - part I	6,0
Foreign language	2,0	Information technologies	2,0
Selective subject – Group I	2,0	Foreign language	2,0
Selective subject – Group II	2,0	(Sports terminology)- Part II	
Selective subject – Group III	2,0	Selective subject from Group I	2,0
		Selective subject from Group II	2,0
Elected subjects (students can choose one subject from each group)		Elected subjects (students can choose one subject from each group)	

First group – Sport-practical subjects (Collective sports) 1.1. Basketball 1.2. Football 1.3. Handball 1.4. Football 1.5. Volleyball 1.6. Basketball 3x3 1.7. Beach football 1.8. Grass hockey 1.9. Beach volleyball 1.10. Folk dances 1.11. Moving sport-preparing games	2,0 2,0 2,0 2,0 2,0 2,0 2,0 2,0 2,0 2,0 2,0	2.6. Beach tennis 2.7. Taekwon-do 2.8. Badminton 2.9. Training course - skiing 2.10. Training course – water sports 2.11. Training course – tourism and mountaining Third group - Theoretical subjects 3.1. Sporting massage 3.2. Biofeedback – means and methods 3.3. Sports in the third age 3.4. Sports for prominent children and students 3.5. Dietology and biostimulation 3.6. Kinesitherapy- means and methods 3.7. Extracurriculum and out-of-school- activities 3.8. Sport for all 3.9. Preliminary sport preparing – pre-school age 3.10. Valeology	2,0 2,0
	Total 30		Total 30
Second year			
First term	ECTS credits	Second term	ECTS credits
Physiology of Physical Exercise and Sports- Part II	5,0	System of the world sport and the Olympic movement	2,0
Sociology of sport	3,0	Biomechanics of sport and sports techniques	5,0
Swimming	3,0	Physical education and sports at school	2,0
Theory and methodology of a selected kind of sport - part I	5,0	Biochemistry of sport	5,0
Sports ethics	3,0	Theory and methodology of a selected kind of sport - part I	6,0
Theory, management and organization of sport	4,0	Stress and adaptation in sport	2,0
Paraolympian sport	3,0	Metrology and data processing in sport	2,0
One subject from Group I	2,0	One subject from Group I	2,0
One subject from Group II	2,0	One subject from Group II	2,0
		One subject from Group III	2,0
Selective subjects (students can choose one subject from each group)		Selective subjects (students can choose one subject from each group)	

First group – Sport-practical subjects (Collective sports)		2.6. Beach tennis	2,0
1.12. Basketball	2,0	2.7. Taekwon-do	2,0
1.13. Footsal	2,0	2.8. Badminton	2,0
1.14. Handball	2,0	2.9. Training course - skiing	2,0
1.15. Football	2,0	2.10. Training course – water sports	2,0
1.16. Volleyball	2,0	2.11. Training course – tourism and mountaining	2,0
1.17. Basketball 3x3	2,0	Third group - Theoretical subjects	2,0
1.18. Beach football	2,0	3.1. Sporting massage	2,0
1.19. Grass hockey	2,0	3.2.Biofeedback – means and methods	2,0
1.20. Beach volleyball	2,0	3.3. Sports in the third age	2,0
1.21. Folk dances	2,0	3.4. Sports for prominent children and students	2,0
1.22. Moving sport-preparing games	2,0	3.5. Dietology and biostimulation	2,0
Second group - Sport-practical subjects (Individual sports)		3.6. Kynesitherapy- means and methods	2,0
2.1. Tennis		3.7. Extracurriculum and out-of-school- activities	2,0
2.2. Aerobics		3.8. Sport for all	2,0
2.3. Fitness and bodybuilding	2,0	3.9. Preliminary sport preparing – pre-school age	2,0
2.4. Table tennis	2,0	3.10. Valeology	2,0
2.5. Wrestling	2,0		2,0
	2,0		
	2,0		
	Total 30		Total 30
Third year			
First trem	ECTS credits	Second term	ECTS credits
Sports medicine and hygiene	4,0	Sport-Methodological Practice- Part II	3,0
Functional Studies in Sport	4,0		
Sport-methodical practice-part I	4,0	Project development	3,0
Theory and Methodology of a selected Sport-II Part	5,0	Theory and Methodology of a selected Sport - II Part	3,0
Theory and Methodology of the Sports training - Part I	5,0	Selection and forecasting in sport	4,0
Psychology of the sports activities		Theory and Methodology of Sports	
One discipline of group I	4,0	Training - Part II	5,0
One discipline of group II	2,0	Sports upgrading	8,0
	2,0	One discipline of group I	3,0
		A discipline of group III	3,0
Selective subjects (students can choose one subject from each group)		Selective subjects (students can choose one subject from each group)	

Group I – Sport-practical subjects (Collective sports) 1.1. Basketball 1.2. Footsal 1.3. Handball 1.4. Football 1.5. Volleyball 1.6. Basketball 3x3 1.7. Beach football 1.8. Grass hockey 1.9. Bech volleyball 1.10. Folks and dances 1.11. Moving and sports-preparatory games Second group – Sports – practical subjects (individual sports) 2.1. Tennis 2.2. Aerobics 2.3. Fitness and bodybuilding 2.4. Table tennis 2.5. Wrestling	2,0	2.6. Beach tennis	2,0
	2,0	2.7. Taekwon-do	2,0
	2,0	2.8. Badminton	2,0
	2,0	2.9. Training course -ski	2,0
	2,0	2.10. training course – water sports	2,0
	2,0	2.11.Trainingcourse-hiking, mountaineering	2,0
	2,0	Third group – Theoretical subjects	2,0
	2,0	3.1. Sport massage	2,0
	2,0	3.2. Biofeedback - средства и методи	2,0
	2,0	3.3. Sport at the third age	2,0
	2,0	3.4. Sports for distinguished children and students	2,0
	2,0	3.5. Dietology and biostimulation	2,0
	2,0	3.6. Kinesitherapy - Tools and Methods	2,0
	2,0	3.7. Extracurricular and out-of-school activities	2,0
	2,0	3.8. Sports for all	2,0
	2,0	3.9. Pre-primary education - pre-school age	2,0
	2,0	3.10. Valeaeology	2,0
Total 30		Total 30	
Forth year			
First Term	ECTS credits	Second Term	ECTS credits
Sports and Methodology Practice - Part III	3,0	Pre-graduate coaching practice	20.0
Dopping and Sport	3,0	State practice-applied exam by type of sport	10.0
Theory and Methodology of Selected Sport-II Part	6,0	Theoretical State Exam (Written) or	
Methodology and methods of sports-pedagogical research and statistics	2,0	Defense of diploma work	
Sports and security	2,0		
Management of the sport activity	2,0		
Sports proficiency	8,0		
One subject from Group 2	2,0		
One subject from Group 3	2,0		
Selective subjects (students can choose one subject from each group)		Optional subjects	

Group II – Sport-practical subjects (individual sports)		Φ.1.1. Sports upgrading Football	5
2.1. Tennis	2,0	Φ.1.2. Sports upgrading Athletics	5
2.2. Aerobics	2,0	Φ.1.3. Sports upgrading Skiing	5
2.3. Fitness and bodybuilding	2,0	Φ.1.4. Sports upgrading Swimming	5
2.4. Table tennis	2,0	Φ.1.5. Sports upgrading Basketball	5
2.5. Wrestling	2,0	Φ.1.6. Sports upgrading Valleyball	5
2.6. Beach tennis	2,0	Φ.1.7. Sports upgrading Table tennis	5
2.7. Taekwon-do	2,0	Φ.1.8. Sports upgrading Wrestling	5
2.8. Badminton	2,0	Φ.1.9. Sports upgrading Tennis	5
2.9. Training course - ski	2,0	Φ.1.10. Sports upgrading Canadian fight	5
2.10. Training course –water sports	2,0	Φ.1.11. Sports upgrading – Taekwan-do	5
2.11. Training course-hiking, mountaineering	2,0	Φ.2. Golf	1
Group III- Theoretical subjects		Φ.3. Chess	1
3.1. Sport massage	2,0	Φ.4. Wellness and recreation	1
3.2. Biofeedback -средства и methods	2,0	Φ.5. Autogenous training	1
3.3. sports at the third age	2,0	Φ.6. Sport reumatism	1
3.4. Sports for prominent children and students	2,0	Φ.7. Kinesiological aspects of the power sports	1
3.5. Dietology and Biostimulation	2,0	Φ.8. Kinesiological aspects of tennis	1
3.6. Kynesitherapy- means and methods	2,0		
3.7. Extracurriculum and out-of-school-activities	2,0		
3.8. Sport for all	2,0		
3.9. Preliminary sport preparing – pre-school age	2,0		
3.10. Valeology	2,0		
	Total 30		Total 30
TOTAL FOR 4 school years : 240 CREDITS			

ANNOTATIONS OF THE DISCIPLINES HISTORY OF SPORT

ECTS credits: 4.0

Form of assessment: exam

Term: I

Methodology guidance :

Department "Theory and Methodology of Physical Education"

Faculty of Pedagogy

Lecturer:

Doc. D-r Daniela Tomova Department "TMPE"

Mob.: 073/588 525, E-mail: danitomova@swu.bg

Weekly xopapиyиm: 2л+1ex.+0 pr.ex.

Status of the subject: mandatory

Type of the exam: written

Annotation:

The history of sport is an important part of the general culture of mankind. Future trainers are acquainted with the emergence of sport and physical education throughout the world and in Bulgaria. The discipline forms knowledge about the systems of physical education from ancient times through the Middle Ages to the present; with the emergence of individual sports, sports unions and federations in Bulgaria and the world. Essential knowledge of the founders of physical education and sport in Bulgaria and around the world takes a significant

part; Students are acquainted with the participation of Bulgarian athletes in European, world championships and Olympic games and their achievements.

Contemporary Olympic Games symbolize peace, unity, understanding, tolerance and respect among the peoples, regardless of race, ethnicity, religion, and gender. Olympic upbringing as part of the whole growth and formation of the person takes its place in the education system of each state.

FUNCTIONAL ANATOMY – PART I

ECTS credits: 5.0

Form of assessment: exam

Term: I

Methodology guidance :

Department of Anatomy and Physiology

Faculty of PCHCS

Lecturer:

Doc. Dr. Dimo Krastev Department of Anatomy and Physiology

Weekly xopapnɪm: 2l+1ex.+0 pr.ex.

Status of the subject: mandatory

Type of exam: current control

Annotation:

The subject is compulsory from the curriculum of the Bachelor's degree in Sport specialty of the Faculty of Public Health, Health Care and Sport. It aims to provide fundamental knowledge about the structure and functions of the human body at micro, meso and macroscopic levels. Students are introduced to the structure of cells, tissues, organs and systems considered in their unity, development and functionality. In the program special attention is paid to the musculoskeletal system - skeleton, joints, device and functions of different groups of skeletal muscles. Another important focus is the structure and functions of the nervous system, in particular the brain, as a basic regulatory system for maintaining vital processes in the body, sensory systems and motor control, as well as its integrative function in the realization of sports activities. The other systems in the body are also considered - cardiovascular, lymphatic, respiratory, digestive, endocrine, excretory and sexual.

Objectives, expected results and benefits for students in the specialty. (1) To give students knowledge of the main sections of general anatomy; (2) To provide students with basic knowledge about the structure and functions of the muscles and the role of certain muscles and muscles in the conditions of the training process for a given sport; (3) Introduce students into the basic functional mechanisms of participating systems that are more closely related to the requirements of their future sporting activities; (4) To enable students to observe and work on their own with gossip, atlases and visual materials; (5) Provide students with the ability to build knowledge and skills through computer-based software products and work in a Blackboard electronic system; (6) Develop student habits for active work and mastering of knowledge, skills and competences during the semester by preparing for test test, pre-training on lectures, work with muscles in exercises, etc. (7) Students should acquire anatomical knowledge conducive to the acquisition of various clinical disciplines and special subjects from the curriculum.

PEDAGOGY

ECTS credits: 3.0

Form of assessment: exam

Term: I

Methodology guidance :

Department of Pedagogy

Faculty of Pedagogy

Lecturer:

Doc. Dr. Snezhana Popova **Department of Pedagogy**

Weekly xopapnɪm: 1l+1ex.+0 pr.ex.

Status of the subject: compulsory

Type of exam: written

E-mail: snejy_popova@swu.bg

Annotation:

The Pedagogy course occupies a central place in the professional training of future sports pedagogues and coaches. The training in this discipline helps and directs the building of professional competence, adequate attitude and personal readiness of future sports *pedagogues and coaches* to deal with the many professional tasks. The main idea is that the training in this fundamental discipline for students should be adapted to the situations in which modern man falls within the modernizing world - typical, problematic, critical. In fulfilling their professional roles, sports educators face daily the most diverse challenges and the need to deal with them quickly, accurately and adequately. Therefore, the main goal of pedagogical training is not only to assimilate specific knowledge and to form specific skills, but to build adequate attitude and attitude towards the specifics of the future professional activity.

ATHLETICS

ECTS credits: 5.0

Weekly classes: 2l+0ex+2p.ex.

Semester: I

Form of assessment: exam

Methodological guidance:

Course status: obligatory

Department of Sports

Faculty of Public Health, Health Care and Sport

Lecturer:

Doc. Dr. Chavdar Kotsev, Department "Sports"

Phone: 073/ 588 530, E-mail: kotsevsport@swu.bg

Annotation:

The discipline "Athletics" gives knowledge and forms practical skills for the technique and methodology of training in athletic exercises of general application. It is included in the curriculum of the SPORT specialty for the 1st semester (I semester) as a compulsory discipline.

Athletics is one of the main sports, and athletics is the foundation of conditioning in all other sports. Therefore, the attainment of the versatile and universal athletic exercises is a prerequisite for enriching the arsenal of means to accomplish the tasks of basic physical training in sports training.

The subject acquaints students with the basic athletic technique as well as with the methodological requirements for their application according to the tasks of the training. Particular attention is paid to the place of athletic exercises in other sports and their importance to the physical condition of athletes.

An important place is devoted to the organization of training activities of athletics.

THEORY AND METHODOLOGY OF A SELECTED TYPE OF SPORT - FIRST PART (SWIMMING, FOOTBALL, BASKETBALL, VOLLEYBALL, WRESTLING, GYMNASTICS, ATHLETICS, SKI, TENNIS, TAQUEON-DO, TABLE TENNIS)

ECTS credits: 5.0

Semester: I

Methodological guidance:

Department of Sports

Faculty of Public Health, Health Care and Sport

Lecturer:

Assoc. Prof. Dr. Daniela Lekina, Department of Sport - swimming

Prof. Dr. Vasil Zhechev, Department of Sports - football

Assoc. Prof. Stefan Kapradov, Department of Sport - football

Assoc. Prof. Dr. Jasmin Tsankova, Department of Sports - Basketball

Ass. Dr.. Hristo Nikolov, Department of Sports - volleyball

Prof. Dr. Angel Krumov, Department of Sport - wrestling

Assoc. Prof. Chavdar Kotsev, Depart. of Sports - athletics

Assoc. Prof. Ivan Glushkov, Depart. of Sports - ski

Assoc. Prof. Dimitar Tomov, Department of Sports - Tennis

Ch. Ass. Dr. Tsvetomir Tsonev, Department of Sport - table tennis

Prof. Dr. Angel Krumov, Department of Sport - taekwon-do

Weekly classes: 1l+1ex+2p.ex.

Form of assessment: exam

Course status: compulsory

Annotations:

The purpose of the training course is to ensure the requirements of the training of highly qualified specialists for the needs of the sports clubs in the country, as well as teachers and instructors in the education and sports services system. The educational content is in accordance with the high requirements for the professional training of future coaching staff. The program includes the study of basic concepts of swimming theory (the history and development of sport swimming, the theory and methodology of sports training, technique of swimming styles, training of highly qualified swimmers), which form complex competencies in the students, allowing to effectively carry out both organizational, methodological, practical and teaching activities, as well as the acquisition of skills for the use of science-based methods for planning and management of the training process.

The curriculum with the applied technology in the classically approved format - a lecture course, seminars and practical exercises will provide a solid foundation for the future development of the students in their realization as professionals at every level.

The goal of the training course in football discipline is to ensure the requirements of training of highly qualified specialists for the needs of the sports clubs in the country, as well as trainers and instructors in the system of education and sports services.

The educational content is consistent with the high requirements for the professional training of future coaching staff. The program deals with the study of basic concepts of football theory (football history and development, theory and practice of sports training, sports technical and tactical skills), which form complex competencies in students, allowing to efficiently implement both organizational, practical and teaching activities as well as acquiring skills for the use of scientifically grounded methods for planning and managing the training process.

The curriculum with the applied technology in the classically approved format - lectures, seminars and practical exercises will provide a solid foundation for the future development of the students in their realization as professionals at each level.

The proposed curriculum examines the basics of **Basketball** teaching methodology. Teaching is the most difficult and intricate element of the basketball learning process. It can only take place when the correct methodology is known and applied.

The basic concepts and classification of the technique and tactics of the basketball game, including the correct mastery of the technique of a ballless player (basketball standing,

walking, running, braking, reversing, pivoting, jumping, false movements), ball technique (holding, shooting, shooting, guiding, firing, misdirection, basketball) and individual, group and team tactical attacks .

The proposed curriculum discusses the main directions in the **Volleyball Teaching Methodology**. Teaching is the most difficult and complex element of the volleyball learning process. It can only take place when the correct methodology is known and applied. The main concepts and classification of the technique and tactics of the volleyball game, including the correct mastery of the technique of a ballless player (volleyball, walking, running, stopping, jumping), ball technique (throwing, crashing, kickbacks,) and individual, group and team tactical actions in attack and defense.

The objective of the training in the discipline of **Wrestling** is to prepare the future specialists to know and to demonstrate the technique of the fight, to know and apply the methodology for studying, absorbing and improving the techniques of the tactic. They also know and apply the modern methodology for developing the physical qualities and the functional capabilities of the contestants. Manage sports training and guide contestants during races. The teaching material provided in the program should give students the necessary pedagogical skills, apply the latest developments in sports science, and combine coaching with research.

The subject "**Theory and Methodology of a Selected Sport (in the Field of Athletics)**" The discipline gives practical knowledge and skills in terms of training, sports, competition and education with different ages and training involved in all stages of sports preparation.

The main objective of the discipline is to prepare specialists to be realized as coaches in the specialized structures of the public sports organizations, ministries and institutions, such as heads of children's and youth sports schools and sports sports clubs, as teachers in higher and secondary schools in the MES system.

The lectural course introduces the students to: the history and development of track and field athletics; the nature and characteristics of athletic exercises; goals and tasks of athletic training; the technique and methodological sequence of the training; the methodology of developing the physical qualities of track and field athletics; managing the physical load; control in track and field disciplines.

The main focus is on the structure of the training process - the purpose, the tasks and the content of the preparation in the different stages of planning, the management of the training process for athletes with varying degrees of training and qualification, the functional diagnosis of the special sports work capacity.

An important place in the training of future coaches is dedicated to topics related to the selection and prognosis of athletic ability in athletics, as well as the place of athletic exercises in the conditioning of other sports.

There are also topics related to the place of track and field athletics in the system of physical education and the possibilities for using the athletic exercises to promote a healthy lifestyle, to improve the overall physical condition and working capacity.

The practical-methodical classes provide the conditions for a deeper study of the lecture material, with emphasis on the practical mastery and improvement of the technique and the methodology of training in various athletic disciplines. Students are acquainted with the specific features of athletics training, the means and methods of exploring and improving sports equipment, the means and methods for developing specific physical qualities, load management and control in preparation.

An important place in the practical training is the enhancement of the students' sporting skills, which takes place during the whole training course in the sports training groups and in the independent activities. Participation in competitions is a mandatory element of the track and field athletics training.

Student success is controlled in the form of refs, tests and exams specified in the curriculum.

The course "Theory and Methodology of Sports Ski Training" is designed for students of specialty "Sport". Its status in the curriculum is obligatory. It is specialized for students who choose the type of sport "Ski". It aims to provide the theoretical and methodological-practical preparation of the students.

The training is conducted in the following main directions:

1. **Theoretical training** aimed at acquiring knowledge in the students about the essence of sports training of skiers, stages and stages of their sports training, management of physical loads, profile and development of motor skills of competitors, knowledge of biomechanics ski-technique and motion modeling, knowledge of motion parameters, diagnostics and management of athletes ski equipment, knowledge of security enhancement technology, reliability the appropriateness of their movements during the training process.

2. **Methodological** and practical training aimed at the formation of skills for the practical conduct of the training process, evaluation and practical modeling of the movements, conducting of scientific researches, skills for preparation of short-term and perspective plans of the athletic training of the competitors, etc.

3. The discipline forms the competences of the students - future coaches for interaction with children, students, prominent athletes with different sport-technical and functional possibilities, etc.

This curriculum is intended for students in the field of "Sports Coach" specializing in **Tennis**.

The curriculum provided by the program should give students the maximum knowledge required for successful professional training as tennis coaches. It aims to familiarize the trainees with the basic technical and tactical techniques in tennis with the means and methods of their learning, training and improvement . Games, appliances and tools for practicing and training. Types of competitions, organization and conduct. Planning, management and control of sports training, incl. and research work.

This curriculum is intended for students of the "Sports coach" specialty in the field of **"Table Tennis"**.

The curriculum provided in the program should give students the maximum knowledge required for successful professional activities such as table tennis coaches. It aims to acquaint students with the basic technical and tactical techniques in table tennis with the means and methods of their study, training and improvement. Halls, tables, equipment and tools for practicing and training. Types of competitions, organization and conduct. Planning, management and control of sports training, incl. and research work.

Taekwon-do ITF is a Korean (original) martial art for self-defense without weapons. It was created in 1955 by Gen. Choi Hong He based on old Korean martial arts such as Hwa ran-do, Tang su-do, Tae Kyon, Hap-ki-do and others. He has scientifically developed and systematized the theories, terminology, systems, methods, rules, practice, and spiritual basis of Taekwon-Do ITF. With its philosophy, scientific substantiation, aesthetics and sport-contemporary Taekwon-do ITF is a way of life.

- Tae-heel, leg techniques, foot punching, block with legs, movement, jumping, balance, breaking;
- Quonum -fist, strike with a hand, block, grip, banging, scratching, throwing, breaking;
- Do - way, moral, philosophical, principle, spiritual, knowledge.

Foreign language – Part One

ECTS credits: 2.0

Form of assessment: exam

Term: I

Methodology guidance:

Choraria: 01+0ex+2pr.ex

Status: compulsory

Type of the exam: current control

Department of Economics

Faculty of Economics

Lecturer: Lyubov Ivanova

Ch. Ass. Dr, **Department of Economics**

Phone.: 073/588 525, E-mail: lubovivanov@abv.bg

Annotation:

The course in English with the terminology of Sports in specialty of Sport is aimed at mastering basic language skills and competences corresponding to A1-A2 level, with the main focus being the terminology related to the human body, its organs and systems and their functions and their participation in different types of sports.

Aims, tasks, expected results:

The main objective of the course is to develop a communicative competence that allows students to use their knowledge in their future practice as athletes or coaches.

During the training, the English language skills and knowledge gained in the secondary school are expanded and deepened, new linguistic material is being acquired and strategies for self-employment and self-development are being developed. Time is foreseen for the use of specific anatomical terminology, which will allow students to orient themselves in the English-language literature, dealing with problems related to their professional preparation and their realization. Learned gradual vocabulary and grammatical structures must be understood and applied verbally and in writing in specific communicative situations.

SCIENTIFIC BASIS OF THE SPORT PREPARATION

ECTS credits: 3.0

Form of assessment: exam

Term: II

Methodology guidance:

Department of Sports

Faculty of PCHCS

Lecturer:

Prof. Dr. Petar Bonev, Department of Sports

Chorarium: 2l+1ex+0p.ex

Status: compulsory

Type of exam: written

Annotation:

The course "Scientific bases of sports preparation" is designed for students of specialty "Sports" for the Bachelor's degree in this specialty. The lecture course clarifies the metamodological problems of the sports training. The nature and character of modern sports and sports training are analyzed. Students learn about the regularities of the training process and the specifics of their application to athletes of different ages and degree of preparation. The means of sports training and the methods of their application are analyzed. Special attention is paid to the types of training, the planning and management of the training process, the selection and forecasting of the sporting abilities. The lecture course is designed in accordance with the contemporary requirements for the management of the training process and will help the students in their future pedagogical activities in the field of physical education and sport.

The training on the proposed program requires knowledge of anatomy and age morphology, physiology and sports physiology, sports psychology, sports pedagogy, biomechanics and biochemistry, sports sociology, etc. The program is in line with the current trends in sports training.

Aims and expected results: acquainting students with the general metodological and organizational problems of sport and sports training. Acquisition of the basic laws and principles of sports training in specific situations, related to loading dosing and management of specific situations related to loading dosing and management of the sport form, controlling the dynamics of the load and the restoration.

GYMNASTICS

ECTS credits: 3.0

Form of assessment: exam

Term: II

Methodology guidance:

Department of Sports

Faculty of PCHCS

Lecturer:

Ch. Ass. Dr Sergey Radoev, Department of Sports

E-mail: s_radoev@swu.bg

Chorarium: 1l+1ex+2p.ex

Status: compulsory

Type of exam: written

Annotation:

The aim of the course is to form theoretical knowledge about the importance of gymnastics, the initial training and the techniques of gymnastic exercises, to develop the professional-pedagogical skills necessary for the inclusion of swimming as part of the preparation of the gymnastics. athletes from various sports to enhance their physical training, as well as skills to improve the functional capabilities of their body with the means of gymnastics and related disciplines inches.

FUNCTIONAL ANATOMY - SECOND PART

ECTS credits: 5.0

Form of assessment: exam

Term: II

Methodology guidance:

Department of Anatomy and Physiology

Faculty of PHHCS

Lecturer:

Ass. Prof. Dr. Dimo Krustev, Department of Anatomy and Physiology

E-mail: dimo_krustev@mail.bg;

Chorarium: 2l+0ex+2p.ex

Status: compulsory

Type of exam: written

Annotation

The subject is compulsory from the curriculum of the Bachelor's degree in Sport of the Faculty of Public Health, Health Care and Sport. It aims to provide fundamental knowledge about the structure and functions of the human body at micro, meso and macroscopic levels. Students are introduced to the structure of cells, tissues, organs and systems considered in their unity, development and functionality. In the program special attention is paid to the musculoskeletal system - skeleton, joints, device and functions of different groups of skeletal muscles. Another important focus is the structure and functions of the nervous system, in particular the brain, as a basic regulatory system for maintaining vital processes in the body, sensory systems and motor control, as well as its integrative function in the realization of

sports activities. The other systems in the body are also considered - cardiovascular, lymphatic, respiratory, digestive, endocrine, excretory and sexual.

Goals, tasks, expected results

(1) To give students knowledge of the main sections of general anatomy; (2) To provide students with basic knowledge about the structure and functions of the muscles and the role of certain muscles and muscles in the conditions of the training process for a given sport; (3) Introduce students into the basic functional mechanisms of participating systems that are more closely related to the requirements of their future sporting activities; (4) To enable students to observe and work on their own with gossip, atlases and visual materials; (5) Provide students with the ability to build knowledge and skills through computer-based software products and work in a Blackboard electronic system; (6) Develop student habits for active work and mastering of knowledge, skills and competences during the semester by preparing for test test, pre-training on lectures, work with muscles in exercises, etc.

FUNCTIONAL ANATOMY - FIRST PART

ECTS credits: 5.0

Form of assessment: exam

Term: II

Methodology guidance:

Department of Anatomy and Physiology

Faculty of PHHCS

Lecturer:

Ass. Prof. Dr. **Nevena Pencheva** Department of Anatomy and Physiology

Phone.: 073/ 588 530, E-mail: n_pencheva@swu.bg

Chorarium: 2l+0ex+2p.ex

Status: compulsory

Type of exam: current control

Annotation:

The fundamental nature of the discipline determines the purpose of the proposed curriculum to give students basic knowledge of the functions of all physiological systems in the living organism of the person in a state of rest and physical exercise.

Therefore, mechanisms of irritability and excitability, physiology of the nervous and muscular system, sensory and motor functions of the nervous system, vegetative nervous system, endocrine glands, blood composition and functions, cardiovascular diseases, vascular system, breathing and gas exchange, energy exchange, thermoregulation, physiology of the separating processes. In all modules, the basic aspects of physiology of physical load and changes in muscle tissue, respiratory system, thermoregulation, circulatory reactivity, ortho- and clinostatic reactions etc. are considered in parallel. Practical exercises in the discipline are based on basic sensory systems, dynamometric tests, incl. isokinetic, urine and blood testing, spirometric measurements,

Purpose and tasks:

The main objectives of the program are: (1) to give the students knowledge of the main sections of general physiology; (2) expand training on departments that are more closely related to the competences of their future activities, such as neuromuscular physiology, motor control, reflexes and sensory, breathing, etc .; (3) introduce students to basic tests and reactions of the organism at rest and physical exercise; (4) enable students to monitor and perform physiological experiments and research themselves and interpret the results obtained; (5) enable students to build their knowledge and skills in the discipline through software

products in a computer class; (6) build student habits for active work during the semester through a system of current control.

THEORY AND METHODOLOGY OF A SELECTED TYPE OF SPORT - FIRST PART (SWIMMING, FOOTBALL, BASKETBALL, VOLLEYBALL, WRESTLING, GYMNASTICS, ATHLETICS, SKI, TENNIS, TAQUEON-DO, TABLE TENNIS)

ECTS credits: 6.0

Semester: II

Form of assessment: exam

Methodological guidance:

Department of Sports

Faculty of Public Health, Health Care and Sport

Lecturer:

Assoc. Prof. Dr. Daniela Lekina, Department of Sport - swimming

Prof. Dr. Vasil Zhechev, Department of Sports - football

Assoc. Prof. Stefan Kapradov, Department of Sport - football

Assoc. Prof. Dr. Jasmin Tsankova, Department of Sports - Basketball

Ass. Dr.. Hristo Nikolov, Department of Sports - volleyball

Prof. Dr. Angel Krumov, Department of Sport - wrestling

Assoc. Prof. Chavdar Kotsev, Depart. of Sports - athletics

Assoc. Prof. Ivan Glushkov, Depart. of Sports - ski

Assoc. Prof. Dimitar Tomov, Department of Sports - Tennis

Ch. Ass. Dr. Tsvetomir Tsonev, Department of Sport - table tennis

Prof. Dr. Angel Krumov, Department of Sport - taekwon-do

Weekly classes: 0l+0ex+5p.ex.

Form of assessment: current control

Course status: compulsory

Annotations: (See the above pages 12-15)

INFORMATION TECHNOLOGY

ECTS credits: 2.0

Form of assessment: exam

Term: II

Methodological guidance: Department of Informatics

Faculty of Mathematics and Physics

Lecturer:

Prof. D-r Petar Milanov Department of Informatics

E-mail: milanov@swu.bg

Chorarium: 1J+0cy+1Iry

Status: compulsory

Type of exam: written

Annotation:

The topics of the lecture course are selected according to the current problems in the field of modern information technologies and their application in practice. A balance is sought between the theoretical formulations and practical knowledge with which the bachelor gains the necessary competence in the contemporary information society. After acquainting with the basic concepts of information technology, methods and knowledge for working with computer, text editors, spreadsheets and the Internet are offered. The orientation of modern trends

enhances the up-to-date information technology. They are needed both in teaching itself and in conducting pedagogical research and experiments. The tools for entering, editing, and processing data from empirical pedagogical research form a major focus of the course.

The course is one semester, consisting of 10 detached parts. Students will acquire knowledge about the main direction in information technologies, namely operating systems, computer networks, word processing, etc. At the laboratory exercises the students will acquire practical skills for working with: Linux and Windows operating systems; with the local network at the university; with the Internet; with the MS Office suite and other application programs that they can use in their training.

FOREIGN LANGUAGE (SPORTS TERMINOLOGY) – PART II

ECTS credits: 2.0

Form of assessment: exam

Term: II

Methodology guidance:

Department of Economics

Faculty of Economics

Lecturer: Lyubov Ivanova

Ch. Ass. Dr, **Department of Economics**

Phone.: 073/588 525, E-mail: lubovivanov@abv.bg

Choraria: 0l+0ex+2pr.ex

Status: compulsory

Type of the exam: current control

Annotation:

The course in English with the terminology of Sports in specialty of Sport is aimed at mastering basic language skills and competences corresponding to A1-A2 level, with the main focus being the terminology related to the human body, its organs and systems and their functions and their participation in different types of sports.

Goals, tasks, expected results:

The main objective of the course is to develop a communicative competence that allows students to use their knowledge in their future practice as athletes or coaches.

During the training, the English language skills and knowledge gained in the secondary school are expanded and deepened, new linguistic material is being acquired and strategies for self-employment and self-development are being developed. Time is foreseen for the use of specific anatomical terminology, which will allow students to orient themselves in the English-language literature, dealing with problems related to their professional preparation and their realization. Learned gradual vocabulary and grammatical structures must be understood and applied verbally and in writing in specific communicative situations.

PHYSIOLOGY OF PHYSICAL LOADING AND SPORTS – SECOND PART

ECTS credits: 5.0

Form of assessment: exam

Term: III

Methodology guidance:

Department of Anatomy and Physiology

Faculty of PHHCS

Lecturer:

Ass. Prof. Dr. **Nevena Pencheva** Department of Anatomy and Physiology

Phone.: 073/ 588 530, E-mail: n_pencheva@swu.bg

Chorarium: 2l+0ex+2p.ex

Status: compulsory

Type of exam: written

Annotation:

In the second part of the course the students acquire knowledge in the following thematic directions: - Physical stress as stress; - the physiological nature of movements and physical work; - energy supply of skeletal-muscular work for aerobic and anaerobic loads; - factors of physical fitness; - Mechanical training mechanisms; - the physiological foundations of motor skills, strength, speed and endurance, as well as flexibility, twist and coordination; - the physiological nature of the methods of static, dynamic and dynamic training and the training for speed and endurance (speed and power); - Plyometric training and stretching; - ontogenetic development of motor skills - basic movements (walking, running and jumping) and conditioning qualities; - age periodization and age physiological features in sports activities; - the physiological characteristics of sports exercises with women and their anatomical and physiological characteristics compared to men's. Particular attention is paid to laboratory and terrain maximum and submaximal tests for aerobic and anaerobic capacity assessment and motor performance; - Physical stress as a complex of stress-induced reactions resulting from the general adaptation syndrome of the organism; and - the physiological characteristics of fatigue in different types of loads (aerobic and anaerobic) and recovery.

SOCIOLOGY OF SPORT

ECTS credits: 3.0

Form of assessment: exam

Term: III

Methodology guidance:

Department of „Sociology“

Faculty of Philosophy

Lecturer:

Ass. Prof. V. Milenkova Department of „Sociology“

E-mail: milenkova@swu.bg

Chorarium: 1h+1se+0pe

Status: compulsory

Type of exam: written

Annotation:

Sociology is a science that has established in the scientific system a social discipline that has the sustainable state of modern education. The main task of sociological education is the formation of social thinking, the understanding of the peculiarities of the social problems, the reasons for their occurrence and the means for their solution. Sociology includes a number of private disciplines, including the Sociology of Sport.

The specialist should have a scientific understanding of the social approach to personality, factors for forming the process of socialization, basic laws and forms of regulation of social behavior, the nature of the emergence of social communities and social groups as well as social processes in their own right.

The theoretical and methodological approaches used by sociology are extremely effective in the analysis of sport as a complex and socially significant phenomenon in modern society. She studies such manifestations of sport, which in everyday life are usually considered simple and obvious. The sociology of sport draws generally accepted misconceptions about sport by criticizing them. This testifies to the great cognitive importance of the sociology of sport for future specialists. The discipline has an important application meaning, incl. helps to form a professional view of the sport needed for its effective management. Also the results of specific sociological research that contribute to the choice of an adequate strategy for the development and functioning of modern sport are of great importance.

SWIMMING

ECTS credits: 3.0

Form of assessment: exam

Term: III

Methodology guidance:

Chorarium: 1h+0se+2p.ex.

Status: compulsory

Type of exam: written

Department of Sport
Faculty of PHHCS

Lecturer:

Lecturer:

Ass. Prof. Daniela Lekina, Department of Sport

Phone: 073/588 530, E-mail: dlekina@swu.bg

Annotation:

The aim of the training course is to form theoretical knowledge about the importance of swimming, initial training and techniques of swimming styles, competitive swimming and professional pedagogical skills necessary for the inclusion of swimming as part of the training of athletes from various sports to enhance their physical training, as well as skills to improve the functional capabilities of their body with the means of swimming.

THEORY AND METHODOLOGY OF A SELECTED TYPE OF SPORT - FIRST PART (SWIMMING, FOOTBALL, BASKETBALL, VOLLEYBALL, WRESTLING, GYMNASTICS, ATHLETICS, SKI, TENNIS, TAQUEON-DO, TABLE TENNIS)

ECTS credits: 5.0

Semester: III

Form of assessment: exam

Methodological guidance:

Department of Sports

Faculty of Public Health, Health Care and Sport

Lecturer:

Assoc. Prof. Dr. Daniela Lekina, Department of Sport - swimming

Prof. Dr. Vasil Zhechev, Department of Sports - football

Assoc. Prof. Stefan Kapradov, Department of Sport - football

Assoc. Prof. Dr. Jasmin Tsankova, Department of Sports - Basketball

Ass. Dr.. Hristo Nikolov, Department of Sports - volleyball

Prof. Dr. Angel Krumov, Department of Sport - wrestling

Assoc. Prof. Chavdar Kotsev, Depart. of Sports - athletics

Assoc. Prof. Ivan Glushkov, Depart. of Sports - ski

Assoc. Prof. Dimitar Tomov, Department of Sports - Tennis

Ch. Ass. Dr. Tsvetomir Tsonev, Department of Sport - table tennis

Prof. Dr. Angel Krumov, Department of Sport - taekwon-do

Annotations: (See the above pages 12-15)

Weekly classes: 0l+0se+2p.ex.

Form of assessment: current control

Course status: compulsory

SPORTS ETHICS

ECTS credits: 3.0

Form of assessment: exam

Term: III

Methodology guidance:

Department of Psychology

Faculty of Philosophy

Lecturer:

Prof. Dr. Stanislava Stoyanova Department of Psychology

E-mail: avka@swu.bg

Chorarium: 1l+1se+0p.ex.

Status: compulsory

Type of exam: written

Annotation:

The compulsory course "Sport Ethics" is designed for students - bachelors in the specialty "Sports" and emphasizes the essence, content and manifestation of ethics in sport. Based on the specifics of sport, the content of this discipline is a prerequisite for the students to build up knowledge and skills on which to base their professional formation in whose center are not only the activity, but also the peculiarities of the individual, broken down by ethical norms and categories in sport.

Purpose and tasks:

The discipline aims to provide high professional and ethical competence in the field of sport. To give and build knowledge and competences in future professionals in terms of sport activity as a factor and environment that determines the level and character of the manifestation of ethics and its norms and categories.

THEORY, MANAGEMENT AND ORGANIZATION OF SPORT**ECTS credits:** 4.0**Form of assessment:** exam**Term:** III**Methodological guidance:**

Department "TMPE"

Faculty of Pedagogy

Lecturer:

Prof. Dr. Atanas Gueorguiev, Department of TMPE

Annotation:

The course is designed for the students of the Bachelor's Degree in Sport-Coaching.

Course training involves studying the organization and management of the system of physical education and sport. The students are acquainted with the normative documents on the legal status of the organization and the management of the physical education and sports process, including the Act on Physical Education and Sport and the organization and management of sport in some countries of the European Union.

Aim of the discipline:

Future sports educators must acquire basic knowledge and skills in the organization and management of non-governmental organizations (including school sports clubs), sports clubs in sports federations, as well as the organization of work and management of state and municipal sports institutions. help in future work.

Chorarium: 2l+1se+0pe**Status:** compulsory**Type of exam:** written**PARAOLIMPIC SPORT****ECTS credits:** 5.0**Form of assessment:** exam**Term:** III**Methodological guidance:**

Department "TMPE"

Faculty of Pedagogy

Lecturer:

Ass. Prof. Dr.Daniela Tomova

Phone.: 073/588 525, E-mail: danitomova@swu.bg**Chorarium:** 2l+1se+0pe**Status:** compulsory**Type of exam:** written**Annotation:**

The course "Paraolympic Sports" is intended for students, future coaches by type of sport. The content of the curriculum aims to form knowledge about paralympic games that enable people with disabilities through sport to feel complete, develop and demonstrate their qualities.

Paralympic games, which are not only for the benefit of the athletes, but also for the society as a whole, give more visibility to the problems and lifestyle of people with disabilities. Students are introduced to the system of world sport for people with disabilities - structures and authorities.

SYSTEM OF THE WORLD SPORT AND OLYMPIC MOVEMENT

ECTS credits: 2.0

Form of assessment: exam

Term: IV

Methodological guidance:

Department "TMPE"

Faculty of Pedagogy

Lecturer:

Ass.Prof. Dr. Daniela Tomova

Phone: 073/588 525, E-mail: danitomova@swu.bg

Chorarium: 1h+1se+0pe

Status: compulsory

Type of exam: written

Annotation:

The "System of the World Sport and the Olympic Movement" discipline is intended for students, future sports coaches. The modern Olympic movement is one of the great phenomena of our time, an important social factor that encompasses millions of athletes from across the globe. The Olympics, which is the core of modern sport and the Olympic Charter, are at the heart of the development of youth cooperation from around the world. The system of world sport and the Olympic Movement includes: IOC, NOC, MSF and other public and state structures. Contemporary Olympic Games symbolize peace, unity, understanding, tolerance and respect among the peoples, regardless of race, ethnicity, religion, and gender. Olympic upbringing as part of the whole growth and formation of the person takes its place in the education system of each state.

Purpose and tasks:

The aim of the training is the formation of knowledge about the world sport and the Olympic movement; for Olympism as a high aesthetic and ethical achievement of the ancient world, and the development of modern-day Olympic ideas in today's society.

Tasks:

By studying the discipline "System of the World Sport and the Olympic Movement", to create the internal and the conceptual prerequisites for creative theoretical and educational-practical activity of the students. 2. Enriching the specific culture of the students with the accumulated knowledge and experience in the field of fictional culture and the training practice. 3. Knowledge of the world sport system and its structures and governing bodies - IOC; NOC; MSF; Federations by type of sport.

BIOMECHANIC OF SPORT AND SPORTS TECHNOLOGIES

ECTS credits: 5.0

Form of assessment: exam

Term: V

Methodological guidance:

Department „Sports“

Faculty „PHHCS”

Lecturer:

Prof. D-r Svetoslav Ivanov Department „Sports“

Annotation:

The discipline Biomechanics of sports equipment has the status of compulsory from the curriculum of specialty "Sport" and aims to provide theoretical and technological-practical training of the students needed for work in the field of sport and with high-class competitors in various sports.

The training is conducted in the following main directions:

1. **Theoretical training** aimed at acquiring knowledge in the students about the parameters of the movements, the biomechanics of the sports equipment, the modeling of the movements, the diagnostics and the management of the technique of the athletes' movements, the increase of the safety, the reliability and the appropriateness of their movements in the different sports.
2. **Methodological and practical** training aimed at forming skills for practical assessment and modeling of movements, conducting biomechanical research, etc.
3. The discipline forms the competencies of the students - coaches for interaction with children, students, prominent athletes with different sport-technical and functional abilities, etc.

The discipline is related to anatomy, mechanics, TMT and others. scientific disciplines.

PHYSICAL EDUCATION AND SPORTS IN SCHOOL

ECTS credits: 2.0

Form of assessment: exam

Term: IV

Methodological guidance:

Department of TMPE

Faculty of Pedagogy

Lecturer:

Ass. Prof. Dr Daniela Tomova Department of TMPE

Phone: 073/588 525, E-mail: danitomova@swu.bg

Chorarium: 1h+1se+0pe

Status: compulsory

Type of exam: written

Annotation:

The curriculum of the subject "**Physical education and sports in school**" acquaints the SPORT students with the reorganization of the physical education and sports system for 1-12 grade in school, which changed the basics of the subject training. Emphasis is placed on the need to overcome outdated concepts in which the teacher's task consists mainly in the transmission of the learning content, and the student is seen as a passive object of the effects of the teacher who learns mainly through imitation and practice. New innovative projects and solutions that lead to a change in the paradigm of physical education lead to real reconstruction, not partial adaptation.

Identify the knowledge, skills and attitudes that students have to achieve at the end of the educational stage and stage in each of the core and complementary cores of the curriculum. Specific requirements for the level of physical fitness for each class, stage and grade are specified. The assessment is on the acquisition of sport-technical and tactical knowledge and skills in order to achieve sport education (initial, general and special). It is justified to include a number of new sports in the curriculum.

The curriculum presents the assessment systems in the different stages and levels of the education system based on a thorough analysis of the subject-learning and evaluation theory.

BIOCHEMISTRY OF SPORT

ECTS credits: 5.0

Form of assessment: exam

Term: IV

Methodological guidance:

Department of Anatomy and Physiology

Faculty of PHHCS

Lecturer:

Ass. Prof. Dr. Tatyana Dzimbova, Department of Anatomy and Physiology

E-mail: tdzimbova@swu.bg

Chorarium: 2l+1se+0pe

Status: compulsory

Type of exam: written

Annotation:

The main objectives and tasks of the discipline can be summarized as follows: - to present the basic mechanisms, substrates and metabolic pathways that provide the energy supply and the energy output of skeletal and muscular work; - to differentiate between anaerobic and aerobic supply systems and the role of genetically determined types of muscle fibers; - to examine the energy needs of individuals at different levels of loading and training as well as the practical aspects of weight, nutrition, assessment methods, etc .; - to apply practical methods and computational approaches for assessing energy expenditure, lactate and glucose in the blood at sub- and above the anaerobic thresholds, etc.

THEORY AND METHODOLOGY OF A SELECTED TYPE OF SPORT - PART I

ECTS credits: 6.0

Form of assessment: exam

Term: IV

Methodological guidance:

Department of Sports

Faculty of PHHCS

Lecturer:

Assoc. Prof. Dr. Daniela Lekina, Department of Sport - swimming

Prof. Vasil Zhechev, PhD, Department of Sports - football

Assoc. Prof. Stefan Kapradov, Department of Sport - football

Assoc. Prof. Dr. Jasmin Tsankova, Department of Sports - Basketball

Ass. Dr. Hristo Nikolov, PhD, Department of Sports - volleyball

Prof. Dr. Angel Krumov, PhD, Department of Sport

Assoc. Prof. Chavdar Kotsev, Dept. of Sports athletics

Assoc. Prof. Ivan Glushkov, Dept. of Sports - ski

Assoc. Prof. Dimitar Tomov, Department of Sports - Tennis

Ch. Ass. Dr. Tsvetomir Tsonev, PhD, Department of Sport - table tennis

Prof. Dr. Angel Krumov, Department of Sport - taekwon-do

Annotations:

(See the text above pages 12-15)

Chorarium: 2l+1se+2pe

Status: compulsory

Type of exam: written

STRESS AND ADAPTATION IN SPORT

ECTS credits: 2.0

Form of assessment: exam

Term: IV

Chorarium: 1l+1se+0pe

Status: compulsory

Type of exam: written

Methodological guidance:

Department of Psychology

Faculty of Philosophy

Lecturer:

Prof. Dr. Stanislava Stoyanova Department of Psychology

E-mail: avka@swu.bg

Annotation:

The sports activity, and in particular the development of sports training theory and methodology, reflects the growing social functions of sport in modern society. The analysis of the training of elite athletes for Olympic, World, European and other major competitions shows that record-breaking achievements in sport are closely related to science and technical progress.

It follows that the intellectualization of sports training is a central and dominant factor of the sport achievement in the modern systems of sports training.

In addition, new private components arise without which it is inconceivable that the modern training process be carried out on a highly professional level. They relate to:

- Interaction and mutual penetration of different scientific disciplines: physiology, psychology, biomechanics, biochemistry, pedagogy, sociology, etc.
- intensive implementation of new technologies - simulator, telemetry, electronic computing;
- universalization of scientific methods - above all mathematical to the research process;
- the methodological role of the integral sciences - cybernetics, systems theory, information theory, etc. Unlike in the field of material production, where intellectualisation alleviates or abolishes physical labor, in sport this leads to its integration.

This can only be done on the path and the unity between the differentiation and the integration of the cognitive process and the relevant methodological basis based on the system analysis on all its aspects - genetic, structural, functional, integrative, communicative and prognostic.

Such an approach to the training of elite athletes develops broad opportunities for deeper insight into the nature of the adaptation process as an immanent property of living systems, actively interacting with external factors of the environment, building more sophisticated mechanisms for selective and appropriate regulation of their behavior in extreme conditions of sports activity.

METROLOGY AND TREATMENT OF DATA IN SPORT

ECTS credits: 2.0

Form of assessment: exam

Term: IV

Methodological guidance:

Department of Informatics

Faculty of Mathematics and Physics

Lecturer:

Prof. Dr Petar Milanov, Department of Informatics

E-mail: milanov@swu.bg

Chorarium: 1l+1se+0pe

Status: compulsory

Type of exam: written

Annotation:

The necessity of research in each field, as well as the assessment of the quality of these, determines the purpose of the proposed curriculum to give students of the specialty the general theory of metrology and data processing in sport and application of statistics in sports studies.

The main objectives of the program are: (1) to give students knowledge of the main sections of the general theory of metrology and data processing in sport; (2) extend students' training to those departments which are more closely related to the requirements of their future activities, including the development of diploma work and related or other scientific communications; (3) enable students to evaluate themselves for the field in which they can develop their research; (4) enable students to monitor and perform their own experiments and research and interpret the results obtained; (5) familiarize students with the fundamental foundations of mathematical statistics; (6) enable students to build up their knowledge and practical skills in the discipline through software products in a computer class; (7) build students' active working habits during the semester through a system of ongoing control and assessment of the acquired knowledge, skills and competences during the semester.

SPORTING MEDICINE AND HYGIENE

ECTS credits: 4.0

Form of assessment: exam

Term: V

Methodological guidance:

Department of Sport

Faculty of PHHCS

Lecturer:

Ch. ass. D-r Valentin Valchev Department of Sport

Chorarium: 2l+1se+0pe

Status: compulsory

Type of exam: written

Annotation:

The sports Medicine acquaints students with the impact of physical exercise and physical activity on the development, capacity and health of the individual in different ages. He acquaints them with the nature of the more common sports injuries, their prophylaxis and first aid, as well as with the methods for studying and assessing the functional status of the athletes. The subject of the discipline is the restoration of the athletes with the physiological means and the acquaintance with the prohibited means, incl. doping types and anti-doping control.

The subject has an integrative character between the fundamental medical and sports sciences included in the curriculum. The program implements an interdisciplinary link: anatomy-physiology and sports physiology-sports-kinesitherapy in orthopedics and traumatology.

Hygiene is a medical discipline that introduces students to the ecological situation in the country, basic hygiene requirements and norms, personal hygiene, hygiene of sports facilities and facilities for physical exercise and sports. The main principles of nutrition and the principles (specificity) are studied in different dietary regimes.

FUNCTIONAL RESEARCH IN SPORT

ECTS credits: 4.0

Form of assessment: exam

Term: V

Methodological guidance:

Department of Anatomy and Physiology

Chorarium: 1l+0se+2pe

Status: compulsory

Type of exam: written

Faculty of PHHCS

Lecturer:

Prof. D-r Nevena Pencheva Depart. of Anatomy and Physiology

Phone.: 073/ 588 530, E-mail: n_pencheva@swu.bg

Annotation:

The subject examines the functional research in the field of physical exercise and sport. It is structured in the following modules: (1) Anthropometry and goniometry; (2) Neuro-muscular aspects of motor activity; (3) Assessment of oxygen-supply systems at physical exercise; (4) Estimation of energy consumption and load intensity. Methods for assessing: physical fitness, physical fitness and level of training, which occupy a significant place in coaching practice, have been examined. Widely presented in this program is the maximum aerobic capacity or VO₂max, which is determined in terms of marginal loads and which is a reference in the sphere of high sporting skill and working capacity in athletes of different discipline. The aerobic capacity assessment presented in this program is supplemented by compromise solutions for the use of accessible tests for physical fitness assessment as well as indirect tests for the assessment of maximum aerobic capacity (Astrand Rhythmic test, Sovalkov test, etc.).

The assessment of strength characteristics, such as training level parameters, is presented in the current training program for isokinetic dynamometer trainer. This module examines the possibilities of protocols to assess the static and dynamic strength of all muscle groups involved in the generation of torque in the respective joints. This evaluation methodology was first implemented in Bulgaria at SWU.

The assessment of anthropometric indicators for body mass composition is presented in the program by anthropometry impedance analysis and a methodology for measuring skin folds. This allows students to get acquainted with approaches to assessing somatotropes and their relationship to various sports disciplines.

The innovative method of surface electromyography, as well as the methodology for kinesiological research, by registering the neuromuscular activity of skeletal muscles, is presented in the profile of functional studies in sport.

The program includes a few lecture hours and many practical exercises with innovative methodology at the University's Labs.

For training on the proposed program, knowledge of anatomy of movements, general physiology of basic physiological systems, physiology of sports training, biomechanics, biochemistry, etc. is required. Computer skills and fluency in English are desirable.

SPORT-METHODOLOGY PRACTICE - FIRST PART

ECTS credits: 4.0

Form of assessment: exam

Term: V

Methodological guidance:

Department „Sports“

Faculty of PHHCS

Lecturer:

Doc. D-r Daniela Lekina, Department „Sports“

Phone: 073/588 530, E-mail: dlekina@swu.bg

Chorarium: 01+0se+2pe

Status: compulsory

Type of exam: current assessment

Annotation:

The aim of the discipline of Sports-Methodological Practice is to ensure the requirements of training of highly qualified specialists for the needs of the sports clubs in the country, as well as trainers and instructors in the system of education and sports services.

Educational content is consistent with the high requirements for the professional training of future coaching staff. The program covers the basic concepts of basic sports training, sports training methodology, the technique of the chosen sport, training of highly qualified athletes to form complex competencies in the students, allowing to efficiently carry out both organizational, methodological and practical coaching, and acquiring skills to use science-based methods for planning and managing the training process.

In line with the objectives of the course as expected results, students should acquire skills for professional application of the methods of initial training by type of sport; to plan the training impact with appropriate approaches and techniques and to evaluate the effectiveness of this impact. They are realized through the sequence of mastering the material according to the content of the course practical exercises.

THEORY AND METHODICS OF A SELECTED SPORT – SECOND PART

ECTS credits: 5.0

Form of assessment: exam

Term: V

Methodological guidance:

Department of Sports

Faculty of PHHCS

Lecturer:

Assoc. Prof. Dr. Daniela Lekina, Department of Sport - swimming

Prof. Vasil Zhechev, PhD, Department of Sports - football

Assoc. Prof. Stefan Kapradov, Department of Sport - football

Assoc. Prof. Dr. Jasmin Tsankova, Department of Sports - Basketball

Ass. Dr. Hristo Nikolov, PhD, Department of Sports - volleyball

Prof. Dr. Angel Krumov, PhD, Department of Sport

Assoc. Prof. Chavdar Kotsev, Dept. of Sports athletics

Assoc. Prof. Ivan Glushkov, Dept. of Sports - ski

Assoc. Prof. Dimitar Tomov, Department of Sports - Tennis

Ch. Ass. Dr. Tsvetomir Tsonev, PhD, Department of Sport - table tennis

Prof. Dr. Angel Krumov, Department of Sport - taekwon-do

Chorarium: 1l+0se+2pe

Status: compulsory

Type of exam: current assessment

Annotations:

(See the text above, pages 12-15)

THEORY AND METHODOLOGY OF SPORT TRAINING - FIRST PART

ECTS credits: 5.0

Form of assessment: exam

Term: V

Methodological guidance:

Department of Sports

Faculty of PHHCS

Lecturer:

Prof. D-r Petar Bonev, Department of Sports

Chorarium: 2l+1se+0pe

Status: compulsory

Type of exam: current assessment

Annotations:

The aim of the training is to provide students with basic theoretical and methodological knowledge of the essence and management of the training process in highly qualified athletes

based on a single conceptual apparatus. In this way the subject creates the necessary methodological basis for higher quality of training in the respective sport and discipline.

The purpose of training in sport discipline is to ensure the requirements of training of highly qualified specialists for the needs of sports organizations in the country, as well as trainers and instructors in the system of education and sports services.

Educational content is consistent with the high requirements for the professional training of future coaching staff. The program covers the study of basic concepts of sports training theory and methodology, which will form complex competences in the students, allowing to efficiently carry out both organizational, methodological, practical and teaching activities, as well as acquiring skills for the use of scientifically justified methods for planning and managing the training process.

The curriculum with the applied technology in the classically approved format - lectures, seminars and practical exercises will provide a solid foundation for the future development of the students in their realization as professionals at each level.

PSYCHOLOGY OF THE SPORT ACTIVITY

ECTS credits: 4.0

Weekly classes: 2l+0se+1p.ex.

Form of assessment: exam

Course status: compulsory

Semester: V

Type of exam: written

Methodological guidance:

Department of Psychology

Faculty of Philosophy

Lecturer:

Prof. D-r Stanislava Stoyanova Department Psychology

E-mail: avka@swu.bg

Annotation:

The compulsory course "Psychology of Sports Activity" is designed for students - Bachelor of Bachelor's Degree. It is focused on the regularities and characteristics of the individual psychic processes and their manifestation in the sport activity.

It gives knowledge about the peculiarities of sport activity as an environment and a catalyst for the formation of psychic qualities in the personality and the psychic factors for its realization.

It provides knowledge, abilities and skills to learners to individualize and classify information to highlight key groups of problems and difficulties in relation to psychological analysis of their nature for the purpose of solving, overcoming or adapting them.

Objective of the course in terms of learning outcomes and competences: The aim of the course is to provide students with high psychological competence in terms of the specifics of sporting activity and its overall variety of means and challenges on the way of formation and development of the sport personality.

SPORT-METHODOLOGY PRACTICE - SECOND PART

ECTS credits: 3.0

Weekly classes: 0l+0se+2p.ex.

Form of assessment: exam

Semester: VI

Methodological guidance:

Department of Sports

Faculty of PHHCS

Lecturer:

As. Prof. Dr. Daniela Lekina, Department of Sports

Phone: 073/588 530, E-mail: dlekina@swu.bg

Course status: compulsory

Type of exam: current control

Annotation:

The aim of the discipline of Sports-Methodological Practice is to ensure the requirements of training of highly qualified specialists for the needs of the sports clubs in the country, as well as trainers and instructors in the system of education and sports services.

Educational content is consistent with the high requirements for the professional training of future coaching staff. The program covers the basic concepts of basic sports training, sports training methodology, the technique of the chosen sport, training of highly qualified athletes to form complex competencies in the students, allowing to efficiently carry out both organizational, methodological and practical traineeship, and acquiring skills for the use of science-based methods for planning and managing the training process.

In line with the objectives of the course as expected results, students should acquire skills for professional application of the methods of initial training by type of sport; to plan the training impact with appropriate approaches and techniques and to evaluate the effectiveness of this impact. They are realized through the sequence of mastering the material in the course of the course.

DEVELOPMENT OF PROJECTS

ECTS credits: 3.0

Form of assessment: exam

Semester: VI

Methodological guidance:

Department of Economics

Faculty of Economics

Lecturer:

Prof. Dr. Albena Vutsova, Department of Economics

E-mail: avutsova@swu.bg

Weekly classes: 2l+0se+1p.e.

Course status: compulsory

Type of exam: written

Annotation:

The compulsory subject is intended to provide students with theoretical and technological-practical training in the development and management of projects with sport, pedagogy, health, social and business orientation.

The training is conducted in the following main directions:

1. Theoretical training, including acquisition of EU knowledge and funding funds for candidate countries in the pre-accession period and post-accession Member States (after

accession funds); Operational Programs, National Frameworks, Priority Axes, National Coordinators under Operational Programs; contracting, documentation for application and preparation thereof; project management documentation; reporting documents and more.

2. The discipline forms the students' skills in implementing the first steps in the development of application documentation (with sports, educational, research, health, social and business projects); management of activities (including accountability, risk management), etc.

3. Developing of competencies for project development and management.

THEORY AND METHODOLOGY OF A SELECTED TYPE OF SPORT – SECOND PART (SWIMMING, FOOTBALL, BASKETBALL, VOLLEYBALL, WRESTLING, GYMNASTICS, ATHLETICS, SKI, TENNIS, TAQUEON-DO, TABLE TENNIS)

ECTS credits: 3.0

Form of assessment: exam

Semester: VI

Methodological guidance:

Department of Sports

Faculty of Public Health, Health Care and Sport

Lecturer:

Assoc. Prof. Dr. Daniela Lekina, Department of Sport - swimming

Prof. Dr. Vasil Zhechev, Department of Sports - football

Assoc. Prof. Stefan Kapradov, Department of Sport - football

Assoc. Prof. Dr. Jasmin Tsankova, Department of Sports - Basketball

Ass. Dr.. Hristo Nikolov, Department of Sports - volleyball

Prof. Dr. Angel Krumov, Department of Sport - wrestling

Assoc. Prof. Chavdar Kotsev, Depart. of Sports - athletics

Assoc. Prof. Ivan Glushkov, Depart. of Sports - ski

Assoc. Prof. Dimitar Tomov, Department of Sports - Tennis

Ch. Ass. Dr. Tsvetomir Tsonev, Department of Sport - table tennis

Prof. Dr. Angel Krumov, Department of Sport - taekwon-do

Weekly classes: 0l+0ex+2p.ex.

Course status: compulsory

Type of exam: current control

Annotations:

(See the text above, pages12-15)

SELECTION AND FORECASTING IN SPORT

ECTS credits: 4.0

Form of assessment: exam

Term: VI

Methodological guidance:

Department of Sports

Faculty of PHHCS

Lecturer:

Ass. Prof. Dr. Dimitar Tomov, Department of Sports

dimitar.tomov@swu.bg

Chorarium: 2l+0se+1pe

Status: compulsory

Type of exam: written

Annotation:

The discipline aims to provide students with theoretical and technological-practical training.

The training is conducted in the following main directions:

1. **Theoretical training**, including the acquisition of knowledge related to the diagnosis in sporting activities, in order to identify prominent, premature or limited development.

The course provides knowledge of morphological, functional, motor, motor and other aspects of child development as well as technologies for conducting research on the problem.

2. Provides training aimed at **practicing scientific research**, data processing skills, analysis of procedural and performance features in athletes' development, development of regularities related to their development, selection of preparatory groups and forecasting of sports development.

THEORY AND METHODOLOGY OF SPORT TRAINING – SECOND PART

ECTS credits: 5.0

Form of assessment: exam

Term: VI

Methodological guidance:

Department of Sports

Faculty of PHHCS

Lecturer:

Prof. D-r Petar Bonev, Department of Sports

Chorarium: 2l+1se+0pe

Status: compulsory

Type of exam: current assessment

Annotations:

The aim of the training is to provide students with basic theoretical and methodological knowledge of the essence and management of the training process in highly qualified athletes based on a single conceptual apparatus. In this way the subject creates the necessary methodological basis for higher quality of training in the respective sport and discipline.

The purpose of training in sport discipline is to ensure the requirements of training of highly qualified specialists for the needs of sports organizations in the country, as well as trainers and instructors in the system of education and sports services.

Educational content is consistent with the high requirements for the professional training of future coaching staff. The program covers the study of basic concepts of sports training theory and methodology, which will form complex competences in the students, allowing to efficiently carry out both organizational, methodological, practical and teaching activities, as well as acquiring skills for the use of scientifically justified methods for planning and managing the training process.

The curriculum with the applied technology in the classically approved format - lectures, seminars and practical exercises will provide a solid foundation for the future development of the students in their realization as professionals at each level.

SPORTS IMPROVEMENT

ECTS credits: 8.0

Semester: VI

Weekly classes: 0l+0se+4p.ex.

Type of exam: practical

Form of assessment: exam

Course status: compulsory

Methodological guidance:

Department of Sports

Faculty of Public Health, Health Care and Sport

Lecturer:

Ass. Stoyan Stoyanov, Department of Sports - football

Ch. Ass. Dr. Anton Manchev, Department of Sport - athletics

Ass. Dr. Mihail Klecharov, Dept. of Sports - ski

Assoc. Prof. Dr. Daniela Lekina, Department of Sport - swimming

Ass. Nikolay Hadzhiev, Department of Sports - Basketball

Ass. Stanislav Atanasov, Department of Sport - volleyball

Ass. Dr. Cvetomir Conev, Department of Sport - table tennis

Ass. Daniel Alexsandrov, Department of Sport - Struggle

Ass. Stanislav Atanasov, Department of Sport - tennis

Ass. Mario Bogdanov, Department of Sport - taekwon-do

Annotations:

The proposed curriculum examines the main directions in the teaching methodology of football. Teaching is the most difficult and intricate element of the learning process in football. It can only take place when the correct methodology is known and applied.

The main concepts and classification of the technique and the tactics of the football game, including the correct handling of the players' technique, shooting, guiding, stopping, flip movements, ball and head balls, goalkeeper's technique, individual, group and team tactical action in assault and defense.

Sporting **athletics** is aimed at learning and improving the technique of athletic disciplines and the complex development of the leading physical disciplines for each discipline.

During the classes students acquire skills and habits for independent exercises with athletics, selection and dosing of these exercises.

Students learn about the rules for participation in athletics competitions. During the exercises they take part in control competitions, and after the first semester and in official student and state championships.

The program is in line with the contemporary trends in the field of the theory and methodology of sports training.

The course **"Sports Upgrading on Skiing"** has a mandatory status in the curriculum of Special Sport and aims to provide the practical training of the students needed to achieve high sporting skill and high sporting results.

The curriculum is based on modern trends in the methodology of training and improvement of the ski technique of alpine ski disciplines - slalom, giant slalom and descent. The program includes scientific work in the theoretical, technical, tactical, physical and psychological training of the athletes, emphasizing - mastering and improving the sport-technical elements of the ski disciplines.

Sport improvement on skiing is realized by free choice of students for participation in the training process.

The Theoretical training (in the framework of practical exercises) is aimed at acquiring knowledge in the students about the parameters of the ski movements, the biomechanics of the sports equipment, the modeling of the movements, the diagnostics and management of the ski technique, the increase of the safety, the reliability and the appropriateness of the movements.

The Methodic - practical training is focused on the formation of skills for ski equipment with high sporting skills, skills for organizing and conducting of training process, etc.

The discipline forms the competences of the students - future coaches for interaction with children, students, prominent athletes with different sport-technical and functional abilities, etc.

This curriculum introduces the students to the basic stages of sports training, to the problems and modern trends of swimming. The level of achievements in swimming requires the constant improvement of all aspects of the training of athletes and, above all, of the basic and the section - sports training. Continuous improvement of swimming training is the basis for further enhancement of sports performance. Achieving high results is a complex process in which technical, physical and psychological training must be at the optimum level of development in accordance with the specifics of the particular distance.

The curriculum, with the help of general and private tasks, ensures a high level of technical and tactical mastery as well as the development of special physical and psychological qualities of the athletes. By solving these problems a complex of knowledge and skills in the field of swimming theory and methodology is acquired.

The means used to improve the training are basic, including racing, specially preparatory and general preparatory exercises and additional training devices.

A stepwise, current and operational control is applied to assess the condition of the athletes.

The proposed curriculum considers the main directions in the methodology of the **basketball** training process.

The basic elements of the technique and the improvement and mastery of the tactics of the basketball game, including the correct mastery of the technique of a ballless player (basketball, walking, running, braking, reversing, pivoting, jumping, false movements), ball technique (shooting, shooting, guiding, shooting in the basket, false movements), and individual, group and team tactical acts of attack and protection.

The Volleyball Curriculum - Sports Upgrading examines the current trends in the methodology of training and improving the volleyball game. Teaching and selection is the most difficult and complex element of the volleyball training process. It can only be realized when the correct modern methodology is known and applied. The program examines the basic concepts and qualifications of the volleyball game, including the correct mastery and improvement of the main components of the volleyball game.

In this form of physical education, the learning and training process is closely intertwined. The first one acquires almost the character of training sessions, in which not only the technical but also the tactical, the physical, the psychological and the theoretical preparation are significantly covered. The content of the competition is expressed by the participation of the students with the teams of universities in different tournaments and competitions, with the Republican Students' Championship taking the lead.

The table tennis training program at the **Tennis Table of Sports Perfection** examines the modern trends in the methodology of training and improvement of table tennis. Teaching and selection is the most difficult and intricate element of the table tennis training process. It can only be realized when the correct modern methodology is known and applied. The program examines the basic concepts and qualifications of the game, including the proper mastery and improvement of the main components of the game.

The Curriculum of **Wrestling Upgrading** examines the current trends in the methodology of training and improvement of this sport. Teaching and selection is the most difficult and complex element of the wrestling training process. It can only be realized when the correct modern methodology is known and applied. The program examines the basic concepts and qualifications, including proper mastery and improvement, means self-choosing to participate in wrestling training.

The present program is intended for the discipline of **Sports Upgrading - Tennis**, which is included as compulsory in the curriculum of the students "Sports Coach".

The aim of the study is to familiarize the trainees with technical and tactical techniques in tennis, through the means and methods of their learning and improvement. Students, future tennis coaches, are familiar with the instruments and tools for their teaching; organizing and conducting a competition. In the training process mainly preparatory and racing exercises are used. Students prepare for participation in indoor and outdoor tennis competitions.

Taekwon-Do ITF is Korean (original) martial art for self-defense without weapons.

It was created in 1955. by Gen. Choi Hong Hy based on old Korean martial arts such as Hwarangdo, Tang Soo-do, Tae Kwon, Hap Ki-do, etc. He scientifically developed and systematized theories, terminology, systems, methods, rules, the practice and the spiritual basis of Taekwon-Do ITF. With its philosophy, scientific rationality, aesthetics and sports - contemporary Taekwon-do ITF is a way of life.

In literal translation Taekwon-do means:

- Tae-heel, leg techniques, foot punching, block with legs, movement, jumping, balance, breaking
- Quorum fist, hit by hand, block grip, banging, scratching, throwing, breaking
- Do - way, moral, philosophical, principle, spiritual, knowledge.

SPORTS - METHODOLOGICAL PRACTICE – PART III

ECTS credits: 3.0

Weekly classes: 01+0se+2p.ex.

Semester: VII

Type of exam: practical

Form of assessment: exam

Course status: compulsory

Methodological guidance:

Department of Sports

Faculty of Public Health, Health Care and Sport

Lecturer:

As.Prof. Dr. Daniela Lekina, Department of Sports

Phone: 073/588 530, E-mail: dlekina@swu.bg

Annotation:

The aim of the discipline of Sports-Methodological Practice is to ensure the requirements of training of highly qualified specialists for the needs of the sports clubs in the country, as well as trainers and instructors in the system of education and sports services.

Educational content is consistent with the high requirements for the professional training of future coaching staff. The program covers the basic concepts of basic sports training, sports training methodology, the technique of the chosen sport, training of highly qualified athletes to form complex competencies in the students, allowing to efficiently carry out both organizational, methodological and practical training, and acquiring skills for the use of science-based methods for planning and managing the training process.

In line with the objectives of the course as expected results, students should acquire skills for professional application of the methods of initial training by type of sport; to plan the training impact with appropriate approaches and techniques and to evaluate the effectiveness of this impact. They are realized through the sequence of mastering the material in the course of the course.

DOPPING AND SPORT

ECTS credits: 3.0

Semester: VII

Form of assessment: exam

Methodological guidance:

Department of Anatomy and Physiology

Faculty of Public Health, Health Care and Sport

Lecturer:

Ass. Dr. Tatyana Tzimbova, Department of Anatomy and Physiology

E-mail: tdzimbova@swu.bg

Weekly classes: 2l+1se+0p.ex.

Type of exam: written

Course status: compulsory

Annotation:

The main objectives and tasks of the discipline can be broadly formulated as follows: - to present the main terms related to doping; - to familiarize themselves with the main classes of prohibited compounds and the compounds that are subject to constraints; - Consider prohibited methods to increase the efficiency of athletes; - to present the methods of analysis; - Show the side effects of doping: biomedical, psychiatric and addiction; - learn about basic legal sanctions and penalties for doping.

THEORY AND METHODOLOGY OF A SELECTED TYPE OF SPORT - SECOND PART (SWIMMING, FOOTBALL, BASKETBALL, VOLLEYBALL, WRESTLING, GYMNASTICS, ATHLETICS, SKI, TENNIS, TAQUEON-DO, TABLE TENNIS)

ECTS credits: 5.0

Semester: VII

Form of assessment: exam

Methodological guidance:

Department of Sports

Faculty of Public Health, Health Care and Sport

Lecturer:

Assoc. Prof. Dr. Daniela Lekina, Department of Sport - swimming

Prof. Dr. Vasil Zhechev, Department of Sports - football

Assoc. Prof. Stefan Kapradov, Department of Sport - football

Assoc. Prof. Dr. Jasmin Tsankova, Department of Sports - Basketball

Ass. Dr.. Hristo Nikolov, Department of Sports - volleyball

Prof. Dr. Angel Krumov, Department of Sport - wrestling

Assoc. Prof. Chavdar Kotsev, Depart. of Sports - athletics

Assoc. Prof. Ivan Glushkov, Depart. of Sports - ski

Assoc. Prof. Dimitar Tomov, Department of Sports - Tennis

Ch. Ass. Dr. Tsvetomir Tsonev, Department of Sport - table tennis

Prof. Dr. Angel Krumov, Department of Sport - taekwon-do

Annotations:

(See the text above, pages 12-15)

Weekly classes: 3l+0se+2p.ex.

Type of exam: written

Course status: compulsory

Methodology and Methods of Sport-Pedagogical Studies

ECTS credits: 2.0

Form of assessment: exam

Term: VII

Methodological guide:

Department of TMPE

Faculty of Pedagogy

Lecturer:

Prof. Dr. Nevyana Dokova Department of TMPE

E-mail: nevid@swu.bg

Chorarium: 1h+1se.+0p.ex.

Status: compulsory

Type of exam: written

Annotation:

The aim of the discipline "Methodology and Methods of Sport-Pedagogical Studies" is to acquaint the bachelor students with the basic characteristics of the research in the field of sport as a specific cognitive activity, as well as to give them the necessary basic knowledge, skills and habits for carrying out scientific research work and as a result of all this to increase the efficiency of their future teaching and research activities.

By acquainting with the main theoretical backgrounds, methodological approaches, principles and methods of research in the field of scientific research in sport and by acquiring the necessary metrological and computational procedures, students will learn to discover scientific problems, develop concepts, formulate scientific these and hypotheses, to conduct experimental work, to analyze the results obtained, to draw conclusions and summarize conclusions, to form scientific papers, course and diploma theses.

In order to support the research and applied activities in other theoretical and methodological-practical disciplines, "Methodology and methods of sports and pedagogical research" integrates knowledge from the other disciplines included in the curriculum and uses conceptual and computational examples from them.

SPORT AND SECURITY

ECTS credits: 2.0

Form of assessment: exam

Term: VII

Methodological guide:

Department of National Security and Public Administration

Faculty of Mathematics and Physics

Lecturer: Prof. Dr of sciences Lyubomir Timchev, Department of National Security and Public Administration

E-mail: l_tim4ev@law.swu.bg

Chorarium: 2h+0se.+0p.ex.

Status: compulsory

Type of exam: written

Annotation:

The course on compulsory discipline "Sports and Security" aims to give knowledge about the Contemporary Security Requirements in conducting sports events. Students trained in the specialty "Sport" are acquainted with the current legislation in the field of sport and security. The learning process of the discipline is conducted in a skilful combination of the auditorium and out-of-class engagement, which contributes to the necessary balance between theory and practice (by solving case studies).

MANAGEMENT OF SPORT ACTIVITY

ECTS credits: 2.0

Form of assessment: exam

Term: VII

Methodological guide:

Department of Economics

Faculty of Economics

Lecturer:

Prof. Dr. Maria Kicheva, Department of Economics

Chorarium:: 1h+1se.+0p.ex.

Status: compulsory

Type of exam: written

Annotation:

The course "Sports Management" relates to the acquisition of a wide range of knowledge and skills regarding (i) the functions of sport as a social system, (ii) the importance, functions and factors determining the socio-economic importance of sporting events;) technology of managing sporting events; (iv) the target groups of users of sporting events as a product. The course of lectures is selected in accordance with the planned coursework and the specifics of the specialty "Sport". The course is included in the curriculum of the specialty "Sport" for the 4th course (VIIth semester) as compulsory.

SPORT IMPROVEMENT

ECTS credits: 8.0

Form of assessment: exam

Term: VII

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ass. Stoyan Stoyanov, Department of Sports - football

Ch. Ass. Dr. Anton Manchev, Department of Sport - track and field athletics

Ass. Dr. Mihail Klecharov, Dept. of Sports - ski

Assoc. Prof. Dr. Daniela Lekina, Department of Sport - swimming

Ass. Nikolay Hadzhiev, Department of Sports - Basketball

Ass. Stanislav Atanasov, Department of Sport - volleyball

Ass. Dr. Cvetomir Conev, Department of Sport - table tennis

Ass. Daniel Alexandrov, Department of Sport - Struggle

Ass. Stanislav Atanasov, Department of Sport - tennis

Ass. Mario Bogdanov, Department of Sport - taekwon-do

Chorarium:: 0h+0se.+4p.ex.

Status: compulsory

Type of exam: practical

PRE-DIPLOMA COACH EXPERIENCE

ECTS credits: 20.0

Form of assessment: exam

Term: VIII

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ass.Prof. Dr. Stefan Kapralov, Department of Sports

E-mail: kapralov@swu.bg

Chorarium:: 0h+0se.+8p.ex.

Status: compulsory

Type of exam: written

Annotation:

The educational content is in line with the high requirements for the professional training of future coaching staff. The program includes the study of basic concepts for the construction of training exercises and microcycles, the preparation and conduct of sports exercises to form complex competencies in the students, allowing the organizational, methodological, practical and coaching activities to be effectively implemented.

OBLIGATORY SELECTED DISCIPLINES
FIRST GROUP - SPORT-PRACTICAL DISCIPLINES (COLLECTIVE SPORTS)

BASKETBALL

ECTS credits: 2.0

Form of assessment: exam

Term: I-VI

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ass.Nikolay Hadzhiev, Department of Sports

E-mail: nimago@swu.bg

Chorarium:: 0l+0se.+2p.ex.

Status: selective

Type of exam: practical

Annotation:

The proposed curriculum discusses the main directions in the basketball teaching methodology. Teaching is the most difficult and complex element of the basketball learning process. It can only take place when the correct methodology is known and applied. The basic concepts and classification of the technique and tactics of the basketball game, including the correct mastery of the technique of a ballless player (basketball, walking, running, braking, reversing, pivoting, jumping, false movements), ball player technique, shooting, shooting, guiding, shooting in the basket, false movements, basketball) and individual, group and team tactical acts of attack and protection.

FOOTSAL

ECTS credits: 2.0

Form of assessment: exam

Term: I-VI

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ass. Stoyan Stoyanov, Department of Sports

E-mail: ststoyanov@swu.bg

Chorarium:: 0l+0se.+2p.ex.

Status: selective

Type of exam: practical

Annotation:

The proposed curriculum discusses the main directions in the futsal teaching methodology. Teaching is the most difficult and intricate element of the learning process in football. It can only take place when the correct methodology is known and applied.

The basic concepts and classification of the technique and the tactics of the foot-ball game, including the correct handling of the players' technique, feeding, guiding, stopping, fanning movements, ball and head balls, goalkeeper's technique, individual, group and tactical tactical action in attack and defense.

FOOTBALL

ECTS credits: 2.0

Form of assessment: exam

Term: I-VI

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ass. Georgi Ivanov, Department of Sports

Chorarium:: 0l+0ex.+2p.ex.

Status: selective

Type of exam: practical

Annotation:

The proposed curriculum examines the main directions in the teaching methodology of football. Teaching is the most difficult and intricate element of the learning process in football. It can only take place when the correct methodology is known and applied.

The basic concepts and classification of the technique and the tactics of the foot-ball game, including the correct handling of the players' technique, feeding, guiding, stopping, finiting movements, leg and head ball hits, goalkeeper's technique, individual, group and tactical tactical action in attack and defense.

VALLEYBALL

ECTS credits: 2.0

Form of assessment: exam

Term: I-VI

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ass.Stanislav Atanasov, Department of Sports

E-mail: s.atanasov@swu.bg

Chorarium:: 0l+0ex.+2p.ex.

Status: selective

Type of exam: practical

Annotation:

The course "volleyball" aims to provide in-depth and specialized preparation of students to their realization in different units of the educational system as teachers and coaches. The volleyball program provides a theoretical and methodological preparation, allowing students to conduct sports-preparatory work with children and pupils in the class, extracurricular and out-of-school forms, children's sports schools, sports clubs and others. Apply scientific approaches to the selection and prognosis of volleyball developers, gain knowledge about the diagnosis, assessment and control of the different countries in their preparation. To acquire practical skills for conducting training sessions, to demonstrate different elements of the technique of volleyball, to gain knowledge about the tactics of the game, to organize and conduct various races with children and students, sports holidays, children's and school camps. To acquire knowledge and skills of a referee, to develop their own sport-technical and general-physical training.

BASKETBALL 3x3

ECTS credits: 2.0

Form of assessment: exam

Term: I-VI

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ass.Nikolay Hadzhiev, Department of Sports

E-mail: nimago@swu.bg

Chorarium:: 0l+0ex.+2p.ex.

Status: selective

Type of exam: practical

Annotation:

The proposed curriculum discusses the main directions in the 3X3 basketball teaching methodology. Teaching is the most difficult and intricate element of the basketball learning process. It can only take place when the correct methodology is known and applied.

The basic concepts and the classification of the technique and tactics of the basketball game - 3X3, including the correct mastery of the technique of a ballless player (basketball, walking, running, stopping, reversing, pivoting, jumping, false movements), the technique of a ball player (holding, shooting, shooting, guiding, shooting in the basket, false movements, basketball), individual and group tactical actions in assault and protection, development of motor skills.

BEACH FOOTBALL

ECTS credits: 2.0

Form of assessment: exam

Term: I-VI

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ass. Georgi Ivanov, Department of Sports

E-mail: ststoyanov@swu.bg

Chorarium:: 0l+0ex.+2p.ex.

Status: selective

Type of exam: practical

Annotation:

The proposed curriculum examines the main orientations in the teaching methodology of beach soccer. Teaching is the most difficult and intricate element of the beach soccer training process. It can only take place when the correct methodology is known and applied. The main concepts and classification of the technique and tactics of the game of beach football, including the correct handling of the players' technique, filing, guiding, stopping, swinging movements, ball and head balls, goalkeeper's game technique, individual, group and Team tactical attack and defense tactics.

GRASS HOCKEY

ECTS credits: 2.0

Form of assessment: exam

Term: I-VI

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ch. Ass. Dr. Anton Manchev, Department of Sports

Chorarium:: 0l+0ex.+2p.ex.

Status: selective

Type of exam: practical

E-mail: manchev@swu.bg

Annotation:

This curriculum is intended for students of the Sports specialty who have chosen to study "Hockey on the Grass". The aim of the study is to familiarize the students with the basic sports-technical and sport-tactical skills in grass hockey, with the means and methods of their study, the playgrounds, the tools and the tools for practicing the game, as well as for organization and conducting competitions in this sport.

Qualified (5) and Excellent (6) qualify for D (Hockey Instructor) license from BFTH. These students qualify for a Level 1 International Hockey Federation (IHF) course. Successful individuals receive a license that is recognized throughout Europe.

BEACH VOLLEYBALL

ECTS credits: 2.0

Form of assessment: exam

Term: I-VI

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ass. Stanislav Atanasov, Department of Sports

E-mail: s.atanasov@swu.bg

Chorarium:: 0l+0ex.+2p.ex.

Status: selective

Type of exam: practical

Annotation:

The beach volleyball program provides a theoretical and methodological preparation, allowing the students to conduct sports and preparatory work with children and students in class, extracurricular and out-of-school forms, children's sports schools, sports clubs and more. Beach volleyball combines all the positive aspects of collective sports - the ability to play with the ball, the speed and accuracy of the movements, the wits, the need to connect the individual actions and the thinking of the teammate. To acquire practical skills for conducting the training process, to demonstrate different elements of the game technique, to gain knowledge about the tactics of the game, to organize and conduct various races with children and pupils, sports holidays, children's and school camps.

FOLKS AND DANCES

ECTS credits: 2.0

Form of assessment: exam

Term: I-VI

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer: Ass. Daniela Manikatoval, Department of Sports

E-mail: dmanikatoval@swu.bg

Chorarium:: 0l+0ex.+2p.ex.

Status: selective

Type of exam: practical

Annotation:

The proposed curriculum discusses the main directions in the methodology of teaching folk dances and sporting dances. Teaching is the most difficult and an intricate element of the sports dance education process. It can only take place when the correct methodology and

technique is known and applied. The discipline includes different complexes of rhythmic exercises, as well as dances with different metric-rhythmic structure.

MOBILE AND SPORTS-PREPARATORY GAMES

ECTS credits: 2.0

Form of assessment: exam

Term: I-VI

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ch. Ass. Dr. Anton Manchev, Department of Sports

E-mail: manchev@swu.bg

Chorarium:: 0l+0ex.+2p.ex.

Status: selective

Type of exam: practical

Annotation:

The courses in the subject "Moving and sports preparatory games" are designed for the bachelor students of the specialty "Sport". Understanding the theoretical foundations of gaming and learning a wide range of games of methodical and practical orientation will enable the playing of the training process in collective, individual sports and sports disciplines in different age groups in solving the specific objectives and tasks, related to the conditioning and coordination training of young athletes. In a casual emotional environment, using the game as a tool in the training process, future sports educators will have another opportunity, along with the specialized exercises, to realize the goals and tasks that are set for each specific activity and for the whole educational process in a certain type of sport or sport discipline. Mastering the gaming training method will provide an extra edge in their future work as sports pedagogues in a particular kind of sport.

SECOND GROUP – SPORT-PRACTICAL DISCIPLINES (INDIVIDUAL SPORTS)

TENNIS

ECTS credits: 2.0

Form of assessment: exam

Term: I, II, III, IV, V, VII

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ass. Stanislav Atanasov, Department of Sports

E-mail: s.atanasov@swu.bg

Chorarium:: 0l+0ex.+2p.ex.

Status: selective

Type of exam: practical

Анотация:

Настоящата учебна програма е предназначена за студентите от специалността „Спорт” избрали учебната дисциплината „Тенис”.

Учебният материал, предвиден в програмата трябва да даде на студентите знания, необходими за успешна професионална дейност като учители по физическо възпитание. Тя има за цел да запознае обучаваните с основните технически и тактически умения в тениса със средствата и методите за тяхното изучаване. Това ще

обогати подготовката на студентите с това, как чрез средствата на тениса ще се въздейства върху обогатяване на двигателната култура на спортистите. В промените наложени от новия Закон за предучилищно и училищно образование, който е в сила от м. август 2016 г в програмите по физическо възпитание и спорт в избираемите области са включени „Ракетните спортове“. Часът за спортни дейности (трети допълнителен час) освен от учители по физическо възпитание може да се води и от треньори.

Студентите са запознават с игрищата, уредите и пособията за практикуване и обучение. Видове състезания, организацията и провеждането им. Бъдещите треньори ще формират знания и спортно-технически умения за практикуването на тенис, както и с методите и средствата на преподаване в обучението по тенис.

AEROBICS

ECTS credits: 2.0

Form of assessment: exam

Term: I, II, III, IV, V, VII

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ass. Dr. Blagoi Kalpachki, Department of Sports

Chorarium:: 0l+0ex.+2p.ex.

Status: selective

Type of exam: practical

Annotation:

The aerobics course aims at giving knowledge about the appearance and the development, as well as the essence of aerobic gymnastics, the basic principles, the structure and content of the aerobics complex, the basic means of aerobic gymnastics. To provide a methodical and practical preparation of the students, related to the mastery of various exercises for different parts of the body and all muscle groups, the use of various auxiliary means in aerobics such as stepping platforms, big balls, small balls, bands, etc. Exploring various types of aerobic gymnastics complexes, gaining knowledge about the effects of aerobics on the human body. To be familiar with and be able to make complexes with the additional equipment / aerobic gymnastics.

FITNESS AND BODYBUILDING

ECTS credits: 2.0

Form of assessment: exam

Term: I, II, III, IV, V, VII

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ass. Dr. Blagoi Kalpachki, Department of Sports

Chorarium:: 0l+0ex.+2p.ex.

Status: selective

Type of exam: practical

Annotation:

The course "Fitness and Bodybuilding" is taught to the students of the specialty "Sports" as eligible from the first to the sixth 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 cardio-respiratory system, mobility in the articular apparatus, athletic and

functional musculature, prevention of general health, improvement of the working capacity and resistance of the body to the stress factors. Bodybuilding is a system of special training complexes of exercises to increase muscle mass, reduce fat and form body properties with the necessary parameters of proportionality, symmetry and proportionality.

A successfully completed training course will provide methodological and practical training to future sports pedagogues to successfully manage the condition of the athletes. It will serve for the qualitative structuring of the training exercises with a strong force and velocity, using the knowledge about the methodological requirements for the formation of motor skills. The acquired skills and knowledge will provide the needs for the formation of specific strengths that are necessary for the realization of the sport content.

TABLE TENNIS

ECTS credits: 2.0

Form of assessment: exam

Term: I, II, III, IV, V, VII

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ass. Dr. Cvetomir Conev, Department of Sports

Chorarium:: 0l+0ex.+2p.ex.

Status: selective

Type of exam: practical

Annotation:

The training in the optional table tennis course aims to provide methodological and practical training for students of the specialty "Sport" related to:

Formation of motor skills and habits for the table tennis game.

- mastering the technique of performing the motor skills and habits necessary for the practical implementation of the elements of table tennis;

- mastery of the Table tennis rules;

Mastering the knowledge of the technology of training the elements of table tennis to master the necessary driving skills, habits and knowledge for practical performance, for student training and application of the game (as a form of motor activity, recreation, competitions, entertainment, etc.).

WRESTLING

ECTS credits: 2.0

Form of assessment: exam

Term: I, II, III, IV, V, VII

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ass. Daniel Alexandrov, Department of Sports

Chorarium:: 0l+0ex.+2p.ex.

Status: selective

Type of exam: practical

Annotation:

Brief description of the content.

The course is optional from the curriculum of the Bachelor's degree in Sport at the Faculty of Public Health, Health Care and Sport. It aims to provide fundamental knowledge about the

types of fighting techniques. Students acquire theoretical knowledge and practical skills in terms of selection. initial sports training and high sporting craftsmanship in class struggle

Objectives, expected results and benefits for students in the specialty.

Experts to know and demonstrate the technique of struggle. To know and apply the methodology for studying, absorbing and improving the tactical actions. To know and apply the modern methodology for developing the physical qualities and the functional capabilities of the contestants. To manage sports training. To guide contestants during a race. Have the necessary pedagogical skills to educate the civilian and moral virtues of the athletes. To monitor and apply novelties in sports science. Combine coaching with research. The baccalaureates successfully apply the methodology for preparation in different age groups according to the sensible periods of development. To experiment in sports training in order to find rational methods and methods. To be able to train highly qualified wrestlers.

BEACH TENNIS

ECTS credits: 2.0

Form of assessment: exam

Term: I, II, III, IV, V, VII

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ass. Stanislav Atanasov, Department of Sports

E-mail: s.atanasov@swu.bg

Chorarium:: 0l+0ex.+2p.ex.

Status: selective

Type of exam: practical

Annotation:

This curriculum is intended for students of the "Sports coach" course, who study the discipline "Beach Tennis". The aim of this study is to familiarize students with the basic technical and tactical techniques in beach tennis with the means and methods of their study. The equipment, tools and tools necessary for practicing tennis and how to organize and conduct competitions.

TAEKWON-DO

ECTS credits: 2.0

Form of assessment: exam

Term: I, II, III, IV, V, VII

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ass. Dr. Mario Bogdanov, Department of Sports

Chorarium:: 0l+0ex.+2p.ex.

Status: selective

Type of exam: practical

Annotation:

Taekwon-do is Korean (original) martial art for self-defense without weapons.

It was created in 1955. from gene. Choi Hong He, based on old Korean martial arts such as Hwa-rand, Tang Su-ta, Tae Kyon, Hap Kin, and others. He scientifically developed and systematized Taekwon-do's theories, terminology, systems, methods, rules, practice, and spiritual foundations. We can safely say that with its philosophy, scientific substantiation, aesthetics and sport, modern taekwon-to ITF is a way of life.

In literal translation taekwon-do means:

- Thay-heel, leg techniques, foot punching, block with legs, movement, jumping, balance, breaking
- Quonum fist, hit by hand, block grip, banging, scratching, throwing, breaking
- do - path, moral, philosophical, principle, spiritual, knowledge.

In Taekwon-do, four major disciplines are studied:

1. Shape is a precisely defined combination of strikes and blocks, with legs and arms, which are executed in a precisely defined pattern (diagram) in a precisely defined order of strength, breath, wave, focus and rhythm. 24 forms are studied, each of which has a certain form.

2. Sparring (matsogi) - eight types of sparring are studied

2.1. Contactless

- Contractual sparring in three steps (sambamatsogi)

- agreed two-step sparring (ibohmottsi)

- one-step contract sparring (ilubamatsi)

2.2. Semi-free sparring - pandjahu matsogi

2.3. Free sparring - jayo matsogi

2.4. Free sparring with legs - pale masks

2.5. Free sparring with hands-son matsogi

2.6. Free sparring with a knife - dano matsogi

2.7. Free Sparring with a Stick - Mongo Matsogi

3. Strength test - study of techniques with legs and arms for breaking boards of a certain thickness and size.

4. Special Technique (Tissue) - Learning techniques with legs and arms for breaking boards at a certain height with one, two or more blows in the air.

The necessary knowledge, skills and technical abilities are achieved with practical activities aimed at developing both the motor culture and their spirit. The goal of all martial arts, and in particular taekwon-to ITF, is to combine into a "healthy body" and a "strong spirit."

BADMINTON

ECTS credits: 2.0

Form of assessment: exam

Term: I, II, III, IV, V, VII

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Doc. Dr. Dimitar Tomov, Department of Sports

E-mail: dimitar.tomov@swu.bg

Chorarium:: 0l+0ex.+2p.ex.

Status: selective

Type of exam: practical

Annotation:

The current curriculum is intended for students of the "Sports coach" specialty who study the Badminton discipline. The aim of the study is to familiarize the trainees with the basic technical and tactical techniques in badminton with the means and methods of their study, the playgrounds, the equipment and the tools for practicing badminton, as well as the organizing and conducting of badminton competitions.

TRAINING COURSE SKIING**ECTS credits:** 2.0**Form of assessment:** exam**Term:** I, II, III, IV, V, VII**Methodological guide:**

Department of Sports

Faculty of PHHCS

Lecturer:

Ass. Maria Kirkova, Department of Sports

Chorarium:: 0l+0ex.+2p.ex.**Status:** selective**Type of exam:** practical**Annotation:**

The curriculum of the elective discipline "Ski course" provides the mastery of the students of specialty Sports of ski equipment.

It is in line with the modern achievements in the field of skiing, related to the methodical sequence of the training in accordance with the didactic principles in pedagogy. The organization of the ski preparation of the students is on the ground, in the form of a ski course, with intensive full-time training.

The main tasks of the course are:

- acquisition of knowledge by students about the purpose, tasks and methodology of ski training, knowledge of the organization, planning and realization of skiing. The curriculum looks at the methods and tools used in the training of beginner skiers.

- formation of **specific motor skills** and habits for practical implementation by the students of the elements of ski - sport, in the respective methodological sequence.

- acquiring **sports-pedagogical competencies** for working with athletes, children, pupils and adults with different motor skills.

The first module includes preparatory work for equipping and hiring skiers with snow (skiing, reversing, climbing, first descents - up to the "snow-bend").

The second module includes the so-called "Supporting ski equipment", ie. the types of bends with a support that are a natural end to the ultimate goal of the training - the turns with parallel skis.

The program is optimally tailored to the physical and mental characteristics and abilities of the students. It creates conditions for the emotional saturation of the learning process, which increases my efficiency and contributes to further student autonomy.

TRAINING COURSE SWIMMING**ECTS credits:** 2.0**Form of assessment:** exam**Term:** I, II, III, IV, V, VII**Methodological guide:**

Department of TMPE

Faculty of Pedagogy

Lecturer:

Ch. Ass. Dr. Iliya Kanelov, Department of TMPE

Chorarium:: 0l+0ex.+2p.ex.**Status:** selective**Type of exam:** practical

E-mail: i_kanelov@swu.bg

Annotation:

The curriculum creates the conditions for learning the sport-technical and sport-tactical skills in rowing, water skiing and windsurfing. The main methodological issues of training and training are discussed. Students are acquainted with scientifically-based methodologies and programs for the organization of training and diagnostics of achievements. Practical skills for water skiing, rowing with various types of rowing boats and windsurfing are being mastered. Long distance training is practiced and water rescue techniques are practiced.

TRAINING COURSE ON TOURISM AND MOUNTAINEERING

ECTS credits: 2.0

Form of assessment: exam

Term: I, II, III, IV, V, VII

Methodological guide:

Department of Sports

Faculty of FPHHCS

Lecturer: Ch. Ass. Dr. Anton Manchev, Department of Sports

E-mail: manchev@swu.bg

Annotation:

The aim of the course is: Future sports educators to acquire basic knowledge and skills in communicating with the mountain which are to be able to apply.

Basic tasks:

- mastering the basic rules, skills and habits of movement in an unknown area with map and compass;
- assimilation of the techniques of movement on different terrains and slopes;
- acquiring skills to build a palace camp and knowledge of compliance with eviction rules;
- during the course the students acquainted themselves with the beauty of the Bulgarian nature. They are also familiar with the dangers a person has experienced in various forms of tourist practice. They learn how to prepare and organize a tourist outing and approach, as well as what are the requirements for equipment and personal facilities, learn respect for the other, friendship and mutual help. They understand that mountain movement is necessary and good physical training.

The training is conducted within 10 days and has a work-time of 60 hours. At the end of the class, students take part in a guided tour, climb a peak with an altitude of more than 2500 meters, which determines their practical assessment of the course.

Successfully completed the training methodology will be able to organize the easiest accessible forms of tourist practice with students in the Bulgarian school.

THIRD GROUP– THEORETICAL DISCIPLINES
SPORTING MASSAGE

ECTS credits: 2.0

Form of assessment: exam

Term: I, IV, VI, VII

Methodological guide:

Department of Kynezitherapy

Faculty of FPHHCS

Lecturer:

Doc. D-r. Stamenka Mitova, Department of Kynezitherapy

Chorarium:: 11+1ex.+0p.ex.

Status: selective

Type of exam: practical

E-mail: stami80@swu.bg

Annotation:

The curriculum is intended for students of specialty "Sport", full-time education, Bachelor's degree. The course gives the students the opportunity to acquire knowledge, skills and competences for performing sports massage (preliminary, training, restoration and massage after injuries of the musculoskeletal apparatus) in the direction 7.6.

It expands their knowledge and skills on: - professional terminology, classification and physiological mechanisms of impact of the massage; - impact effect, classification and specificity of individual massage techniques; - application of massage techniques on different parts of the body; - Combining a variety of massage tools and methods applicable to sports massage; - the methodology of different types of sports massage for individual sports activities; - apply adequate massage techniques to persons with different specific needs; - Perform sports massage according to age, gender, somatotype, type of sport and sporting experience.

BIOFEEDBACK - TOOLS AND METHODS

ECTS credits: 2.0

Form of assessment: exam

Term: I, IV, VI, VII

Methodological guide:

Department of Kinezitherapy

Faculty of FPHHCS

Lecturer:

Doc. D-r Stoyan Vezencov Department of Anatomy and Physiology

E-mail: vezencov.stoyan@swu.bg

Chorarium:: 1l+1ex.+0p.ex.

Status: selective

Type of exam: practical

Annotation:

Biofeedback methodology in the modern science is a part of the applied neural sciences and behavioral therapies and trainings. Extremely fast-paced field for behavioral formation and modification and behavioral responses using computerized systems including hardware (sensors) and software (audio-visual presentations).

The course on Biofeedback - Tools and Methods "introduces the students to the practical application of the principles, methods and techniques of instrumental (operant) learning in sport, taking into account the theoretical formulations of the functional systems theory (Russian school) and the theory of behavioral analysis and synthesis (Western School).

The course is practically oriented towards a shorter and more efficient creation of skills and habits for psycho-emotional self-regulation and self-control of athletes, and more precisely how the principles, methods and techniques of the behavioral approach in the face of biofeedback and in particular neurofeedback can be applied together with the modern methods and means of the coach by type of sport.

SPORT IN THE THIRD AGE

ECTS credits: 2.0

Form of assessment: exam

Term: I, IV, VI, VII

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Doc. Dr. Dimitar Tomov, Department of Sports

E-mail: dimitar.tomov@swu.bg

Chorarium:: 1l+1ex.+0p.ex.

Status: selective

Type of exam: practical

Annotation:

Many and varied are the reasons determining the different aging rate of individuals. Undoubtedly, however, is the fact that balanced motor activity (YA) is not only a very important prerequisite for proper psychophysical development of man but also an indispensable natural application tool for slowing down the aging process. Due to a number of circumstances and socially determined causes, and Bulgaria, as well as all socio-economically developed countries, is no exception to the fact of increasing the population in the third age. This fact predetermines the need to seek ways to improve the lives of these people. In this respect, regular and properly organized physical exercises (individual and group) can not only alleviate the existence of these people, but also to understand and satisfy their lives with positive emotions. The purpose of systematically practiced sporting activities is not so much to add years to the lives of these people, but above all to "fill with life" the years that fate has assigned to every person.

In the "SPORTS IN THE THIRD AGE" (STA), some basic theoretical guidelines and methodological and practical guidelines are included on how to use physical exercises and in particular individual sports according to the age and health-individual characteristics of the elderly, how to sports activities are held, what are the opportunities for the use of the different activities with sport direction in order to optimize the overall prophylactic-curative and curative work with the elderly. The subject of consideration is also the specific possibilities for applying the physical exercises in the corrective-healing work in persons with different chronic diseases. There is also a place for examining the issues of medical and pedagogical control and establishing the temporary and lasting changes in the body of the elderly people in the purpose of using sporting activities in different forms and working methods.

As noted above, "Sports in the Third Age" is a discipline that studies the regularities and realization of purposeful motor activity (PMA) and sports activity in the elderly.

SPORTS FOR PROMINENT CHILDREN AND STUDENTS

ECTS credits: 2.0

Form of assessment: exam

Term: I, IV, VI, VII

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ass. Dr. Blagoi Kalpachki, Department of Sports

Chorarium:: 1h+1ex.+0p.ex.

Status: selective

Type of exam: practical

Annotation:

The program is conditioned by the relevance and importance of initial sports training in sport pedagogical practice and school physical education. There is an analysis of the specialized literature and the sport-pedagogical experience in this field. There is a structure of the multi-year learning process in working with prominent children, especially during the period of initial sports training. The main principles and the technology for the planning of the training process in the work with children are analyzed, with special attention being paid to the game activity and its place in the different stages of preparation for children and adolescents.

The training is related to knowledge in the field of anatomy, physiology, age morphology and physiology, psychology, pedagogy, metrology and sociology, which have a direct relation to working with prominent children at the stage of initial sports training.

DIETHOLOGY AND BIOTISTIMULATION

ECTS credits: 2.0

Form of assessment: exam

Term: I, IV, VI, VII

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Doc. D-r Tatyana Dzimbova, Department of Anatomy and Physiology

E-mail: tdzimbova@swu.bg

Chorarium:: 1l+1ex.+0p.ex.

Status: selective

Type of exam: practical

Annotation:

The main objectives of the course are:

- to consider the mechanisms of degradation, transport and absorption of the main classes of nutrients; - provide guidance for determining the energy costs of athletes; - Explain the basic principles for setting up an appropriate diet to cover energy costs; - to develop a proper attitude towards food as a tool for training and presentation; - to present the benefits and damages from using food supplements, based on scientific research on the subject; - to familiarize students with the main biostimulation methods.

KINESITHERAPY - MEANS AND METHODS

ECTS credits: 2.0

Form of assessment: exam

Term: I, IV, VI, VII

Methodological guide:

Department of Kinesitherapy

Faculty of PHHCS

Lecturer:

Doc. D-r: Mariya Gramatikova

E-mail: mari_gramatikova@swu.bg

Chorarium:: 1l+1ex.+0p.ex.

Status: selective

Type of exam: practical

Annotation:

During the course the students acquire knowledge, skills and competencies for the application of the main kinesitherapeutic tools and methods for directed effects on the musculoskeletal system in orthopedic and traumatological diseases and athletes.

They acquaint themselves with specialized kinesitherapy methods, for the restoration of athletes in sports injuries. They study the specifics of traumatism in sport (football, basketball, alpine skiing, athletics, gymnastics, etc.).

Prevention of injuries, practicing sports, and biomechanics and pathobiomechanics are studied. Functional diagnosis is studied to assess the somatic and functional state (anatomical and physiological features); more frequent and significant diseases, sports injuries and surgical interventions in high class athletes. Kinesitherapeutic approaches are studied according to the recovery period after the trauma. Students are introduced to the selection and dosing of resources for targeted impacts. Prepare kinesitherapy programs for all recovery periods, study interactions with sports and other traumas in the course of recovery.

EXTRACURRICULAR AND OUT-OF-SCHOOL SPORTING ACTIVITIES

ECTS credits: 2.0

Form of assessment: exam

Term: I, IV, VI, VII

Chorarium:: 1l+1ex.+0p.ex.

Status: selective

Type of exam: practical

Methodological guide:

Department of TMPE

Faculty of Pedagogy

Lecturer: Doc. D-r Daniela Tomova Department of TMPE

Phone.: 073/588 525, E-mail: danitomova@swu.bg

Annotation:

The course "Extracurricular and out-of-school sporting activity" is intended for students, future coaches by type of sport. Extracurricular sports activity is the continuation and expansion of the physical education and sport education process. It enriches the specific content and diversifies the forms of organization of compulsory activities. In this way, motor activity in the daily and weekly regime of the students is increased and the optimal desired effect of the physical exercises on the pupils' body is achieved. The institutions that carry out extracurricular sports activities are schools, sports clubs, JUS, USSR, Personality Development Centers, ODC and others.

The course teaches students the characteristics of extracurricular sport activity, content and form of organization of activities, system control and coaching of the coach.

SPORTS FOR ALL**PRELIMINARY SPORT PREPARATION - PRE-SCHOOL AGE**

ECTS credits: 2.0

Form of assessment: exam

Term: I, IV, VI, VII

Methodological guide:

Department of Sport

Faculty of PHHCS

Lecturer:

Doc. D-r Stefan Kapralov, Department of Sport

E-mail: kapralov@swu.bg

Chorarium:: 1h+1ex.+0p.ex.

Status: selective

Type of exam: practical

Annotation: The discipline "Sport for All" provides the necessary knowledge of the nature of this sporting movement on a global and national scale by chronologically following the creation of its international and national structures. It clarifies the social, legal and organizational-methodical opportunities for everybody's sport. "Sport for All" favors free communication and promotes the social integration of people of different ages, learners, employees and business people.

PRELIMINARY SPORT PREPARATION - PRE-SCHOOL AGE

ECTS credits: 2.0

Form of assessment: exam

Term: I, IV, VI, VII

Methodological guide:

Department of Sports

Faculty of PHHCS

Lecturer:

Ass. Dr. Hristo Nikolov, Department of Sports

E-mail: hristo_nikolov@swu.bg

Chorarium:: 1h+1ex.+0p.ex.

Status: selective

Type of exam: practical

Annotation:

The "Discipline Pre-Sports Pre-School Education" course aims at providing a theoretical and technologically-practical background of future coaching students to work with children in early ages.

The training is conducted in the following main directions:

1. Theoretical training, including the acquisition of knowledge about the aims and tasks of physical education and sport in pre-school education, their nature, characteristics, content, forms and structure. The SER, the Educational Content Program and the accompanying educational documentation are considered. The discipline clarifies the problem of the essence of the means of physical education and sport in children (and their biomechanical structure). It examines the physiological and biochemical mechanisms of enhancing the functional capabilities of man in his early ages. Provides theoretical knowledge about children's conditioning and co-ordinating abilities. It examines the peculiarities of planning the physical education and sport of children in pre-school and sports clubs. It provides the acquisition of knowledge about sports and physical education research in kindergartens and sports clubs and the methodology of controlling the effect of sport pedagogical impacts.

The theoretical training is based on innovative sport pedagogical theories and technologies, on which the methodological and practical preparation of the students is based. The discipline prepares future trainers on the technology of shaping the sport-technical motor skills and habits and the development of the motor skills of the children. Forms skills and competences for the practical realization of sports and preparatory activities with children.

The discipline relates to pre-school pedagogy, TMFV, TMT, anatomy, physiology, biomechanics, biochemistry, psychology, sociology, etc. scientific disciplines.

VALEOLOGY

ECTS credits: 2.0

Form of assessment: exam

Term: I, IV, VI, VII

Methodological guide:

Department of TMPE

Faculty of Pedagogy

Lecturer:

Doc. D-r Tatyana Dzimbova Department of Anatomy and Physiology

E-mail: tdzimbova@swu.bg

Chorarium:: 11+1ex.+0p.ex.

Status: selective

Type of exam: practical

Annotation:

Valeology introduces students to health as a condition, the factors on which it depends, knowledge, skills, and their application in the everyday practice of people in order to preserve and validate them.

The subject of Valeology includes all the problems, questions, ideas, concepts and understandings that are relevant to health, its primary deviations, the methods and the means of its consolidation and preservation for as long as possible.

The means that valeology recommends are optimal physical activity, including eastern and western perennial traditions, proper nutrition, pharmacosanation, physioprophylaxis, and so on.

The program provides an interdisciplinary link to sports physiology, sports medicine and hygiene, TMPE, and ONR.

OPTIONAL SUBJECTS**SPORT UPGRADING FOOTBALL**

ECTS credits: 5.0

Form of assessment: exam

Term: I-IV

Methodological guide:

Department of Sport

Faculty of Public health, health cares and Sport

Lecturer: Doc. D-r Stefan Kapralov, Department of Sport

E-mail: kapralov@swu.bg

Chorarium: 0l+0ex+4p.ex.

Status: optional

Type of exam: practical

Annotation:

The proposed curriculum examines the main directions in the teaching methodology of football. Teaching is the most difficult and intricate element of the learning process in football. It can only take place when the correct methodology is known and applied.

The main concepts and the classification of the technique and tactics of the football game, including the correct handling of the players' technique, feeding, guiding, stopping, fanning movements, ball and head balls, goalkeeper's technique, individual, group and team tactical action in assault and defense.

SPORT UPGRADING ATHLETICS

ECTS credits: 5.0

Form of assessment: exam

Term: I-IV

Methodological guide:

Department of Sport

Faculty of Public health, health cares and Sport

Lecturer:

Ch.Ass. D-r. Anton Manchev, Department of Sport

E-mail: manchev@swu.bg

Chorarium: 0l+0ex+4p.ex.

Status: optional

Type of exam: practical

Annotation:

The sports upgrading is a freely selectable discipline in which students from all university specialties can be trained. The inclusion is dictated by the increasing needs of the students for motor activity and leisure time with health-friendly physical exercises and sports.

Sporting athletics is aimed at learning and improving the technique of athletic disciplines and the complex development of the leading physical disciplines for each discipline.

During the classes students acquire skills and habits for independent exercises with athletics, selection and dosing of these exercises.

Students learn about the rules for participation in athletics competitions. During the exercises they take part in control competitions, and after the first semester and in official student and state championships.

The program is in line with the contemporary trends in the field of the theory and methodology of sports training.

SPORT UPGRADING SKIING

ECTS credits: 5.0

Form of assessment: exam

Term: I-IV

Methodological guide:

Department of Sport

Chorarium: 0l+0ex+4p.ex.

Status: optional

Type of exam: practical

Faculty of Public health, health cares and Sport

Lecturer:

Ass. Dr. Mihail Klecharov, Department of Sport

Annotation:

The course "Sport Upgrading in Skiing" has the status of optional in the curriculum of the specialty SPORT and aims to provide students with the practical skills needed to achieve high sporting craftsmanship and high sports scores.

The curriculum is based on modern trends in the methodology of training and improvement of the ski technique of alpine ski disciplines - slalom, giant slalom and descent. The program includes scientific work in the theoretical, technical, tactical, physical and psychological training of the athletes, emphasizing - mastering and improving the sport-technical elements of the ski disciplines.

Sport improvement on skiing is realized by free choice of students for participation in the training process.

Theoretical training (in the framework of practical exercises) is aimed at acquiring knowledge in the students about the parameters of the ski movements, the biomechanics of the sports equipment, the modeling of the movements, the diagnostics and management of the ski equipment, the increase of the safety, the reliability and the expediency of the movements.

Methodic - practical training is focused on the formation of skills for ski equipment with high sporting skills, skills for organizing and conducting of training process, etc.

SPORT UPGRADING SWIMMING

ECTS credits: 5.0

Form of assessment: exam

Term: I-IV

Methodological guide:

Department of Sport

Faculty of Public health, health cares and Sport

Lecturer:

Doc. Dr. Daniela Lekina, Department of Sport

E-mail: dlekina@swu.bg

Chorarium: 01+0ex+4p.ex.

Status: optional

Type of exam: practical

Annotation:

This curriculum introduces the students to the basic stages of sports training, to the problems and modern trends of swimming. The level of achievements in swimming requires the constant improvement of all aspects of the training of athletes and, above all, of the basic and the section - sports training. Continuous improvement of swimming training is the basis for further enhancement of sports performance. Achieving high results is a complex process in which technical, physical and psychological training must be at the optimum level of development in accordance with the specifics of the particular distance.

The curriculum, with the help of general and private tasks, ensures a high level of technical and tactical mastery as well as the development of special physical and psychological qualities of the athletes. By solving these problems a complex of knowledge and skills in the field of swimming theory and methodology is acquired.

The means used to improve the training are basic, including racing, specially preparatory and general preparatory exercises and additional training devices.

A stepwise, current and operational control is applied to assess the condition of the athletes.

SPORT UPGRADING BASKETBALL

ECTS credits: 5.0

Form of assessment: exam

Term: I-IV

Methodological guide:

Department of Sport

Faculty of Public health, health cares and Sport

Lecturer:

Ass. Nikolay Hadzhiev Department of Sport

E-mail: nimago@swu.bg

Chorarium: 01+0ex+4p.ex.

Status: optional

Type of exam: practical

Annotation:

The proposed curriculum considers the main directions in the methodology of the basketball training process.

The subject of the curriculum are the basic elements of the technique and the improvement and mastery of the tactics of the basketball game, including the correct mastery of the technique of a ballless player (basketball, walking, running, braking, reversing, pivoting, jumping, false movements), ball technique (shooting, shooting, guiding, shooting in the basket, false movements), and individual, group and team tactical acts of attack and protection.

SPORT UPGRADING VOLLEYBALL

ECTS credits: 5.0

Form of assessment: exam

Term: I-IV

Methodological guide:

Department of Sport

Faculty of Public health, health cares and Sport

Lecturer:

Ass. Stanislav Atanasov Department of Sport

E-mail: s.atanasov@swu.bg

Chorarium: 01+0ex+4p.ex.

Status: optional

Type of exam: practical

Annotation:

The Volleyball Curriculum Sporting Upgrading examines the current trends in the methodology of training and improvement of the volleyball game. Teaching and selection is the most difficult and complex element of the volleyball training process. It can only be realized when the correct modern methodology is known and applied. The program examines the basic concepts and qualifications of the volleyball game, including the correct mastery and improvement of the main components of the volleyball game. Sports upgrading means an independent choice for participating in volleyball training.

When selecting the students for the sports improvement groups, the teacher deals with several criteria;

- Strong desire for students to participate in a specialized volleyball training and training process and strive to acquire a comparatively higher level of technique and tactics of the volleyball game.
- The rich motor culture possessed by students and, of course, volleyball skills that can be further developed. In this form of physical education, the learning and training process is closely intertwined. The first acquires almost the character of training sessions in which not

only the technical but also the tactical physical, psychological and theoretical training are covered. The content of the competition is expressed by the participation of the students with the teams of universities in different tournaments and competitions, with the Republican Students' Championship taking the lead.

SPORT UPGRADING TABLE TENNIS

ECTS credits: 5.0

Form of assessment: exam

Term: I-IV

Methodological guide:

Department of Sport

Faculty of Public health, health cares and Sport

Lecturer:

Ass. Dr. Cvetomir Conev Department of Sport

Chorarium: 0l+0ex+4p.ex.

Status: optional

Type of exam: practical

Annotation:

The table tennis training program at the Table tennis Sports Perfection examines the modern trends in the methodology of training and improvement of table tennis. Teaching and selection is the most difficult and intricate element of the table tennis training process. It can only be realized when the correct modern methodology is known and applied. The program examines the basic concepts and qualifications of the game, including the proper mastery and improvement of the main components of the game. Sports upgrading means a standalone choice for participating in table tennis training sessions.

SPORT UPGRADING WRESTLING

ECTS credits: 5.0

Form of assessment: exam

Term: I-IV

Methodological guide:

Department of Sport

Faculty of Public health, health cares and Sport

Lecturer:

Ass. Daniel Alexandrov, Department of Sport

Chorarium: 0l+0ex+4p.ex.

Status: optional

Type of exam: practical

Annotation:

The Curriculum of Fighting Sports Upgrading examines the current trends in the methodology of training and improvement of this sport. Teaching and selection is the most difficult and complex element of the wrestling training process. It can only be realized when the correct modern methodology is known and applied. The program examines the basic concepts and qualifications, including proper mastery and refinement, means self-choosing to participate in wrestling training.

SPORT UPGRADING CANADIAN TENNIS

ECTS credits: 5.0

Form of assessment: exam

Term: I-IV

Methodological guide:

Department of Sport

Faculty of TMPE

Lecturer:

Ass. Stanislav Atanasov, Department of TMPE

E-mail: s.atanasov@swu.bg

Chorarium: 0l+0ex+4p.ex.

Status: optional

Type of exam: practical

Annotation:

The present program is intended for the course Sports Improvement - Tennis, included as optional in the curriculum of the students of "Sports coach" specialty.

The aim of the study is to familiarize the trainees with technical and tactical techniques in tennis, through the means and methods of their learning and improvement. Students, future tennis coaches, are familiar with the instruments and tools for their teaching; organizing and conducting a competition. In the training process mainly preparatory and racing exercises are used. Students prepare for participation in indoor and outdoor tennis competitions.

PURPOSE AND OBJECTIVES: The aim and tasks are aimed at mastering a good level and further improving the athletic, technical and tactical skills of tennis under conditions close to and competitive. To develop the game-specific physical qualities, all of which they can skillfully accomplish in the competitions in which they will participate.

SPORT UPGRADING TAUCON - DO

ECTS credits: 5.0

Form of assessment: exam

Term: I-IV

Methodological guide:

Department of Sport

Faculty of Public Health, Health Care and Sport

Lecturer:

Assist. Mario Bogdanov, Department of Sport

Chorarium: 01+0ex+4p.ex.

Status: optional

Type of exam: practical

Annotation:

Taekwon-Do ITF is Korean (original) martial art for self-defense without weapons.

It was created in 1955. by Gen. Choi Hong Hy based on old Korean martial arts such as Hwa ran-to, Tang Su-ta, Tae Kyon, Hap Kin-e, etc. He scientifically developed and systematized theories, terminology, systems, methods, rules, the practice and the spiritual basis of Taekwon-Do ITF. With its philosophy, scientific rationality, aesthetics and sports - contemporary Taekwon-do ITF is a way of life. In literal translation Taekwon-do means:

- Thay-heel, leg techniques, foot punch, block with feet stands, movement, jumping, balance, breaking;

- Kwan-fist, a punch by hand, block grip, biting, scratching, throwing, breaking;

- Do - way, moral, philosophical, principle, spiritual, knowledge.

GOLF

ECTS credits: 1.0

Form of assessment: exam

Term: I- VII

Methodological guide:

Department of Sport

Faculty of Public Health, Health Care and Sport

Lecturer:

Ch. Assist. D-r Anton Maanchev Department of Sport

E-mail: manchev@swu.bg

Chorarium: 01+0ex+15p.ex.

Status: optional

Type of exam: practical

Annotation:

The courses in "Golf" are designed for students of "Sports" specialty. Understanding the theoretical foundations of gaming and learning basic movements and club hits will enrich the coordination skills of the students. The program also provides an opportunity to study problems related to judging and administering championships and golf tournaments.

CHESS

ECTS credits: 1.0

Form of assessment: exam

Term: I - VII

Methodological guide:

Department of Sport

Faculty of Public Health, Health Care and Sport

Lecturer:

Assist. Ivan Delchev, Department of Sport

Chorarium: 01+0ex+15p.ex.

Status: optional

Type of exam: practical

Annotation:

The courses in "Chess" are designed for students of the specialty "Sport". The curriculum is designed to increase the creative potential of the student; to encourage the development of strict consistency: thinking, memory, attention, creative imagination in students; to develop the ability to produce the most important logical operations (analysis and synthesis, comparison, generalization); to encourage the development of independent research skills.

Wellness and Recreation

ECTS credits: 1.0

Form of assessment: exam

Term: I - VII

Methodological guide:

Department of Kinesitherapy

Faculty of Public Health, Health Care and Sport

Lecturer:

Doc. D-r Daniela Popova, Department of Kinesitherapy

E-mail: dany.popova@swu.bg

Chorarium: 81+0ex+7p.ex

Status: optional

Type of exam: written

Annotation:

The aim of the course is to provide knowledge about the basic concepts of spa, wellness, balneology and climate therapy, understanding and analyzing problems in order to make rational decisions.

The main objectives of the course are students to know the basic methods and methodologies of SPA, Wellness, balneotherapy and the specifics of the climate.

Teaching methods: Information and resource provision of lectures in the discipline. The lectures on this subject are conducted in the traditional way by introducing the students to the teaching material. Mandatory at the beginning of each lecture is the rule of short introduction to ensure transitions from one topic to another. When presenting a new subject, students are discussed with them in order to achieve continuity between the lectures and formulate conclusions from them for introduction in the new material. The requirement for the lectures to be schematically and tabloid illustrated with examples necessary for training purposes is complied with.

Methods of teaching, information and resource provision of seminar knowledge.

Seminar sessions in the discipline follow the teaching material, with the aim of giving them a practical orientation in order to acquire the skills of students to apply the acquired knowledge. Exercises focus on the main and main topics of the course. During the exercises, concrete examples are illustrated, case studies are solved, discussions are being conducted on problem areas, with a view to directing students to independent work, logical thinking, expressing personal opinions and judgments, making summaries and conclusions on discussion questions. During some of the students' exercises, assignments are assigned to prepare written papers, which are discussed in the lectures or discussed in subsequent seminars.

AUTOGENIC TRAINING

ECTS credits: 1.0

Form of assessment: exam

Term: I - VII

Methodological guide:

Department of Logopedia

Faculty of Public Health, Health Care and Sport

Lecturer:

Doc. D-r Stoyan Vezenkov Department of Anatomy and Physiology

E-mail: vezenkov.stoyan@swu.bg

Chorarium: 1h0ex+15p.ex.

Status: optional

Type of exam: practical

Annotation:

The "Autogenic Training" curriculum is intended for students of specialty "Sport", full-time education, Bachelor's degree. The discipline enables students to acquire knowledge, skills and competencies for autogenous training to be included in their future work as coaches.

It expands their knowledge and skills to:

- professional terminology, classification and physiological mechanisms for the impact of autogenous training;
- the methodology of autogenous training in individual sports activities;
- apply autogenous training to people with different specific needs;
- Perform autogenic training by age, gender, somatotype, type of sport and sporting experience.

SPORTS TRAUMATISMUS

ECTS credits: 1.0

Form of assessment: exam

Term: I - VII

Methodological guide:

Department of Kinesitherapy

Faculty of Public Health, Health Care and Sport

Lecturer:

Doc. D-r Mariya Gramatkova Department of Kinesitherapy

E-mail: mari_gramatikova@swu.bg

Chorarium: 8l+ex.+7p.ex.

Status: optional

Type of exam: written

Annotation:

The subject "Sports Traumatism" introduces the students to the periods of sports training, their nature and peculiarity. Students acquire knowledge and skills to apply specialized methods and means of kinesitherapy to restore athletes to common sports injuries. Familiarize with the specifics of traumatism in soccer players, skiers, martial arts, athletes and others. in order to prevent injuries in the designated sport.

The aim of the training is to acquire knowledge and skills to work with healthy athletes by applying prevention of sports injuries, depending on practiced sport and specific biomechanics as well as traumatized athletes and their full recovery to a level of high sporting skill.

The tasks are to acquire the skills to apply functional diagnostics in sport and to assess physical condition. In the case of sports injuries, surgical interventions, prepare and apply kinesitherapy programs for all periods of recovery, to full functional recovery, at a level of high sporting skill.

The training in the discipline develops the ability of the students to independently select and apply appropriate kinesitherapeutic methods and methods depending on the period of recovery after the trauma. Skills for proper dosing are built.

KINESIOLOGICAL ASPECTS OF THE POWER SPORTS

ECTS credits: 1.0

Form of assessment: exam

Term: I - VII

Methodological guide:

Department „TMPE“

Faculty of Pedagogy

Lecturer:

Ch.ass. D-r Iliya Kanelov, Department „TMPE“

E-mail: i_kanelov@swu.bg

Chorarium: 8l+0ex+7p.ex.

Status: optional

Type of exam: written

Annotation:

Biomechanics is a scientific discipline that examines in an overall aspect the spatial structure of the movement and the forces that cause motion or the equilibrium of the bodies in space. Mechanics, as a share of physics, and carried over to the musculoskeletal apparatus of the human being, gives us the essence of the corollum of the discipline.

The curriculum of the subject "Kinesiological aspects in power sports" is aimed at enhancing the knowledge and skills in the field of biomechanisms that give the body, body and mobile objects movement in the context of power sports. Kinesiology uses the laws of qualitative biomechanical analysis. The training course will enable students to perform a qualitative and quantitative analysis of sports movements in power sports, namely: 1) with gear (rowing, weightlifting, power baseball, pushing a cannon, etc.); 2) appliances (rings, horse with bracelets, etc.); 3) Combat (combat, Canadian struggle, Judo, Sambo, Sumo, etc.); 4) Neo-Olympic sport disciplines.

KINESIOLOGICAL ASPECTS OF TENNIS

ECTS credits: 1.0

Form of assessment: exam

Term: I - VII

Methodological guide:

Department „TMPE“

Faculty of Pedagogy

Lecturer:

Doc.D-r. Daniela Tomova Department „TMPE“

Phone.: 073/588 525, E-mail: danitomova@swu.bg

Chorarium: 8l+0ex+7p.e.

Status: optional

Type of exam: written

Annotation:

The optional "Kinesiological Aspects in Tennis" course is included in the curriculum of the Bachelor's Program in Sport, in order to enhance the knowledge of students graduating from a Bachelor's degree in the use of more and varied sports in their professional realization.

The aim of the study is to introduce the students with the technical and tactical skills in tennis with the means and methods of their study, the playgrounds, the instruments and the tools for practicing tennis, as well as for organizing and conducting tennis competitions. The study of the atomic and biomechanical analysis of tennis strokes from the kinesiological aspect will enable students to apply successfully in practice.

The main modules of the course are: Characteristics of tennis sports - history of the game, playgrounds, types of pavements, tennis technique, which includes strikes (flat, chopped and lapped) - basic and specific. Anatomical analysis of tennis strokes - basic and specific. Biomechanical characteristics of the shooter (kickback, blows from the air and blows

over the lead) and specific (.obs, land strikes, demi voles). Kinematics circuit in tennis strokes, impact phases. Tactics of the game in single and in pairs. Methodological sequence of tennis training in different stages.