

**UNIVERSITY OF ECONOMICS - VARNA**  
**FACULTY OF INFORMATICS**  
**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT**

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Adopted by the FC (record №8/ 05.03.2020)

Adopted by the DC (record №8/ 20.02.2020):

**ACCEPTED BY:**

**Dean:**

**(Prof. V. Salov, PhD)**

**SYLLABUS**

**SUBJECT: PHYSICAL EDUCATION**

**DEGREE PROGRAMME: All programmes taught in English; BACHELOR'S DEGREE**

**YEAR OF STUDY: 2; SEMESTER: 3, 4;**

**TOTAL STUDENT WORKLOAD: 60 h.; incl. curricular 60 h.**

**CREDITS: 1, 1**

**DISTRIBUTION OF WORKLOAD ACCORDING TO THE CURRICULUM**

<i>TYPE OF STUDY COURSE</i>	<b>WORKLOAD, h.</b>	<b>TEACHING HOURS PER WEEK, h</b>
CURRICULAR: incl. <ul style="list-style-type: none"><li>• LECTURES</li><li>• SEMINARS (lab. exercises)</li></ul>	- 60	- 2
EXTRACURRICULAR	-	-

Prepared by:

1. ....  
(Assoc. Prof. Ilko Iliev, PhD)

2. ....  
(Senior Lect. Velislav Tsekov)

Head of department: .....

Physical Education and Sport (Assoc. Prof. Ilko Iliev, PhD)

## I. ANNOTATION

*Physical Education is targeted at: enhancing students' health and building up knowledge, understanding and development of motor skills and technical skills in sport; training and improvement of technical and tactical preparedness for practicing sport and physical exercise; mastering specific motor skills, fighting the growing tendency toward sedentary lifestyle and reducing the accumulated fatigue and stress; improving the motor stereotype through practicing physical exercise and sport and making this model an integral part of lifestyle; improving teamwork based on common sporting interests and supporting the students' vocational training.*

## II. THEMATIC CONTENT

No. no ред	TITLE OF UNIT AND SUBTOPICS	NUMBER OF HOURS		
		L	S	L.E.
<b>1. Volleyball. Learning and consolidation</b>			<b>14</b>	
1.1	Overhead and forearm pass with both hands.		2	
1.2	Serve. Types of serves – overhand and underhand serves.		2	
1.3	Individual offensive tactics.		2	
1.4	Individual defensive tactics.		2	
1.5	Group and team actions for offense.		2	
1.6	Group and team actions for defence.		2	
1.7	Developing specific physical qualities by means of volleyball.		2	
<b>2. Basketball. Learning and consolidation</b>			<b>14</b>	
2.1	Individual offense.		2	
2.2	Individual defence.		2	
2.3	Knowledge of the rules.		2	
2.4	Group actions for offense.		2	
2.5	Group actions for defence.		2	
2.6	Offensive tactics – pick and roll.		2	
2.7	Team offense and defence.		2	
<b>3. Table tennis. Learning and consolidation</b>			<b>12</b>	
3.1	Knowledge of the rules – table size, racket types. Equipment and scoring.		2	
3.2	Game technique. Grips, ready position, body moves in table tennis.		1	
3.3	Serve technique. Forehand consolidation and improvement.		2	
3.4	Serve technique. Backhand consolidation and improvement..		2	
3.5	Developing physical qualities by means of table tennis.		2	
3.6	Game preparation.		2	
3.7	Technical training and knowledge of the doubles rules.		1	
<b>4. Fitness</b>			<b>10</b>	
4.1	Introduction to the characteristics and parametres of gym equipment.		1	
4.2	Gym health and safety rules. Workout assistance and guidance.		1	
4.3	Strength training programme.		1	
4.4	Cardio (aerobic) workout programme.		2	
4.5	Characteristics and parametres of gym equipment.		2	
4.6	Gym health and safety rules. Workout assistance and guidance.		2	
4.7	Strength training programme.		1	
<b>5. Modern gymnastics</b>			<b>10</b>	
5.1	The different moves in the complex exercises.		2	
5.2	Aerobic exercises.		2	
5.3	Low-intensity aerobic exercises.		2	
5.4	Lower body exercises – buttocks, thighs and belly.		2	
5.5	Whole-body exercises.		2	
<b>Total:</b>			<b>60</b>	

### **III. FORMS OF CONTROL:**

No. by row	TYPE AND FORM OF CONTROL	№	extra-curricular, h.
<b>1.</b>	<b>Midterm control</b>		
1.1.	Physical performance test	2	
1.2.			
<b>Total midterm control:</b>			
<b>2.</b>	<b>Final term control</b>		
2.1.	Continuous assessment	2	
<b>Total final term control:</b>		<b>2</b>	
<b>Total for all types of control:</b>		<b>4</b>	

### **IV. LITERATURE**

#### **REQUIRED (BASIC) LITERATURE:**

1. Ирен Пелтекова (2014) Спортна подготовка по баскетбол на студентски отбори.С., Унив. изд. Св. Климент Охридски
2. Илиев, И., Чонгова, К. (2010) Фитнесът като индивидуална изява на съвременния човек. София, "АвангардПрима"
3. Йонкова, Румяна., Боянов, В. (2014) Културизъм и фитнес. Терминологичен речник-Български, English, Deutsch. София, НСА ПРЭС.
4. Серафимова, В. (2015) Либерото във волейбола. София, НСА ПРЭС.
5. Шишков, М. (2013) Оптимизиране на техническата подготовка на състезатели по тенис на маса. София, НСА ПРЭС.

#### **RECOMMENDED (ADDITIONAL) LITERATURE:**

1. Аладжов, К. Физическата подготовка в спортните игри. Сомолини, 2011
2. Божилов, Г. (2010) Личностни и игрови психологически характеристики на задната защита във волейбола. София, Бпс.
3. Олтин, Д. (2010) Фитнес за жени. Софтпрес,
4. Скалър, Л. (2010) Фитнес за мъже. Софтпрес,
5. Цветков, В. (2009) Теория и методика на обучението по баскетбол. София, НСА ПРЭС.