

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

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: 1; SEMESTER: 1, 2;

TOTAL STUDENT WORKLOAD: 60 hours; incl. curricular 60 hours

CREDITS: 1, 1

DISTRIBUTION OF WORKLOAD ACCORDING TO THE CURRICULUM

<i>TYPE OF STUDY COURSE</i>	WORKLOAD, hours	TEACHING HOURS PER WEEK, hours
CURRICULAR: incl. <ul style="list-style-type: none">• LECTURES• SEMINARS (LAB. EXERCISES)	- 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

№	TITLE OF UNIT AND SUBTOPICS	NUMBER OF HOURS		
		L	S	L.E.
Theme 1. VOLLEYBALL. LEARNING AND CONSOLIDATION			14	
1.1.	Technique and technical training in volleyball.		2	
1.2.	Game without a ball. Posture and movement.		2	
1.3.	Ball game. Pass with two hands above (usually). Pass overhead.		2	
1.4.	Pass back (behind the head). Pass a rebound (forward, over the head, back, sideways).		2	
1.5.	Serve. Types of serves.		2	
1.6.	Dig. Types of dig.		2	
1.7.	Knowledge of the rules.		2	
Theme 2. BASKETBALL. LEARNING AND CONSOLIDATION			14	
2.1.	Technique without a ball.		2	
2.2.	Technique with a ball.		2	
2.3.	Technique of withdrawal of the ball.		2	
2.4.	Passing and shooting in the basket. Set shot. Jump shot.		2	
2.5.	Team defence.		2	
2.6.	Team offense.		2	
2.7.	Knowledge of the rules.		2	
Theme 3. TABLE TENNIS. LEARNING AND CONSOLIDATION			12	
3.1.	Game technique. Grips.		2	
3.2.	Body moves in table tennis.		1	
3.3.	Serve and return – technique.		2	
3.4.	Defensive strokes - technique.		2	
3.5.	Offensive strokes – technique.		2	
3.6.	Game preparation.		2	
3.7.	Knowledge of the rules.		1	
Theme 4. FITNESS			10	
4.1.	Methods of fitness training.		1	
4.2.	Purpose and characteristics of fitness equipment.		1	
4.3.	The major muscle groups and methodology of training.		1	
4.4.	Exercises for different muscle groups and body parts.		2	
4.5.	Complexes for individual muscle groups and body parts.		2	
4.6.	Aerobic and anaerobic workout in the gym. Cardio workout.		2	
4.7.	Preparation of a complex training program.		1	
Theme 5. MODERN GYMNASTICS			10	
5.1.	The different moves in the complex exercises.		2	
5.2.	Aerobic complexes.		2	
5.3.	High-intensity whole-body exercises.		2	
5.4.	Elements and combinations of Bulgarian and foreign folklore.		2	
5.5.	Relaxation complexes.		2	
Total:			60	

III. FORMS OF CONTROL:

№	TYPE AND FORM OF CONTROL	Number	Extra-curricular, hours
1.	Midterm control		
1.1.	Physical performance test	2	
Total midterm control:			
2.	Final term control		
2.1.	Continuous assessment	2	
Total final term control:		2	
Total for all types of control:		4	

IV. LITERATURE

REQUIRED (BASIC) LITERATURE:

1. Пелтекова, И. (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, "Авангард Прима".
3. Йонкова, Р., Боянов, В. (2014). Културизъм и фитнес. Терминологичен речник-Български, English, Deutsch. София, "НСА ПРЕС".
4. Серафимова, В. (2015). Либерото във волейбола. София, "НСА ПРЕС".
5. Шишков, М. (2013). Оптимизиране на техническата подготовка на състезатели по тенис на маса. София, "НСА ПРЕС".

RECOMMENDED (ADDITIONAL) LITERATURE:

1. Аладжов, К. (2011). Физическата подготовка в спортните игри. "Сомолини".
2. Божилов, Г. (2010). Личностни и игрови психологически характеристики на задната защита във волейбола. София, БПС.
3. Оudin, 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 ПРЕС".