

UNIVERSITY OF ECONOMICS - VARNA
FACULTY OF INFORMATION TECHNOLOGIES
DEPARTMENT OF LANGUAGES AND SPORTS

Adopted by the FC (record №9/ 24.04.2024)
Adopted by the DC (record №10/ 08.04.2024)

ACCEPTED BY:
Dean:
(Prof. Vladimir Sulov, PhD)

SYLLABUS

SUBJECT: PHYSICAL EDUCATION

DEGREE PROGRAMME: For all degree programmes without the programme "Tourism" and "International Tourism" (with Russian language teaching); BACHELOR'S DEGREE

YEAR OF STUDY: 1; SEMESTER: 1

TOTAL STUDENT WORKLOAD: 30 hours; incl. curricular 30 hours

CREDITS: 1

DISTRIBUTION OF STUDENT WORKLOAD ACCORDING TO THE CURRICULUM

<i>TYPE OF STUDY HOURS</i>	WORKLOAD, hours	TEACHING HOURS PER WEEK, hours
CURRICULAR: incl. <ul style="list-style-type: none">• LECTURES• SEMINARS / LAB. EXERCISES	- 30	- 2
EXTRACURRICULAR	-	-

Prepared by:

1.
(Assoc. Prof. Ilko Iliev, PhD)
2.
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Head of department
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I. ANNOTATION

The comprehensive education of physical abilities and the systematic enrichment of the fund of motor skills and abilities guarantee the general prerequisites for the performance of any activity. Trained students master the knowledge and skills of systematic use of motor activity to ensure physical fitness and physical development, organize a healthy lifestyle and maintain high work capacity. The program is tailored to the qualities required to practice the studied profession, to their level of development, which will help them to have a better professional orientation.

The analysis of the physiological characteristics of the practiced sports in the discipline highlights the development of the following key competencies:

- *Personal - group 5. Teamwork skills, self-control, persistence, ability to communicate and communication.*
- *Entrepreneurial - group 7. Self-confidence, discovery of new opportunities, quick orientation, ability to analyze, compare and summarize based on the tactical actions used, ability for flexible and operational thinking.*
- *Competence for cultural awareness and performance - group 8. Use of information and communication technologies for diagnosis, analysis and evaluation in the process of motor training and various sports performances. Using your knowledge and experience in new and specific situations, assessing the usefulness of information from different sources.*

II. THEMATIC CONTENT

№	TITLE OF UNIT AND SUBTOPICS	NUMBER OF HOURS		
		L	S	L.E.
Theme 1. Volleyball. Initial exploration.			8	
1.1.	Technique and technical training in volleyball. Rules learning A game without the ball. Stands and movements.		2	
1.2	Ball game. Two-handed Overhand Pass (Normal) and Two-Handed Underpass (Forward).		2	
1.3	Kickoff. Types of kickoffs. Lower face (regular) and upper face (regular) kick. Meeting the ball. Types of greetings.		2	
1.4	A two-sided game.		2	
Theme 2. Basketball. Initial exploration.			7	
2.1	Theoretical knowledge about the contribution of technical-tactical and game training. Rules learning.		2	
2.2	Basic technical actions without the ball. Stands and movements. Initial exploration. Basic technical actions with the ball. Dribbling, catching and passing. Initial exploration. Educational game.		2	
2.3	Combined actions in attack - passing, catching and shooting at the basket. Educational game.		3	
Theme 3. Table tennis. Learning and reinforcement			7	
3.1	Theoretical preparation, history, development and rule learning.		2	
3.2	Performance technique. Training of palm flat shot (forehand) and reverse flat shot (backhand).		2	
3.3	Game preparation.		3	
Theme 4. Fitness			8	
4.1	Getting to know the methodology of fitness training. The purpose and characteristics of fitness equipment.		2	
4.2	Getting to know the main muscle groups and training methods.		2	
4.3	Aerobic and anaerobic loads.		2	

4.4	Learning exercises for individual muscle groups and parts of the body. Learning complexes for individual muscle groups and parts of the body - separate programs: "pulling/pushing" and "upper/lower part".		2	
Total:			30	

III. FORMS OF CONTROL:

№	TYPE AND FORM OF CONTROL	Number	extracurricular, hours
1.	Midterm control		
1.1.	Physical fitness test	2	
1.2.	Sports and technical skills test	2	
1.3.	Functional load test volume	2	
Total midterm control:		6	
2.	Final term control		
2.1.	Examination (test)	-	
Total final term control:		-	
Total for all types of control:		6	

IV. LITERATURE

REQUIRED (BASIC) LITERATURE:

- Basketball | Basics of basketball moves https://www.youtube.com/watch?v=7LaHi_vnsXc&list=PLkg6LzZ8TJfYbA2nf54FQu45hpbzrsr2U&index=12. 2020 г.
- Basketball | Basketball warm-up <https://www.youtube.com/watch?v=6fqs6U1ZE-A&list=PLkg6LzZ8TJfYbA2nf54FQu45hpbzrsr2U&index=11>. 2020 г.
- Volleyball | Building initial skills <https://www.youtube.com/watch?v=IP3RiUyi1Nk&list=PLkg6LzZ8TJfYbA2nf54FQu45hpbzrsr2U&index=15>. 2020 г.
- Table tennis - building initial skills <https://www.youtube.com/watch?v=GKceWyE5PuA&list=PLkg6LzZ8TJfYbA2nf54FQu45hpbzrsr2U&index=24>. 2020 г.
- Circuit time training - advanced <https://www.youtube.com/watch?v=0VM1pKMrkvU&list=PLkg6LzZ8TJfYbA2nf54FQu45hpbzrsr2U&index=18>. 2020 г.
- Circuit Time Training - Beginners <https://www.youtube.com/watch?v=EOQ64j0bN4g&list=PLkg6LzZ8TJfYbA2nf54FQu45hpbzrsr2U&index=19>. 2020 г.
- Serafimova, V. (2015) The libero in volleyball. Sofia, NSA Press.

RECOMMENDED (ADDITIONAL) LITERATURE:

1. Flexibility, Mobility, Relaxation

<https://www.youtube.com/watch?v=L4dv0IFaVI4&list=PLkg6LzZ8TJfYbA2nf54FQu45hpbzrsr2U&index=22> . 2020 г.

2. How to warm up before workout

<https://www.youtube.com/watch?v=PJXfcM1Ok2g&list=PLkg6LzZ8TJfYbA2nf54FQu45hpbzrsr2U&index> . 2020 г.