

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: 2; SEMESTER: 3

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:

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2.
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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. Deep learning.			7	
1.1.	Ball game. Two-handed Overhand Pass (Normal) and Two-Handed Underpass (Forward).		2	
1.2	Ball game. Drive in the direction of the boost and execute a blockade.		2	
1.3	Kickoff. Upper face kick. Game preparation.		3	
Theme 2. Basketball. Initial exploration.			8	
2.1	Rule knowledge. Individual tactical actions in attack.		2	
2.2	Individual defensive tactical actions.		2	
2.3	Group Actions in Attack.		2	
2.4	Group interactions in defense. Educational game.		2	
Theme 3. Table tennis. Validation and refinement.			7	
3.1	Shots in defense and shots in attack. Performance technique.		2	
3.2	Kickoff. Performance technique.		2	
3.3	Game preparation.		3	
Theme 4. Fitness			8	
4.1	Safety measures when working in the gym. Assistance and care during the execution of the exercises		2	
4.2	Upper/Bottom Split Program. Functional training activities.		2	
4.3	Implementation of a strength training program. Bodyweight circuit training for beginners and advanced.		2	
4.4	Implementation of a program for cardio (aerobic) exercise. Development of relative strength and aerobic endurance.		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:

1. Basketball | Basics of basketball moves https://www.youtube.com/watch?v=7LaHi_vnsXc&list=PLkg6LzZ8TJfYbA2nf54FQu45hpbzrsr2U&index=12 . 2020 г.
2. Basketball | Basketball warm-up <https://www.youtube.com/watch?v=6fqs6U1ZE-A&list=PLkg6LzZ8TJfYbA2nf54FQu45hpbzrsr2U&index=11> . 2020 г.
3. Volleyball | Building initial skills <https://www.youtube.com/watch?v=IP3RiUyi1Nk&list=PLkg6LzZ8TJfYbA2nf54FQu45hpbzrsr2U&index=15> . 2020 г.
4. Table tennis - building initial skills <https://www.youtube.com/watch?v=GKceWyE5PuA&list=PLkg6LzZ8TJfYbA2nf54FQu45hpbzrsr2U&index=24> . 2020 г.
5. Circuit time training - advanced <https://www.youtube.com/watch?v=0VM1pKMrkvU&list=PLkg6LzZ8TJfYbA2nf54FQu45hpbzrsr2U&index=18> . 2020 г.
6. Circuit Time Training - Beginners <https://www.youtube.com/watch?v=EOQ64j0bN4g&list=PLkg6LzZ8TJfYbA2nf54FQu45hpbzrsr2U&index=19> . 2020 г.
7. 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.