

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: 2

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.
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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. Initial exploration			7	
1.1.	Ball game. Two-handed overhead and back (over the head) and two-handed underhand back and to the side. Initial exploration.		2	
1.2	Ball game. Drive in the direction of the boost and execute a blockade. Initial exploration		2	
1.3	Two-sided game.		3	
Theme 2. Basketball. Deep learning and reinforcement.			8	
2.1	Theoretical knowledge about the contribution of technical-tactical and game training. Rules knowledge.		2	
2.2	Basic technical actions without the ball. Stands and movements. In-depth study and reinforcement. Basic technical actions with the ball. Shooting at the basket from the spot. Passing and catching. In-depth study and reinforcement.		2	
2.3	Basic technical actions with the ball. Dribbling, catching and passing. In-depth study and reinforcement. Technical skills in defense. Postures and movement Deep exploration and consolidation. Educational game.		2	
2.4	Combined actions in attack - passing, catching and shooting at the basket.. In-depth study and consolidation		2	
Theme 3. Table tennis. Learning and reinforcement.			7	
3.1	Technique of the game. Types of racket grips and launch execution.		2	
3.2	Performance technique. Shots on defense and shots on offense.		2	
3.3	Development of basic physical qualities through the implementation of various table tennis technique exercises. Game preparation.		3	
Theme 4. Fitness			8	
4.1	Exercises for individual groups of muscles-upper limbs. Circuit training. ABS		2	

4.2	Exercises for individual muscle groups - lower limbs. ABS		2	
4.3	Exploring functional training loads. Specially selected exercises that simulate the load of our daily activities, a given job or sport,		2	
4.4	Exercises for individual muscle groups - lower limbs and abdominal muscles. Aerobic and anaerobic training in the gym. Cardio workout.		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.