ANNOTATION OF KINESITHERAPY MAJOR

The major of kinesiotherapy at the Southwester University (SWU) was established in 1994. Since 2009 it has been part of the Department of “Public Health and Sport” as well as the Department of “Sports and Kinesiotherapy”. For 16 years there has been 511 graduates from this major including students from Macedonia, Greece, Serbia and Kuwait. Great numbers of our Bulgarian graduates are employed and work as kinesiologists in Bulgaria and abroad. During the school year of 2009/2010 there has been 159 students from both Bulgaria and Macedonia. The major of Kinesiology is one of the most sought after among prospective college students. The students in this major are one of the most studious and responsible during their training and studies here in the Southwestern University. 11 instructors, including 6 habilitated professors - 2 professors, 4 doctorate professors and 5 assistant professors, represent the academic staff.

The main priorities of KINESITHERAPY are:
• To ensure the development and upgrading of skills and knowledge of professionals working in the field of health sciences focusing its efforts on the concept of
  restoring, maintaining and improving health;
• To encourage individual motivation and responsibility of students to various forms of continuing education;
• To integrate educational programs on the prevention and treatment of sick
  people in line with European and international standards ;
• To further optimize the structure of the major with new educational programs.

TRAINING
Educational programs include various course modules such as:
• Basic courses - provide knowledge and skills for harmonious
  contact with healthy people and patients for analysis and handling of specialized
  information for professional growth and development.
• Medico - biological courses - providing basic knowledge and specialized
  training in Anatomy, Physiology, Physiology of movements and sport
  Physiotherapy, Therapeutic massage and more.
• Specialized courses - the content of this module is aimed at
  specialized courses tailored to the specifics of kinesitherapy
**Clinical practice** - provide practical training to students in the form of academic clinical practice, summer internships, pre-graduation clinical experience and more. They conducted in small groups in special clinical facilities and rehabilitation centers General Hospital for Active Treatment in Blagoevgrad, Military Academy in Sofia, the Specialized Hospital for Active Treatment in Orthopedics and Trauma Gorna Banya Sofia, General Hospital for Active Treatment and Emergency Medicine "N. Pirogov", Sofia Medical Center" Faith, Hope and Love " in Blagoevgrad.

**SCIENTIFIC RESEARCH**

Our specialized training site has well equipped laboratories, offices and centers located in the I and VIII University Campuses. Teachers actively participate in research projects supported by and in cooperation with the World Bank, the National Agricultural Research, Ministry of Education and Science, the University Fund Regulation 9 and others. Research infrastructure consists of:

- Laboratory of Physiology of exercise (computer class)
- Laboratory of Human Anatomy (computer class, and mannequins)
- Laboratory of Sports Medicine
- Laboratory of Mechanotherapy
- University Centre for functional studies in sports and kinesitherapy (work in progress)
- Resource Center
- Psychophysiological laboratory.

Students and teachers were involved in EU Erasmus Life Long Learning, which encourages mobility. Another tool for promoting educational and research activities is the program Fulbright Senior Specialist. Members also participate in specialty programs such as COST Grant System, DAAD, Bulgarian-Denmark Culture Science and Culture Cooperation, Youth Programme of the European Commission: SignaEuropa IV and others.

**EDUCATIONAL PROGRAMS**

- Physiotherapy - B - eight semesters
- Kinesiology - M - two semesters
• Sports Kinesiology - M - two semesters

BASIC METHODS OF TEACHING AND GRADING STUDENTS PROGRESS
The main teaching method is through lectures supported with visualization and practical labs. Students progress throughout the semester is assessed both during lectures and during lab exercises using written or oral quizzes, exams and questions. The course ends with a final exam which consists of written questions from pre-defined syllabus. The final evaluation reports the results of continuous assessments through the semester and the final examination in the ratio of 50% to 50%. Graduation from the major requires passing a practical state exam taken in a medical facility and state theoretical exam (written and oral) or thesis defense. When choosing to complete his studies with a thesis, the student gets his/her theme for development after VI semester only provided that their GPA is greater than VERY GOOD (4,50).

QUALIFICATION DESCRIPTION

Major: "KINESITHERAPY" specialty KINESITHERAPY

DEGREE: Bachelor

Professional qualification: KINESITHERAPIST

1. JUSTIFICATION FOR THE NEED FOR PROFESSIONALS BACHELORS KINESITHERAPIST
Needed for mass kinesitherapeutic practice in the public and private sector to perform functional diagnostic, preventive, restorative and rehabilitative services and adapted physical activity in all age groups and social groups.

2. PROFESSIONAL CAREER:
Their purpose is to work in the health, social, educational, fitness and other institutions as graduate physiotherapist, code: 726 "rehabilitation therapies" of the classification of fields of education, professional fields and specialties with higher education degree "specialist", "Bachelor" and "Master" in 2007.

3. QUALIFICATION STANDARDS:
A) The scope and range of knowledge (as EDI, Government Decree № 78 DV issue . 39/20.IV.1999r Fundamental:
- Humanities and behavioral disciplines - provide the necessary basis for understanding the human condition and behavior in a state of health and disease (in healthy individual patients and people with disabilities);
- Psychology in Medical Psychology, Pedagogy of Medical Education, Theory and Methods of Physical Education and Sports, incl. Adapted Physical Activity, Basics of research work in Medical Statistics, Informatics and modeling to assess the movements and others.
- Medico-biological disciplines - provide the necessary basis for understanding normal body structure and the function as it is and when performing movements and physical exercises;

Anatomy of age morphology, Kinesiology, Biomechanics, Biochemistry of exercise biochemistry, physiology of exercise physiology, sport medicine, hygiene and nutrition and more. (The knowledge should provide the basics necessary for building specialized training).
- Integrate knowledge of pathological processes and functional disorders overall therapeutic approach and in particular kinesitherapy:
  Fundamentals of KT and rehabilitation; Means of KT, and Functional Imaging of musculoskeletal; Patobiomehanika and patho-kinesiology, General Pathology and Pathophysiology, KT in various diseases, Massage, Physical Medicine and Rehabilitation and others.

B) Skills

- For functional testing and evaluation; functional - diagnostics and determination of rehabilitation potential, application of the theory and methods of CT in various diseases and conditions, for health consultation and health education activities.

4. REQUIREMENTS FOR OBTAINING QUALIFICATIONS:
At least 4 years of undergraduate education (8 semesters) completed with satisfying grades on the State practical exam and theoretical examination or thesis defense.
The current Qualifications Description is consistent with Regulation № 4 of 6 April 2005 (DV no. 37 / 06.04.2005) The Ministry of Health of the Republic of Bulgaria, the Unified State requirements for the "Massage Therapy" (Decree № 78/20 April 1999, DW issue . 39) and the curricula of the subjects set out in the renewed curriculum for the degree of SWU (2008). Professional competence of Kinesitherapists is defined under the said Ordinance № 4. According to it, physical therapists are to be involved in patient care when performing functional testing of the
musculoskeletal system, and the preparation of diagnostic and treatment plan including kinesitherapeutic program.

When performing functional studies of the musculoskeletal system Kinesitherapists can perform:
1. Measure arterial blood pressure and heart rate;
2. Spirometry;
3. Ergometry;
4. Antropometry;
5. Dynamometers;
6. Plantography;
7. Gonyometry;
8. Manually - muscle testing;
9. Testing muscle imbalance;
10. Functional analysis of the nervous system, with respect to the deep sensation, balance and coordination.
11. Testing for impairment of central and peripheral motor neuron;
12. Examine mobility of the spine and peripheral joints;
13. Determine of congenital and acquired deformities of musculoskeletal system
   (spine, chest, foot)
14. Access the skilled use of assistive devices;
15. Gait analysis and abnormal movement patterns;
16. Kinesiologic patho-kinesiologic analysis;
17. Examine daily motor activities
18. Determine the engine potential.

Functional studies of the musculoskeletal system such as competencies and skills (№ 1-18), students study in subjects with functional imaging of the musculoskeletal system, physiology of exercise physiology, sports medicine, biomechanics and kinesiology, and Pathobiomechanics and Pathokinesiology Therapy and disciplines studying the various diseases.

Based on the established ambulation status, physical therapists prepare kinesitherapeutic program as an integral part of the diagnostic and treatment plan. Kinesitherapeutic program is methodologically sound and implemented a system of means of kinesitherapy as methods, techniques, postures, procedures, according to the clinical and functional status of patients in order to prevent, restore and maintain their health status. Physiotherapists familiarize patient with it, applying it consistently and monitor its implementation, and daily or periodically report its impact by monitoring the moving condition of the patient in dynamics.
Kinesitherapeutic program may include:
1. Isotonic, isometric and isokinetic exercise;
2. Analitic, group, breathing or underwater healing gymnastics;
3. Positioned and field treatment;
4. Pulis - , adherent, extensional and mechanical therapy;
5. Autogenic training;
6. Playtherapy;
7. Manual mobilization techniques - soft tissue, mobilization and traction;
8. Relaxing and facilitating techniques - post-isometric relaxation
   proprioceptive neuromuscular facilitation (Kabat) methods by Bobath,
   Vojta and Root;
9. Massage - classic, sports and healing;
10. Cryotherapy treatment and light (infrared and solux).

Physiotherapists may include in the kinesis program and also apply
specialized kinesitherapeutical methods after completion of course in:
MacKenzie, Tsiriaks, Klein - Vogelbah, Terry, Maitland, Mulligan
Tempalfey, Feldenkrais, hypoteresis and others. Physiotherapists are
keeping daily records of the tests and procedures performed.
Students acquire the necessary knowledge and practical skills to perform
appropriate patient kinesitherapeutic program of exercises, methods,
methodologies and techniques (№ № 1-10) from the following
compulsory subjects: Functional imaging of the musculoskeletal system,
Fundamentals of kinesitherapy - means and methods, Massage,
Physiotherapy and Rehabilitation, KINESITHERAPY in various diseases,
as well as Training and clinical practice, summer internships and pre-
graduate clinical experience in a medical facility. For those who are
further interested in the techniques and methods there are elective subjects
from groups VII, VIII and IX.

After the appointment with the doctor who is specialist in physical
and rehabilitation medicine, physical therapists can:
1. Manage, control and carry out the doctor's orders for recovery
   procedures which may include generally accepted methods, active and
   passive underwater gymnastics and water jet procedures in outpatient and
   inpatient hospital patients;
2. Involved in each stage of the rehabilitation process of patients by
   means of therapy;
3. Perform passive exercises, massage and unconditional reflex
   stimulation in seriously
   ill patients in intensive sectors;
4. Make movement in pre-operative care and early postoperative
period for prevention of complications;
5. Promote functional recovery of the patient in a
   orthohealing and external prosthesis in metal osteosynthesis and
   endoprosthesis;
6. Helping to reinforce the physical conditions in patients lacking
   independent physical activity - direct skeletal extension, gypsum
   immobilization halotraktion requiring positional treatment;
7. Apply fundamentals of kinesitherapy in functional and organic
   disorders
   of nervous system;
8. Formulate and implement programs individually oriented
   to the underlying disease and the age accompanying pathology in patients
   accommodated in wards for the chronically ill;
9. Organize and maintain a progressive physical activity to strengthen
   physical health of patients in hospitals;
10. Reflects on patient’s progress in the procedural map completed for
    the day appointments and achievements results;
11. Inform doctors about the occurrence of changes in the state.

In hospitals Kinesitherapists can organize and conduct the following
activities:
1. Prevent deviations in physical development and deformities
   in musculoskeletal system in children and adolescents;
2. Physical prevention of socially significant, persistent (chronic)
   ongoing progressive disease and premature aging;
3. Preventive and educational activities in the field of public health;
4. Counseling patients about healthy lifestyles pertaining to
   their motor activity;
5. Secondary prevention of injuries and illnesses associated with sports
   activities;
6. Participation in the training of students in "Kinesitherapy"

Physiotherapists are involved in the re-integration of patients and
people with disabilities by:
1. Create new movement patterns and stereotypes;
2. Creation and development of compensatory and replacement functions
   for people with permanent losses;
3. Learning activities of everyday life;
4. Training in the use of assistive devices, including wheelchairs;
5. Remedial and sports training;
6. Conducting home physical therapy and education of the patient and his
   relatives.
The above competencies are acquired through the studying of the compulsory subjects of the curriculum included as separate subjects in their respective curricula. It is of great importance to stress on the courses that study Physiotherapy in different diseases (orthopedic, neurological, internal, surgical, etc.). It also appears particularly important to have the educational clinical practice conducted II to VI semester including, Summer internships (180 hours) in a health facility and my graduate clinical experience (450 hours) in a health facility. Students are provided with 28 electives (of which they must choose 9) and any optional courses allow them to focus on interesting to them additional competencies that enrich them and prepare them for their particular field of interest in their practice.

All together, compulsory subjects, practices and optional courses enable students to prepare and master all of the above competences of Ordinance № 4, which corresponds fully to the training, according to One State requirements for the major of “Kinesitherpy” point 162 of MC in this area.

2. Structure of the curriculum
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<td>Reflexology</td>
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<td>State theoretical examination or Diploma Thesis</td>
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Credits in total: 250

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**Anatomy Part I**

**ECTS credits:** 6,5  
**Hours per week:** 21+0 s+4p  
**Evaluation form:** exam  
**Type of exam:** written  
**Semester:** fall  
**Supervision:** Department of Kinesitherapy  
Faculty of Public Health and Sports
Lecturers: R. Kastelov, M.D., Ph.D., Assoc. Prof.

Head 3-rd Orthopaedic Trauma Clinic
University Hospital for Emergency Medicine PIROGOV 21 Totleben Blvd., 1606, Sofia,

Bulgariatel: +35929154272
fax: +35929521717 e-mail: rkastelov@yahoo.com
web page: doctor-kastelov.com

Annotation – the goal of the module is to offer a fundamental preparation in a basic direction – the study of the forms and composition of the human organism and normal development. The module program includes the familiarization with the structure and basic functions of the human organism.

Content of the module – a detailed study of the structure of the musculoskeletal system, as basis for explaining the important physiologic and biomechanical functions of the body.

Training and evaluation techniques – lectures are presented using the traditional method involving a variety of audio-visual aides.

Practical exercises mainly involve using: the atlas, schemes, sketches and video materials. Current control is imposed through exams and tests on pre-approved topics from the already covered material, as well as through the grading of thesis on every approved topic and participation in class. The term ends with a current grade.

Basics kinesitherapy means and methods Part I

ECTS credits: 3,5
Evaluation form: exam
Semester: fall
Supervision:

Hours per week: 21+0 s+lp
Type of exam: written
Department of Kinesitherapy
Faculty of Public Health and Sports

Lecturers:

1. Assoc. Prof. D. Popova, Ph. D  Kinesitherapy Tel.: 0895994992 ; e-mail: dany.popova@abv.
2. Assist. Prof .Natalia Petrova Petrova Ph.D.;e-mail: natina_74@abv.bg

Department:Kinesitherapy Tel. 0898436016 ;

Annotation – the formation of basic knowledge and skills concerning the application of basic physiotherapeutic tools, their role in the treatment of different dysfunctions and the technique for their application.

Content of the module – core, history and professional characteristics of kinesiology. Academic and practical disciplines and specializations in PT. Main tools of PT. Passive, actively assisted and active exercises – definition, characteristic, therapeutic impact, methodology rules. Resistive exercises and methods for the recovery of the muscle function - characteristic, therapeutic impact, methodology rules.

Training and evaluation techniques:– lectures are presented through the traditional method in an auditorium, involving the use of visual mediums. Practice classes take place in study halls. Under the guidance of a teacher, students practice the fundamental tools of kinesiology on each other, separated in couples. The term ends with a current grade.

Social medicine, medical ethics and Public health law

ECTS credits: 2 Hours per week: 21+0 s+0p
Evaluation form: exam Type of exam: written
Semester: fall
Supervision: Department of Kinesitherapy
Facility of Public Health and Sports
Lecturers: Prof.Rumen Stoilov MD/Ph. D.
**Annotation** – the discipline studies public health and its indicators, the promotion of health and the impact of social factors on health, medico-social activities, different healthcare systems and the cooperation of the different specializations in the social sphere. The goal of the module is familiarization with the problems of socialized medicine, having regard of the effective cooperation of doctors and social workers/ experts in medico-social science and practices.

**Content of the module** – lectures are presented through the traditional method involving a variety of audio-visual tools, video materials, the use of schemes, sketches, solving situational problems, role-play, etc.

**Training and evaluation techniques:** grading is a combination of a written exam and the grades acquired throughout the term. The exam is either a test or a questionnaire of 8-10 questions, and involves basic terms, mechanisms, schemes, descriptions etc. Ongoing control is imposed through grading independently written theoretical essays, writing cases independently, participation in role-play and 1-2 small exams on pre-approved topics from the covered material.

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**Latin with medical terminology**

ECTS credits: 2,5  
Hours per week: 01+0 s+2p

Evaluation form: exam  
Type of exam: written

**Semester:** fall  
**Supervision:**

Department of Kinesitherapy  
Faculty of Public Health and Sports  
**Lecturers:** Assist. Prof. Mariela Filipova PhD student

**Annotation** – the main goal is the assimilation of the grammar basics of the Latin language and the language’s practical application in the medical terminology.

**Content of the module** – the assimilation of case forms in the Latin language, involving nouns, noun combinations, nouns and adjectives, Greek doublets in medical terminology, assimilation of the necessary amount of Latin terms in different branches of medicine.
Training and evaluation techniques: the assimilation of case forms in the Latin language, involving nouns, noun combinations, nouns and adjectives, Greek doublets in medical terminology, assimilation of the necessary amount of Latin terms in different branches of medicine.

Information, analysis and modeling the movements

ECTS credits: 4  
Evaluation form: exam  
Hours per week: 11+0 s+3p  
Type of exam: written

Semester: fall  
Supervision:  
Department of Kinesitherapy  
Faculty of Public Health and Sports  
Lecturers:  
Prof. P. Milanov MD/PhD

Annotation – lecture topics are chosen based on current day problems in modern information technologies and their practical application.

Content of the module – the module balances theoretical and practical knowledge.

Training and evaluation techniques: – lectures involve the use of a computer projector.

English Part I

ECTS credits: 2,5  
Evaluation form: exam  
Hours per week: 01+0 s+2p  
Type of exam: written

Semester: fall  
Supervision:  
Department of Pedagogy
Faculty of Pedagogy

Lecturers:
Assist. Prof. Milena Levunlieva Ph.D.;

Annotation – the goal of the module is the development of communication competency, specific to the studied course.

Content of the module – the assimilation of new knowledge and the formation of strategies for independent work and growth. Certain amount of module hours are dedicated to specific medical and sports terminology, designed to help the students in their professional development.

Training and evaluation techniques: – the practical course is introduced through the acclaimed method involving a study set, audio-visual tools and multimedia products for foreign language teaching. Independent practices involves: work with a notebook, preparation for test taking, work with dictionaries. At the end of each section, students take a test, composed of reading comprehension and grammatical exercises.

Sports for all

ECTS credits: 2  Hours per week: 11+0 s+lp
Evaluation form: exam  Type of exam: written
Semester: fall
Supervision:

Department of Sports
Faculty of Public Health and Sports
Lecturers: Prof. S. Ivanov PhD

Annotation – the module’s goal is to introduce students to the National program for physical activity and development for the Bulgarian nation – Bulfar 2008. Lectures and classes seek to introduce a healthy way of life through systemic exercise.

Content of the module – students will be given the necessary knowledge for the organization and methodology involved in the practice of sports for different
age groups, handicapped people and the elderly. Students will also explore the fundamental organizational methods concerning the participation of the population in various sports events, and the fostering of a sports culture.

**Training and evaluation techniques:** lectures involve all students on the course, practical exercises are taught in groups. The module utilizes the use of demonstrations, multimedia and dialogue. At the end of the module students must take a written exam on the whole material.

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**Basic gymnastics**

ECTS credits: 2  
Hours per week: 01+0 s+2p  
Evaluation form: exam  
Type of exam: written  
Semester: fall  
Supervision: Department of Sports  
Faculty of Public Health and Sports  
Lecturers: Assoc. Prof. Kremka Petrova, PhD

**Annotation** – for homework every student must develop a research paper on a chosen topic. If the research paper is not handed in timely fashion, or does not comply with the stated rules, the student will not be allowed on the final exam. The final grade is calculated based on activity and participation, the results from class tests and the final exam.

**Content of the module** – the module is of notable significance for students studying kinesiology. It exposes the role of PT in modern gymnastics.

**Training and evaluation techniques:** practical exercises involve: summary, analysis, problem-solving (based on age, condition, sex etc.). For a high grade the student must attend classes regularly, actively participate and carry out assigned tasks.
Medical Psychology

ECTS credits: 3
Evaluation form: exam
Hours per week: 21+0 s+lp
Type of exam: written

Semester: fall
Supervision:
Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers:
Assoc. Prof. A. Aleksiev, MD/PhD

Annotation - the module is of notable significance for students studying kinesiology. It introduces students to the relationship between the patient and his physiotherapist.

Content of the module – students are introduced to different terminology and tools and their role. The practical application of principles and methods throughout the course, the technique to choose one’s methods, their dosage and psychological impact will further enrich the student’s theoretical and practical professional preparation.

Training and evaluation techniques: – the aim is to make students highly competent, both theoretically and practically. Exercises involve the following components: dialogues, discussions, disputes, interactive methods – team-working, cases, trainings etc. The final grade is based on a final exam.

Medicinal use of winter sports

ECTS credits: 2
Evaluation form: exam
Hours per week: 01+0 s+2p
Type of exam: written

Semester: fall
Supervision:
Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers:
Assist. Prof. I. Gluchkov, Ph. D.
Annotation – the goal is to educate students on the aims, tasks and structure of ski training and the specifics that surround it. The course also involves ski training itself.

Content of the module – a study of the modern aspects of the programs and methods of ski training.

Training and evaluation techniques: – the module mainly involves practical exercises. Students are also encouraged to further develop their skiing skills independently.

Anatomy Part II

ECTS credits: 6.5
Hours per week: 21+0 s+4p
Evaluation form: exam
Type of exam: written
Semester: fall
Supervision:
Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers: R. Kastelov, M.D., Ph.D., Assoc. Prof.
Head 3-rd Orthopaedic Trauma Clinic
University Hospital for Emergency Medicine PIROGOV 21 Totleben Blvd., 1606, Sofia,
Bulgariatel: +35929154272
fax: +35929521717 e-mail: rkastelov@yahoo.com
web page: doctor-kastelov.com

Annotation – the goal of the module is to offer a fundamental preparation in a basic direction – the study of the forms and composition of the human organism and normal development. The module program includes the familiarization with the structure and basic functions of the human organism.
Content of the module – a detailed study of the structure of the musculoskeletal system, as basis for explaining the important physiologic and biomechanical functions of the body.

Training and evaluation techniques:– lectures are presented using the traditional method involving a variety of audio-visual aides.

Practical exercises mainly involve using: the atlas, schemes, sketches and video materials. Current control is imposed through exams and tests on pre-approved topics from the already covered material, as well as through the grading of thesis on every approved topic and participation in class. The term ends with a current grade.

Physiology Part I

ECTS credits: 3,5
Hours per week: 21+0 s+lp
Evaluation form: exam
Type of exam: written
Semester: fall
Supervision:
Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers:

1. Prof. Nevena Stoyanova Pencheva, Ph D; Department: Kinesitherapy tel.: 0899 147 701 ; e-mail: nevena_pencheva@yahoo.com
2. Chief Assist. Prof. Kristina Jivkova Grancharska Ph.D.; Department: Kinesitherapy Tel.: 0878 755 006 ; e-mail: krisy.grancharska@gmail.com
3. Assist. Prof. Maria Kokova, PhD; Department: Kinesitherapy tel.: 0896 73 34 71; e-mail: mariakokova@yahoo.co.uk

Annotation – the main goal of the module is to introduce students to the functions and regulatory mechanisms of the physiologic systems of the human body, both static and under physical pressure. The module is taught in 3 parts.

Content of the module – part 1 of the module encompasses: physiology of the reactionary structures (nerves, muscles and receptors); physiology of the nervous system and sensory functions of the nervous system, with focus on the myoneural synapse; skin and pain reception; physiology of the skeletal muscles and modern perceptions on hypertrophy; spinal and supraspinal mechanisms of
the motor control; vegetative nervous system; integrative functions of the cerebral cortex.

**Training and evaluation techniques:** lectures are introduced with multimedia. Laboratory exercises take place in special laboratories, which allow students to observe and make physiological experiments and research and analyze the results; accumulate knowledge and skills through software programs in a computer class, anatomic mannequins and posters. At the end of term the student receives a current grade based on 2-3 tests, exams and practical exercises; and a term grade based on a written and oral exam.

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**Basics kinesitherapy tools and methods**

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<td>Department of Kinesitherapy</td>
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<td>Faculty of Public Health and Sports</td>
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<tr>
<td>Lecturers:</td>
<td>1. Assoc. Prof. D. Popova, Ph. D Kinesitherapy tel.: 0895994992 ;</td>
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<tr>
<td></td>
<td>2. Chief Assist. Prof. Natalia Petrova Petrova Ph.D;</td>
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**Annotation** – the goal is to give students the knowledge to apply basic physiotherapeutic means, their role in the treatment of various dysfunctions and techniques for their application.

**Content of the module** – includes diagonal and spiral models of movement; aerobic exercises; joint and muscle stretching. Includes also the methods of usage of various muscles and muscle groups of the limbs and the spine, the manual mobilization of peripheral joints and the spine, underwater gymnastics, field treatment etc. Topics are connected to developing skills and habits.

**Training and evaluation techniques:** the final grade is formed based on the overall grade for term 1, written report on two topics and the results from the midterm test.
Biomechanics and kinesiology

part I

ECTS credits: 2

Hours per week: 21+0 s+p

Evaluation form: exam

Type of exam: written

Semester: fall

Supervision:

Department of Kinesitherapy

Faculty of Public Health and Sports

Lecturers:

Assoc. Prof. D. Popova, Ph. D  Kinesitherapy

Tel.: 0895994992 ; E-mail: dany.popova@abv.

Annotation – the goal is to introduce students to biomechanics and physiology.

Content of the module – the discipline is the foundation for developing the skill of analytical judgment of biomechanics and physiology, as well as for the development of knowledge on the subjects.

Training and evaluation techniques:– lectures are introduced through the traditional method in an auditorium with the aid of multimedia. Practice classes take place in study halls. The term ends with a current grade.

Functional imaging of locomotor
ECTS credits: 4.5

Evaluation form: exam

Hours per week: 21+0 s+2p

Type of exam: written

Semester: fall

Supervision:

Department of Kinesitherapy

Faculty of Public Health and Sports

Lecturers: Prof. R. Stoïlov MD/PhD

Annotation – the goal is to familiarize students with the most use methods of examination, including the grading of muscular dysfunction, muscular balance etc.

Content of the module – methods of diagnostics, connected to the examination of the musculoskeletal apparatus – deformations, muscular balance, motor skills etc. Electro diagnostics through MRIs. Diagnostics through x-ray, ultrasound, magnetic resonance, etc.

Training and evaluation techniques: – lectures involve all students on the course, practical exercises involve groups of 10. Control is exercised throughout the module through oral and written questions. The module ends with a final exam.

English Part I

ECTS credits: 2

Evaluation form: exam

Hours per week: 1+0 s+2p

Type of exam: written

Semester: fall

Supervision:

Department of Kinesitherapy

Faculty of Public Health and Sports

Lecturers: Assist. Prof. M. Levunlieva PhD

Annotation – the goal of the module is the development of communication competency, specific to the studied course.

Content of the module – the assimilation of new knowledge and the formation of strategies for independent work and growth. Certain amount of
module hours are dedicated to specific medical and sports terminology, designed to help the students in their professional development.

**Training and evaluation techniques:** - the practical course is introduced through the acclaimed method involving a study set, audio-visual tools and multimedia products for foreign language teaching. Independent practices involves: work with a notebook, preparation for test taking, work with dictionaries. At the end of each section, students take a test, composed of reading comprehension and grammatical exercises.

**Swimming**

ECTS credits: 2  
**Hours per week:** 1+0 s+2p  
**Evaluation form:** exam  
**Type of exam:** written

**Semester:** fall  
**Supervision:** Department of Kinesitherapy  
**Faculty of Public Health and Sports**  
**Lecturers:** Assist. Prof. D.Lekina

**Annotation** – different styles of swimming are taught, as well as methods of underwater gymnastics for various health conditions. An accent is placed on designing the method of underwater gymnastics based on the patient’s age and his or her medical condition.

**Content of the module** – three distinct swimming styles are introduced, as well as warm-up exercises. The goal is for students to acquire practical skills, abilities and habits for basic swimming training, various exercises for a plethora of medical conditions will also be explored.

**Training and evaluation techniques:** - practical exercises will be lead in a swimming pool. The final grade is formed based on the demonstration of specific exercises and covering fitness tests in two swimming styles.

**Electives discipline**

ECTS credits: 2  
**Hours per week:** 0 1+0 s+2p  
**Evaluation form:** exam  
**Type of exam:** written
Semester: fall  
Supervision:  
Department of Sports  
Faculty of Public Health and Sports  
Lecturers: Assist. Prof. N. Hadjiev, N. Popov

**Handball**  
Annotation – covers the fundamental techniques of teaching handball, which is a difficult, demanding process.  
Content of the module – techniques of play with and without a ball, methods of teaching movement techniques, attacking play and defensive play.

**Movement games**  
Annotation – the module has a practical nature. It is aimed on achieving practical knowledge for the role of games in physiotherapeutic treatment, for different age groups, medical conditions, traumas, spinal and limb deformations, as well as the impact on the different muscle groups.  
Content of the module – games for concentration; games of an athletics nature – involving walking, jumping and running; gymnastic games – with and without tools; games involving crawling, jumping over obstacles; games with a ball; water games; musical games; resistance games for muscle development; games with a static relaxing effect and dynamic relaxing effect.

**Educational- Clinical Practice Part I**  
ECTS credits: 4  
Hours per week: 1+0 s+4p  
Evaluation form: exam  
Type of exam: continuous assessment  
Semester: fall  
Supervision: Department of Kinesitherapy  
Faculty of Public Health and Sports  
Lecturers: Chief Assist. Prof. Natalia Petrova Petrova Ph.D.;
Annotation – gives students the chance to practically apply the knowledge acquired in the theoretical module. The module is lead in health clinics, specialized laboratories and scientific centers under the guidance of teachers from the university.

Content of the module – students will familiarize themselves with the organization of the physiotherapeutic office/sector, as well as the structure and organization of the health clinic. At this stage of practice students will: use the methods of functional diagnostics when working with patients; sketching and terminological description of the tools of kinesiology used by the basic physiotherapist or another similar specialist when applying physiotherapeutic procedures; lead a morning, hygienic gymnastics; lead some elements of the physiotherapeutic procedure (preparatory and final part); apply passive methods of treatment.

Training and evaluation techniques: – the classes contain 6-10 people. At the end of term the students receive a module grade.

Biomechanics and kinesiology Part II

ECTS credits: 2
Evaluation form: exam
Semester: fall
Supervision: Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers: Assoc. Prof. D. Popova, Ph. D Kinesitherapy Tel.: 0895994992 ;
e-mail: dany.popova@abv

Annotation – the goal is to introduce students to biomechanics and physiology.
Content of the module – the discipline is the foundation for developing the skill of analytical judgment of biomechanics and physiology, as well as for the development of knowledge on the subjects.
Training and evaluation techniques – lectures are introduced through the traditional method in an auditorium with the aid of multimedia. Practice classes take place in study halls. The term ends with a current grade.

Biochemistry

ECTS credits: 5
Hours per week: 31+0 s+2p
Semester: fall
Supervision:
Department of Kinesitherapy
Faculty of Public Health and Sports
Evaluation form: exam
Lecturers: Assoc. Prof. M.Koleva
Type of exam: written

Annotation – studies the complex multi-molecular organization of live matter, the chemical processes and basic metabolic chains that are seen in live organisms, enzymes, their chemical nature and their mechanisms of functioning, the foundations of biological oxidation, delivery and distribution of energy in the cell, the role of vitamins and hormones in the metabolism etc.

Content of the module – studies the basic biochemical processes that form the foundation for the metabolism. The student should develop an understanding of the regulation, control and integration of biochemical processes in the body. The student will examine the biochemical nature of physical exercise, fatigue, recovery through physical exercise.

Training and evaluation techniques: final exam.

Physiology Part II

ECTS credits: 3,5
Evaluation form: exam
Hours per week: 21+0 s+1p
Type of exam: written
Semester: fall
Supervision:
Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers:
4. Prof. Nevena Stoyanova Pencheva, Ph D; Department: Kinesitherapy tel.: 0899 147 701 ; e-mail: nevena_pencheva@yahoo.com
Annotation – the main goal of the module is to introduce students to the functions and regulatory mechanisms of the physiologic systems of the human body, both static and under physical pressure. The module is taught in 3 parts.

Content of the module – part 1 of the module encompasses: physiology of the reactionary structures (nerves, muscles and receptors); physiology of the nervous system and sensory functions of the nervous system, with focus on the myoneural synapse; skin and pain reception; physiology of the skeletal muscles and modern perceptions on hypertrophy; spinal and supraspinal mechanisms of the motor control; vegetative nervous system; integrative functions of the cerebral cortex.

Training and evaluation techniques: – lectures are introduced with multimedia. Laboratory exercises take place in special laboratories, which allow students to – observe and make physiological experiments and research and analyze the results; accumulate knowledge and skills through software programs in a computer class, anatomic mannequins and posters. At the end of term the student receives a current grade based on 2-3 tests, exams and practical exercises; and a term grade based on a written and oral exam.

Medical Education

| ECTS credits: 2 | Hours per week: 21+0 s+p |
| Evaluation form: exam | Type of exam: written |
| Semester: fall | Supervision: Faculty of Public Health and Sports |
| Lecturers: Prof. D. Todorina |

Annotation – the goal of the module is to familiarize students with the nature and specifics of scientific work, to give them the necessary fundamental knowledge, skills and
habits to carry out scientific discovery and, as a result, to increase their effectiveness in their professional development.

**Content of the module** – through the fundamental theoretical disciplines, approaches, principles and methods of the scientific discovery in the area of kinesiology, students will delve in the nature and specifics of scientific work as a core technique for human exploration. They will receive the necessary knowledge and skills for discovering and forming scientific problems, for developing scientific theories and hypothesis, and increase their methodological proficiency as a whole.

**Training and evaluation techniques:** – through mastering the technique of the scientific process, students will be able to undertake experimental scientific work, analyze empirical data and results, make conclusions and summaries, write research papers, scientific reports, write thesis and dissertations.

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**Clinical Pathology and Pathophysiology**

ECTS credits: 3,5  
Hours per week: 31+0 s+1p  
Evaluation form: exam  
Type of exam: written  
Semester: fall  
Supervision: Department of Kinesitherapy  
Faculty of Public Health and Sports  
Lecturers: Assoc. Prof.M.Mihov

**Annotation** – the module explores the intimate core of various medical conditions – a solid foundation for an effective prophylactic and a concentrated impact on the healing and recovery processes of the specific methods of the physiotherapeutic science.

**Content of the module** – the aim is to form a fundamental knowledge in pathology. Students will study fundamental morphologic changes and functional disruptions found in the process of entry, development, and exit of illnesses.

**Training and evaluation techniques** – lectures involve a plethora of schemes and sketches provided by the clinical practice of the module’s titular lecturer. The practical classes will use authentic medical documents. Grading will apply ECTS. There are certain conditions under which students can excuse themselves from the final exam.

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**Basics of research and statistics**

ECTS credits: 3  
Hours per week: 21+0 s+1p  
Evaluation form: exam  
Type of exam: written
**Semester:** fall  
**Supervision:**  
Department of Kinesitherapy  
Faculty of Public Health and Sports  
**Lecturers:** Prof. K. Kostov

### Massage Part I

ECTS credits: 4  
**Evaluation form:** exam  
**Hours per week:** 11+0 s+3p  
**Type of exam:** written  
**Semester:** fall  
**Supervision:**  
Department of Kinesitherapy  
Faculty of Public Health and Sports  
**Lecturers:**

**Annotation** – the main purpose of parts 1, 2 and 3 of the module is to help students assimilate the theoretical basics of the massage and the practical application of the main and auxiliary forms of massage.


**Training and evaluation techniques** – teaching will aim to inform, explain, illustrate, and practically demonstrate the covered material. Methods used in the exercises: dialogue, discussion, situational exercises. Research papers with theoretical and practical nature will be assigned. The term ends with a module grade. There is a final exam after part 3.

### Electives discipline Group II

ECTS credits: 2  
**Evaluation form:** exam  
**Hours per week:** 01+0 s+2p  
**Type of exam:** written  
**Semester:** fall  
**Supervision:**  
Department of Kinesitherapy  
Faculty of Public Health and Sports  
**Lecturers:** Assist. Prof. S. Atanasov, Assist. Prof. V. Tsvetkov

**Volleyball**
Annotation – the aim is for students to master the elements of the game, as well as individual and group tactical movements.

Content of the module – the module seeks to supply students with an arsenal of motor skills and methods for future professional development.

Training and evaluation techniques – final exam.

Football

Annotation – the aim is to improve the technique and tactical proficiency in students.

Content of the module – seeks to improve the strikes with feet and head, as well as to make the student aware of his/her role in the collective and individual tactical movements in football, both in attack and defense.

Method of teaching and grading – students are expected to be actively involved in both the practical and theoretical part of the module.

Rhythmic gymnastics

Annotation – students are expected to acquire knowledge and skills to execute gymnastic exercises. The module also seeks to develop a complex routine involving the various gymnastic tools, which the students must grasp.

Content of the module – the nature of rhythmic gymnastics, control and evaluation of physical stress; classes are structured in three parts: preparatory, main and final.

Training and evaluation techniques – final exam.

Educational and Clinical Practice Part II

ECTS credits: 5
Evaluation form: exam
Semester: fall
Supervision: Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers: Assist. Prof. Natalia Petrova Petrova Ph.D

Department: Kinesitherapy

Annotation – gives students the chance to practically apply the knowledge acquired in the theoretical module. The module is lead in health clinics, specialized laboratories and scientific centers under the guidance of teachers from the university.
Content of the module – students will familiarize themselves with the organization of the physiotherapeutic office/sector, as well as the structure and organization of the health clinic. At this stage of practice students will: use the methods of functional diagnostics when working with patients; sketching and terminological description of the tools of kinesiology used by the basic physiotherapist or another similar specialist when applying physiotherapeutic procedures; lead a morning, hygienic gymnastics; lead some elements of the physiotherapeutic procedure (preparatory and final part); apply passive methods of treatment.

Training and evaluation techniques – the classes contain 6-10 people. At the end of term the students receive a module grade.

Physiology Part III

ECTS credits: 3
Evaluation form: exam
Semester: fall
Supervision:
Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers:

1. Prof. Nevena Stoyanova Pencheva, Ph D; Department: Kinesitherapy tel.: 0899 147 701 ; e-mail: nevena_pencheva@yahoo.com
2. Chief Assist. Prof. Kristina Jivkova Grancharska Ph.D.; Department: Kinesitherapy Tel.: 0878 755 006 ; e-mail: krisy.grancharska@gmail.com
3. Assist. Prof. Maria Kokova, PhD; Department: Kinesitherapy tel.: 0896 73 34 71; e-mail: mariakokova@yahoo.co.uk

Annotation – the main goal of the module is to introduce students to the functions and regulatory mechanisms of the physiologic systems of the human body, both static and under physical pressure. The module is taught in 3 parts.
Content of the module – part 1 of the module encompasses: physiology of the reactionary structures (nerves, muscles and receptors); physiology of the nervous system and sensory functions of the nervous system, with focus on the myoneural synapsee; skin and pain reception; physiology of the skeletal muscles and modern perceptions on hypertrophy; spinal and
supraspinal mechanisms of the motor control; vegetative nervous system; integrative functions of the cerebral cortex.

**Training and evaluation techniques:** – lectures are introduced with multimedia. Laboratory exercises take place in special laboratories, which allow students to – observe and make physiological experiments and research and analyze the results; accumulate knowledge and skills through software programs in a computer class, anatomic mannequins and posters. At the end of term the student receives a current grade based on 2-3 tests, exams and practical exercises; and a term grade based on a written and oral exam.

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**Patobiomechanics and patokinesiology**

ECTS credits: 4  
**Hours per week:** 31+0 s+1p  
**Evaluation form:** exam  
**Type of exam:** written  
**Semester:** fall  
**Supervision:**  
Department of Kinesitherapy  
Faculty of Public Health and Sports  
**Lecturers:** Assoc. Prof. D.Popova  

**Annotation** – the goal is to educate students on the pathophysiologic changes in the movements of the musculoskeletal apparatus, occurring due to various pathological conditions.

**Content of the module** – includes the pathological changes in tissues during immobilization and inactivity; compensatory and replacement mechanisms; basic method of pathophysiological examination of the patient; analysis of the pain symptomatic; disruptions in the sagittal and coronal plane. The module also involves pathophysiological changes due to traumas and various orthopedic conditions, as well as due to problems with the peripheral nerves.

**Training and evaluation techniques** – final exam.

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**Kinesitherapy in orthopedy and traumatology with orthotics and prosthesis**  
**part I**
ECTS credits: 7
Hours per week: 41+0 s+3p
Evaluation form: exam
Type of exam: written
Semester: fall
Supervision: Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers: R. Kastelov, M.D., Ph.D., Assoc. Prof.

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University Hospital for Emergency Medicine PIROGOV 21 Totleben Blvd., 1606, Sofia,

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web page: doctor-kastelov.com
Assoc. Prof. D.Popova PhD

Annotation – the main goal is the assimilation of fundamental theoretical and practical knowledge in the area of orthopedics and traumatology and the main approaches in orthotics and prosthetics.

Content of the module – nature and diagnostic specifics of important orthopedic and traumatology conditions. Common and specific therapeutic methods and the role of kinesiology in their medical rehabilitation. Kinds of orthotic and prosthetic tools and instructions for their application in orthopedic and traumatology conditions of the back and limbs.


Massage Part II

ECTS credits: 4
Hours per week: 11+0 s+3p
Evaluation form: exam
Type of exam: continuous assessment
Semester: fall
Supervision: Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers: Assoc. Prof. R.Bahchevandjieva
Annotation – the main purpose of parts 1, 2 and 3 of the module is to help students assimilate the theoretical basics of the massage and the practical application of the main and auxiliary forms of massage.


Training and evaluation techniques – teaching will aim to inform, explain, illustrate, and practically demonstrate the covered material. Methods used in the exercises: dialogue, discussion, situational exercises. Research papers with theoretical and practical nature will be assigned. The term ends with a module grade. There is a final exam after part 3.

Electives discipline Group III

Electives discipline Group IV

Games in kinesiology
Annotation – introduces students to the physiotherapeutic games used for rehabilitation and recovery. Kinesiology is a specific method of treatment with its own approaches and techniques for rehabilitation. One of these techniques is mobile games. They can apply to any age group, they are appropriate for every form of therapy, and have a proven psycho-emotional impact.
Content of the module – students receive theoretical and practical knowledge for the use of different forms of games with a mobile character, as an efficient means for rehabilitation and recovery of patients with different conditions.
Method of teaching and grading – final exam.

Treatment training
Annotation – the module seeks to familiarize students with the causes of sports traumas, as well as the nature of their treatment. Students will examine different types of traumas received during sports activities. Furthermore, students will receive the necessary knowledge for the treatment of these traumas, as well as the main means used for recovery.
Content of the module – students receive theoretical and practical knowledge for the application of methods of a treatment and recovery nature from other sports, such as: athletics, gymnastics, competitive games etc., which, due to their universal application, are an important form of prophylactic and recovery from traumas and contusions.
Method of teaching and grading – final exam.
Sports management
Annotation – development of organizational and managerial skills suitable for private organizations (including school sports clubs), as well as governmental sports institutions.
Content of the module – study of the organization and management of the system of physical education and sports. Introduction to the normative documents regarding the legal status of the organization and the management of the process of physical education and sports, including the laws concerning it. The module extends to other EU countries as well.
Method of teaching and grading – final exam.

Educational Clinical Practice Part III
ECTS credits: 6
Evaluation form: exam
Hours per week: 01+0 s+6p
Type of exam: continuous assessment
Semester: fall
Supervision:
Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers: Assist. Prof. Natalia Petrova Petrova Ph.D

Annotation – gives students the chance to practically apply the knowledge acquired in the theoretical module. The module is lead in health clinics, specialized laboratories and scientific centers under the guidance of teachers from the university.

Content of the module – students will familiarize themselves with the organization of the physiotherapeutic office/sector, as well as the structure and organization of the health clinic. At this stage of practice students will: use the methods of functional diagnostics when working with patients; sketching and terminological description of the tools of kinesiology used by the basic physiotherapist or another similar specialist when applying physiotherapeutic procedures; lead a morning, hygienic gymnastics; lead some elements of the physiotherapeutic procedure (preparatory and final part); apply passive methods of treatment.

Training and evaluation techniques – the classes contain 6-10 people. At the end of term the students receive a module grade.
III

Sports medicine

ECTS credits: 4.5  
**Hours per week:** 21+0 s+2p  
**Evaluation form:** exam  
**Type of exam:** written  
**Semester:** fall  
**Supervision:**  
Department of Kinesitherapy  
Faculty of Public Health and Sports  
**Lecturers:** Prof. Topuzov MD/PhD  
Assist. Prof. Natalia Petrova Petrova Ph.D


**Training and evaluation techniques** – lectures involve all the students on the course, while practical exercises are done in groups. Examinations and random questions are carried out throughout the module. There is a final written exam at the end of the module, involving pre-announced topics.

**Kinesitherapy in internal medicine part I**

ECTS credits: 4.5  
**Hours per week:** 31+0 s+1p  
**Evaluation form:** exam  
**Type of exam:** written  
**Semester:** fall  
**Supervision:**  
Department of Kinesitherapy  
Faculty of Public Health and Sports  
**Lecturers:** Prof. Stoilov MD/PhD

**Annotation** – focuses on etiology, pathogenesis, diagnostics, hospitalization, treatment and prophylactics of internal illnesses.
Content of the module – methods of examination. Illnesses of the blood. Illnesses of the bloodstream. Illnesses of the heart and blood vessels. Illnesses of the digestive system. Illnesses on the glands with internal secretion. Illnesses on the respiratory system.

Training and evaluation techniques - lectures involve all the students on the course, while practical exercises are done in groups. Examinations and random questions are carried out throughout the module. There is a final written exam at the end of the module, involving pre-announced topics.

Kinesitherapy in surgery, obstetrics and Gynaecology

ECTS credits: 3,5  
Evaluation form: exam  
Semester: fall  
Supervision:  
Department of Kinesitherapy  
Faculty of Public Health and Sports  
Lecturers: Assoc. Prof. R.Bahchevandjieva

Annotation – kinesiology is a vital component of the pre-operative preparation of patients and their post-operative recovery. It is successfully used for some surgical and gynecological illnesses, for pregnant women and immediately after birth and contributes for a healthy pregnancy, a healthy birth and the normal recovery of the mother.

Content of the module – includes specifics of kinesiology in surgical, gynecological conditions. The goal is for students to acquire the necessary knowledge to successfully apply kinesiology for wounds, for the pre-operative and post-operative stage of surgical interventions and for obstetrics and gynecology.

Training and evaluation techniques – final exam.

Kinesitherapy in orthopedy and traumatology with orthotics and prosthesis part II

ECTS credits: 4,5  
Evaluation form: exam  
Semester: fall  
Supervision:  
Department of Kinesitherapy  
Faculty of Public Health and Sports

Hours per week: 21+0 s+2p  
Type of exam: written
Lecturers: Assoc. Prof. D.Popova

**Massage III часть**

| ECTS credits: 2 | Hours per week: 11+0 s+1p |
| Evaluation form: exam | Type of exam: written |
| Semester: fall |
| Supervision: Department of Kinesitherapy |
| Faculty of Public Health and Sports |
| Lecturers: Assoc. Prof. R.Bahchevandjieva |

Lecturers: Assoc. Prof. E.Nikolova MD/PhD

**Annotation** – the main purpose of parts 1, 2 and 3 of the module is to help students assimilate the theoretical basics of the massage and the practical application of the main and auxiliary forms of massage.


**Training and evaluation techniques** – teaching will aim to inform, explain, illustrate, and practically demonstrate the covered material. Methods used in the exercises: dialogue, discussion, situational exercises. Research papers with theoretical and practical nature will be assigned. The term ends with a module grade. There is a final exam after part 3.

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**Electives discipline V**

| ECTS credits: 2 | Hours per week: 21+0 s+4p |
| Evaluation form: exam | Type of exam: written |
| Semester: fall |
| Supervision: Department of Kinesitherapy |
| Faculty of Public Health and Sports |
| Lecturers: |

**Table tennis**
Annotation – offers practical preparation for kinesiology students involving: forming movement skills and techniques in table tennis, forming practical skills in organization and management of events, etc.

Content of the module – introducing students to the foundations of table tennis.

Method of teaching and grading – final exam.

**Gym**

Annotation – its use for kinesiology is found in dosed and methodical groups of physical exercises. These groups are applied routinely, but also for faster and lasting recovery from traumas.

Content of the module – practical knowledge in exercises for fitness and bodybuilding, that add to the treatment methods used for rehabilitation for contusions from sports activities and physical exercises.

Method of teaching and grading – final exam.

**Fiit-ball**

Annotation – the sport is a new and original type of gymnastics, which can have a notable application in kinesiology. Its effect is most evident in strengthening of the muscles of the back and abdomen, the shoulders and the lower limbs.

Content of the module – the module uses specific soft balls and other specific tools. The sport impacts the large joints and the cardiovascular system quite positively. It does not stress the muscles, and represents a pleasant pastime.

Method of teaching and grading – final exam.

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**Electives discipline VI**

ECTS credits: 
Evaluation form: exam
Semester: fall
Supervision: Department of Kinesitherapy
Faculty of Public Health and Sports

**Ergotherapy**

Annotation – familiarizes students with the fundamental theoretical and practical knowledge of the profession and draws clear lines with other medical specializations.

Content of the module – the focus is mainly on the person, the skills, and habits of ergotherapy.

Method of teaching and grading – final exam.

kinesiology in defectology
Annotation – familiarization of students with the correctional and rehabilitation activities for children with untreatable impairment of the sensory system, brain and speech development.

Content of the module – the main goal is for students to explore kinesiology and physical education as an important part of the care for such children. Students will learn how to combine and adequately apply them, which would vastly contribute to the optimal physical and mental development of these children.

Method of teaching and grading – final exam.

History of physical culture and kinesiology
Annotation – intended to familiarize students with the history of physical culture and kinesiology.

Content of the module – explores in a chronological order the most important events that have enriched the theoretical and practical aspect of kinesiology.

Method of teaching and grading – final exam.

Educational Clinical Practice Part V

ECTS credits: 7
Evaluation form: exam
Semester: fall
Supervision: Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers: Assist. Prof. Natalia Petrova PhD

Annotation – gives students the chance to practically apply the knowledge acquired in the theoretical module. The module is lead in health clinics, specialized laboratories and scientific centers under the guidance of teachers from the university.

Content of the module – students will familiarize themselves with the organization of the physiotherapeutic office/sector, as well as the structure and organization of the health clinic. At this stage of practice students will: use the methods of functional diagnostics when working with patients; sketching and terminological description of the tools of kinesiology used by the basic physiotherapist or another similar specialist when applying physiotherapeutic procedures; lead a morning, hygienic gymnastics; lead some elements of the physiotherapeutic procedure (preparatory and final part); apply passive methods of treatment.
Training and evaluation techniques – the classes contain 6-10 people. At the end of term the students receive a module grade.

Kinesitherapy in neurology and psychiatry part I

ECTS credits: 4,5 Hours per week: 21+0 s+2p
Evaluation form: exam Type of exam: written

Semester: fall
Supervision:
Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers: Assoc. Prof. C..Dikova

Lecturers: Assoc. Prof. E.Nikolova MD/PhD

Annotation – studies the methods of neurological and psychological diagnostics, as well as the most common illnesses and their treatment.
Illnesses of the brain. Illnesses of the peripheral nervous system.
Method of teaching and grading – lectures involve all students on the course, and practical exercises involve groups of 10 and are held in the neurological unit of the Blagoevgrad hospital. Examinations and random questions are carried out throughout the module. At the of term 6 students will receive a module grade.

Kinesitherapy in internal medicine part II

ECTS credits: 4,5 Hours per week: 21+0 s+2p
Evaluation form: exam Type of exam: written

Semester: fall
Supervision:
Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers: Assoc. Prof. R.Bahchevandjieva MD/PhD
Annotation – studies the methods of neurological and psychological diagnostics, as well as the most common illnesses and their treatment.


Training and evaluation techniques – lectures involve all students on the course, and practical exercises involve groups of 10 and are held in the neurological unit of the Blagoevgrad hospital. Examinations and random questions are carried out throughout the module. At the of term 6 students will receive a module grade.

Theory and methods of sports education

ECTS credits: 2
Evaluation form: exam
Semester: fall
Supervision: Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers: Prof. S. Ivanov PhD

Hours per week: 21+0 s+1p
Type of exam: written

Annotation – studies the laws of physical education, as an educational and healing process. It expands on the theoretical knowledge of kinesiology students regarding the human musculoskeletal system, its development through physical education, and its recovery after traumas and illnesses.

Content of the module
Method of teaching – final exam.

Physical therapy and rehabilitation part I

ECTS credits: 4,5
Evaluation form: exam
Semester: fall
Supervision: Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers: Assoc. Prof. R. Bahchevandjieva

Hours per week: 21+0 s+2p
Type of exam: written
Lecturers: Assoc. Prof. E.Nikolova MD/PhD

Annotation – for many illnesses kinesiology is combined with physiotherapeutic tools, which increases its effects. This mandates that students be well educated in physiotherapeutic methods and tools.

Content of the module – electrotherapy, light therapy, laser therapy, and rehabilitation. All these disciplines are indispensable part of physiotherapy. Main topics: rehabilitation – principles, electric currents, magnetic and ultrasound energy, aerosol therapy, light therapy.

Training and evaluation techniques – final exam.

Educational Clinical Practice Part VI

ECTS credits: 6,5 Hours per week: 01+0 s+6p
Evaluation form: exam Type of exam: written
Semester: fall
Supervision:
Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers: Assist. Prof. Natalia Petrova Petrova Ph.D

Annotation – gives students the chance to practically apply the knowledge acquired in the theoretical module. The module is lead in health clinics, specialized laboratories and scientific centers under the guidance of teachers from the university.

Content of the module – students will familiarize themselves with the organization of the physiotherapeutic office/sector, as well as the structure and organization of the health clinic. At this stage of practice students will: use the methods of functional diagnostics when working with patients; sketching and terminological description of the tools of kinesiology used by the basic physiotherapist or another similar specialist when applying physiotherapeutic procedures; lead a morning, hygienic gymnastics; lead some elements of
the physiotherapeutic procedure (preparatory and final part); apply passive methods of treatment.

**Training and evaluation techniques** – the classes contain 6-10 people. At the end of term the students receive a module grade.

**Summer Clinical Practice**

**Lecturers:** Assist. Prof. Natalia Petrova Petrova Ph.D

**Lecturers:** Assoc. Prof. E.Nikolova MD/PhD

**Lecturers:** Assoc. Prof. D.Popova

**ECTS credits:** 6,0

**Annotation** – expands on the acquired theoretical knowledge and gives the opportunity for students to develop skills and experience of working with patients with various illnesses.

**Training and evaluation techniques** – the internship ends with a module grade.

**Kinesitherapy in neurology and psychiatry part II**

**ECTS credits:** 5

**Hours per week:** 31+0 s+2p

**Evaluation form:** exam

**Type of exam:** written

**Semester:** fall

**Supervision:**
Department of Kinesitherapy
Faculty of Public Health and Sports

**Lecturers:** Assoc. Prof. E.Nikolova MD/PhD

**Lecturers:** Assoc. Prof. C..Dikova MD/PhD

**Annotation** – studies the methods of neurological and psychological diagnostics, as well as the most common illnesses and their treatment.

Method of teaching and grading – lectures involve all students on the course, and practical exercises involve groups of 10 and are held in the neurological unit of the Blagoevgrad hospital. Examinations and random questions are carried out throughout the module. At the of term 6 students will receive a module grade.

**Kinesitherapy in pediatrics**

ECTS credits: 3
Evaluation form: exam
Semester: fall
Supervision:
Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers: Assoc. Prof. R.Bahchevandjieva MD/PhD
Annotation – introducing students to the usage of kinesiology in pediatrics as a stimulator of recovery, as well as an influencing factor for the correct psycho-physical development and rehabilitation for children with impairments in their health and physical condition.

Content of the module – the included topics help the students develop their knowledge of the anatomical and physiological specifics of children, illnesses and the application of kinesiology for the age group

Training and evaluation techniques – final exam.

**Kinesitherapy in geriatry**

ECTS credits: 2
Evaluation form: exam
Semester: fall
Supervision:
Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers: Assoc. Prof. D.Popova /PhD
Annotation – explores kinesiology methods used for the elderly, the most common illnesses for that age group and their treatment.

Content of the module – explores the methods of the neurological and psychiatric diagnostics, as well as the most common illnesses and their treatment.

Training and evaluation techniques – final exam.
**Phisical therapy and rehabilitation part II**

ECTS credits: 2  
**Hours per week:** 11+0 s+1p  
**Evaluation form:** exam  
**Type of exam:** written  
**Semester:** fall  
**Supervision:**  
Department of Kinesitherapy  
Faculty of Public Health and Sports  
**Lecturers:** Assoc. Prof. R.Bahchevandjieva MD/PhD

Annotation – for many illnesses kinesiology is combined with physiotherapeutic tools, which increases its effects. This mandates that students be well educated in physiotherapeutic methods and tools.

Content of the module – electrotherapy, light therapy, laser therapy, and rehabilitation. All these disciplines are indispensable part of physiotherapy. Main topics: rehabilitation – principles, electric currents, magnetic and ultrasound energy, aerosol therapy, light therapy.

Method of teaching and grading – final exam.

**Higiene and nutrition**

ECTS credits: 2  
**Hours per week:** 11+0 s+1p  
**Evaluation form:** exam  
**Type of exam:** written  
**Semester:** fall  
**Supervision:**  
Department of Kinesitherapy  
Faculty of Public Health and Sports  
**Lecturers:** Prof. I.Topuzov MD/PhD

Annotation – introduces students to the main hygienic requirements and norms, personal hygiene, hygiene of sports buildings. The main nutritional principles are also examined.

**Content of the module** – explores hygiene as a science. Personal hygiene of the skin and the body. Hygiene of open-door and close-door sports facilities, of clothing and shoes. Sports nutrition. Preparation of a nutritional rationing.

**Training and evaluation techniques** - lectures involve all students on the course, and practical exercises involve groups. On-going examinations throughout the module will be in the form of written and oral exams. The final exam for the module consists of a written work on pre-determined topics.
Adapted physical activity

ECTS credits: 1
Evaluation form: exam
Semester: fall
Supervision:
Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers: Prof. S.Ivanov PhD

Annotation – focuses on sports activities for handicapped individuals, as well as practical skills for the methodology and organization of its application as a tool for rehabilitation.

Content of the module

Training and evaluation techniques – final exam.

Electives discipline VIII

ECTS credits: 3
Evaluation form: exam
Semester: fall
Supervision:
Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers:

Electrocardiographic
Annotation – electrocardiographic evaluation of the heart in normal condition, under physical stress and under some cardiovascular and respiratory illnesses, gives the opportunity for students to familiarize themselves with the criteria for a functional valuation of the cardiac muscle, tissue changes, infarction, and the effects of different therapeutic approaches including kinesiology. Special attention is dedicated to electromyography, due to its diagnostic and prognosis role for illnesses of the musculoskeletal apparatus, as well as the possibility to examine processes of re-innervation of the direction of the therapeutic procedures.

Content of the module

Method of teaching and grading – final exam.

Manual therapy
Annotation – its main purpose is the systematic exploration and scientific clarification of the nature of manual therapy and its application in kinesiology and rehabilitation.


Method of teaching and grading – final exam.

Electives discipline IX

ECTS credits: 2
Evaluation form: exam
Semester: fall
Supervision:
Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers:

Functional valuation of the cardiovascular and respiratory systems

Annotation – this is an optional module. Introduces the methods for examination and valuation of the cardiovascular and respiratory systems, which finds application in the diagnosing and controlling the patient’s condition with cardiorespiratory illnesses, by which kinesiologic therapy is needed.

Content of the module – the functional diagnostics of ventilation, diffusion, perfusion through valuation of static and dynamic spirometric indicators and blood-gas analysis. Functional diagnostics of the respiratory system by physical stress, as well as by examination of the force and constitution of the respiratory muscles for evaluation of the rehabilitation potential of respiratory gymnastics.

Training and evaluation techniques – final exam.

Reflexotherapy

Annotation – explores the methodology for determining the different levels of weakness of certain muscles and muscle groups in the human body.

Training and evaluation techniques

SPA-therapy

Annotation – introduction to SPA-therapy/sanus per aquam/water treatment/ treatment with air, water, healing mud, sand etc. Nowadays, SPA-therapy is recognized as a powerful healing and prophylactic tool, equal to other physical methods.

Content of the module

Training and evaluation techniques-final exam

Educational Clinical Practice Part VI

ECTS credits: 4
Evaluation form: exam
Semester: fall
Supervision:
Department of Kinesitherapy
Faculty of Public Health and Sports
Lecturers: Assist. Prof. Natalia Petrova Petrova Ph.D

Hours per week: 01+0 s+4p
Type of exam: written
**Annotation** – gives students the chance to practically apply the knowledge acquired in the theoretical module. The module is lead in health clinics, specialized laboratories and scientific centers under the guidance of teachers from the university.

**Content of the module** – students will familiarize themselves with the organization of the physiotherapeutic office/sector, as well as the structure and organization of the health clinic. At this stage of practice students will: use the methods of functional diagnostics when working with patients; sketching and terminological description of the tools of kinesiology used by the basic physiotherapist or another similar specialist when applying physiotherapeutic procedures; lead a morning, hygienic gymnastics; lead some elements of the physiotherapeutic procedure (preparatory and final part); apply passive methods of treatment.

**Training and evaluation techniques** – the classes contain 6-10 people. At the end of term the students receive a module grade.

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**Summer Clinical Practice**

**Lecturers:** Assist. Prof. Natalia Petrova Petrova Ph.D

**Lecturers:** Assoc. Prof. E.Nikolova MD/PhD  **ECTS credits:** 6

**Lecturers:** Assoc. Prof. D.Popova

**Annotation** – expands on the acquired theoretical knowledge and gives the opportunity for students to develop skills and experience of working with patients with various illnesses.

**Training and evaluation techniques** – the internship ends with a module grade.
**Pre-graduation clinical internship**

**Lecturers:** Assist. Prof. Natalia Petrova Petrova Ph.D

**Lecturers:** Assoc. Prof. E. Nikolova MD/PhD

**Lecturers:** Assoc. Prof. D. Popova

**Annotation** – the internship is undertaken in the eighth term in medical facilities in Blagoevgrad and Sofia, but, under some circumstances, can be undertaken in other cities. Only students who have successfully taken all final exams will be allowed on the internship. The final grade for the internship is formed based on ongoing control and a state-mandated practical exam.

**Content of the module** – each student undergoes at least two mid-internship valuations. The end grade of the ongoing control also takes into account the overall performance of the student.

**Training and evaluation techniques**– the internship concludes with a state-mandated practical exam in front of a commission, elected by the Dean of the University. The date of the exam is determined by the Kinesiology Department.