

## ***QUALIFICATION CHARACTERISTICS***

Specialty: **PHYSICAL EDUCATION AND SPORTS**

Educational qualification degree: **Bachelor**

Professional qualification: **Teacher**

### **GENERAL OVERVIEW OF THE SPECIALTY**

The specialty "Physical Education and Sports" was established in accordance with the Law on Academic Autonomy with Protocol No. 4 of the AC of 13.XI.1991. The qualification characteristics, curriculum and curricula are in accordance with the Higher Education Act and the State Educational Service.

The educational goals of the specialty "Physical Education and Sports" are aimed at the preparation and implementation of students as teachers in the various units and levels of the educational system (in Sofia University, vocational high schools, special schools, etc.). The specialty is accredited and conducts training at the educational and qualification levels of Bachelor and Master, as well as at the educational and scientific degree "Doctor". Students from all regions of the country, neighboring countries and EU member states are trained. The main user of specialists in Bulgaria is the Ministry of Education and Science.

### **ORGANIZATION OF TRAINING**

The curriculum and the study programs of the specialty "Physical Education and Sports" have been developed in accordance with the requirements of the Higher Education Act, the standards adopted in Bulgaria in the field of professional training of teachers for the initial stage of the basic educational degree, Regulation No. 21 of 30.09.2004. on the implementation of a system for accumulation and transfer of credits in higher education institutions (SG, issue 89 / 12.10.2004), the Regulation on the state requirements for acquiring higher education at the educational and qualification degrees "bachelor", "master" and "specialist" (SG, issue 76 of 6.08.2002), Regulation No. 15 of 22.07.2019 on the status and professional development of teachers, principals and other pedagogical specialists, published in the State Gazette, issue 61 of 02.08.2019, issued by the Minister of Education, the Regulation on the state requirements for acquiring the professional qualification "teacher", published in the State Gazette, issue 89 of 11.11.2016 in force from the academic year 2017/2018, adopted by the Council of Ministers No. 289 of 07.11.2016 and the internal rules for quality management at the South-West University "Neofit Rilski".

The training in the specialty lasts 4 years (8 semesters). The curriculum has a total of 2580 hours and provides a total of 240 ECTS credits, which are distributed over the eight semesters in accordance with state requirements (Art. 44a of the Law on Amendments and Supplements to the Higher Education Act - SG No. 48/04.06.2004 on the implementation of a system for accumulation and transfer of credits in higher education institutions - SG No. 89/12.10.2004).

The structure of the curriculum includes mandatory, elective and optional disciplines: **The mandatory disciplines** (1470 hours - 196 credits) ensure the building of the basic general theoretical, practical and specialization foundation in the preparation for the specialty "Physical Education and Sports". Students master knowledge from various fields of scientific knowledge (directly related to their theoretical and methodological preparation in the specialty). The mastery of professional skills and competencies is also realized in the conditions of classes with a practical focus - practical exercises, internships, practicums, 135 hours of current pedagogical practice and 120 hours of pre-diploma pedagogical practice in the initial stage of the basic educational degree.

**Elective courses** (1110 hours – 44 credits) are introduced from the 3rd semester and provide an opportunity to expand and upgrade the general theoretical and specialization preparation in the specialty. Within the framework of the training in elective courses, students are provided with conditions for deepening, concretizing and enriching the mastered knowledge and the formed skills and competencies within the framework of the mandatory courses. The elective courses are divided into sixteen groups: - interdisciplinary and applied-experimental courses, oriented towards key competences and related to the professional and pedagogical realization of teachers of physical education and sports. The ratio between mandatory and elective subjects is 68%:32%.

**Optional subjects provide** an opportunity to enrich the knowledge, skills and competencies of students, depending on the diverse focus of their interests. In the process of their studies within the bachelor's degree program "Physical Education and Sports", each student must choose at least one optional subject with a teaching load of 15 hours.

Students graduate after passing a state practical and applied exam and a state theoretical exam (or defense of a thesis), for which they acquire 10 credits (Article 10 of Ordinance No. 21 of 30.09.2004).

### **EDUCATIONAL GOALS OF THE SPECIALTY**

The curriculum and the curricula of the specialty "Physical Education and Sports" have been developed in accordance with the requirements of the Higher Education Act, the standards adopted in Bulgaria in the field of

professional training of teachers for the initial stage of the basic educational degree, Regulation No. 21 of 30.09.2004. on the implementation of a system for accumulation and transfer of credits in higher education institutions (SG, issue 89 / 12.10.2004), the Regulation on the state requirements for acquiring higher education at the educational and qualification degrees "bachelor", "master" and "specialist" (SG, issue 76 of 6.08.2002), Regulation No. 15 of 22.07.2019 on the status and professional development of teachers, principals and other pedagogical specialists, published in the State Gazette, issue 61 of 02.08.2019, issued by the Minister of Education, the Regulation on the state requirements for acquiring the professional qualification "teacher", published in the State Gazette, issue 89 of 11.11.2016 in force from the academic year 2017/2018, adopted by the Council of Ministers No. 289 of 07.11.2016 and the internal rules for quality management at the South-West University "Neofit Rilski".

The training in the specialty lasts 4 years (8 semesters). The curriculum has a total of 2565 hours and provides a total of 240 ECTS credits, which are distributed over the eight semesters in accordance with state requirements (Art. 44a of the Law on Amendments and Supplements to the Higher Education Act - SG No. 48/04.06.2004 on the Implementation of a Credit Accumulation and Transfer System in Higher Education Institutions - SG No. 89/12.10.2004).

The structure of the curriculum includes mandatory, elective and optional disciplines: **The mandatory disciplines** (2010 hours – 184 credits) ensure the building of the basic general theoretical, practical and specialization foundation in the preparation for the specialty "Physical Education and Sports". Students master knowledge from various fields of scientific knowledge (directly related to their theoretical and methodological preparation in the specialty). The mastering of professional skills and competencies is also realized in the conditions of classes with a practical focus - practical exercises, internships, practicums, 135 hours of current pedagogical practice and 120 hours of internship practice at all stages of primary and secondary education levels.

**The total number of elective disciplines** is 1455 hours, and the number of disciplines that are chosen is 510 hours. – 47 credits and are introduced from the 3rd semester and provide an opportunity to expand and upgrade the general theoretical and specialization preparation in the specialty. Within the framework of the training in elective subjects, students are provided with conditions for deepening, concretizing and enriching the mastered knowledge and the skills and competencies formed within the framework of the mandatory subjects.

The elective subjects are divided into nine groups: - interdisciplinary and applied-experimental subjects, oriented towards key competencies and related to the professional and pedagogical realization of physical education and sports teachers. The ratio between mandatory and elective subjects is 65%:35%.

**Optional subjects provide** an opportunity to enrich the knowledge, skills and competencies of students, depending on the diverse direction of their interests. In the process of their studies within the bachelor's degree program "Physical Education and Sports", each student must choose at least one elective course with a teaching load of 15 hours.

Students graduate after passing a state practical and applied exam and a state theoretical exam (or defense of a thesis), for which they acquire 10 credits (Art. 10 of Ordinance No. 21 of 30.09.2004).

The training in the bachelor's program in "Physical Education and Sports" aims to prepare specialists with educational and qualification parameters that enable them to fully realize themselves in the various units and levels of the educational system in the Republic of Bulgaria.

The theoretical and methodological training of the specialist allows the physical education and sports teacher to develop educational documentation regarding the time distribution of the educational material regulated by the physical education and sports program of the Ministry and by the State Educational Standard, taking into account the specific conditions of the school where he works and in accordance with the traditions of physical education and sports in the region.

The physical education and sports teacher also receives the necessary practical skills to teach the educational material related to the sports-technical and tactical actions of the studied sports. He also receives skills to improve the physical performance of the students and their health, as well as organizational skills necessary for conducting mass school events: holidays, excursions, camps at sea, in the mountains, etc.

The teacher is prepared to instill in students a love of sports, a need and desire for systematic physical exercise. He, together with teachers of other subjects, contributes to the formation of students as worthy citizens of society, individuals possessing morality, a rich general culture and a high level of work capacity.

In accordance with Art. 4 of the Regulation on the State Requirements for Acquiring Higher Education of the Educational and Qualification Degrees "Bachelor", "Master" and "Specialist" (SG No. 76 of 6.08.2002), training in the specialty provides:

1. **General scientific and general pedagogical training**, which includes studying the conceptual apparatus, methodology and regularities of the disciplines: philosophy, pedagogy, psychology. This also includes the training necessary for every modern teacher in computer science, foreign language, information and communication technologies of education, inclusive education, etc.

2. **General training in medical and biological sciences** such as functional anatomy, age morphology, human physiology. Special training in medical and biological sciences is directly related to the impact of physical

exercises on the human body. This includes studying: Physiology of physical exercises, Biochemistry of physical exercises, Biomechanics of physical exercises, Biocybernetics and management of physical exercises, Kinesitherapy, Valeology.

**3. Special theoretical and methodological training** in scientific disciplines directly related to the study of the laws of physical education and sports. This means mastering the conceptual apparatus, methodology and principles of scientific disciplines: Theory and methodology of sports selection, Methodology, metrology and statistics in physical education and sports, Psychology of sports, Sociology of sports, Management of sports.

**4. Methodological and practical training.** It includes mastering the methodological skills for teaching the main sports disciplines, as well as practical skills for teaching the main sports disciplines, as well as practical skills for performing sports and technical motor actions from sports: athletics, gymnastics, swimming, sports games (basketball, football, volleyball and handball). This also includes mastering methodological and practical skills related to teaching dance and outdoor games. Students, future teachers, also receive such training in sports such as skiing, water sports, sports orienteering, tourism and camp work, which find their place in extracurricular forms of physical education and skills from sports such as tennis, table tennis, fitness and bodybuilding, wrestling, taekwondo, badminton, futsal, etc.

**5. Specialized methodological and practical training** is implemented both in the basic course in physical education methodology (mainly for the junior high school stage of the basic educational level and for the secondary educational level), as well as in academic disciplines: Methodology of physical education in preschool institutions, Methodology of physical education for children with special educational needs, Methodology of physical education in Sofia University, etc.

**6.** By including **special theoretical and methodological and applied disciplines** and their curricula in the curriculum, students are provided with the opportunity to acquire skills for independent professional sports and pedagogical performance, as teachers and methodologists in physical education, and also develop skills for teamwork when conducting educational, training and sports and competitive activities.

#### **Academic competence**

##### **1. Knowledge:**

- possesses extensive and in-depth knowledge in the field, including related to the latest achievements in it;
- independently interprets the acquired knowledge, linking it with the application of facts and through critical perception, understanding and expression of theories and principles;

##### **1. Skills:**

- masters methods and tools that allow solving complex tasks;
- applies logical thinking and demonstrates innovation and a creative approach when solving non-standard tasks

##### **2. Competencies:**

Independence and responsibility:

- possesses the ability to administer complex professional activities, including teams and resources;
- assumes responsibilities when making decisions and in complex conditions, under the influence of various interacting factors that are difficult to predict;
- demonstrates creativity and initiative in management activities;
- assesses the need for training others in order to increase team efficiency.

#### **Learning competence:**

- consistently assesses one's own qualifications by assessing the knowledge and skills acquired to date and plans the need to expand and update one's professional qualifications.

#### **Communication and social competences:**

- formulates and presents ideas, problems and solutions clearly and comprehensibly to specialists and non-specialists;
- expresses insight and understanding on issues by using methods based on qualitative and quantitative descriptions and assessments;
- exhibits a broad personal worldview and shows understanding and solidarity with others;
- fully communicates in some of the most widely used European languages.

#### **Professional competences:**

- collects, classifies, evaluates and interprets data from the field in order to solve specific tasks;
- applies the acquired knowledge and skills in new or unfamiliar conditions;
- shows the ability to analyze in a broader or interdisciplinary context;
- uses new strategic approaches; forms and expresses one's own opinion on problems of a social and ethical nature arising in the work process.

**2.1. Groups of competencies for acquiring a professional qualification "teacher" in ...** in accordance with the Supplement to the Regulation on the state requirements for acquiring a professional qualification of teacher of 05.02.2021:

- Teaching, adapting knowledge from the scientific field to the age characteristics and the level of cognitive development of students, applying the competency approach in learning through a variety of methods and technologies;

- Relationships with students, creates conditions necessary for an appropriate socio-psychological climate in classrooms and schools, where students feel calm, safe, can fully develop their potential, knows opportunities to motivate students for learning, achievements in the field of sports, self-development;

- Relationships with other pedagogical specialists, striving to form effective relationships with the director and deputy directors, teachers and other pedagogical specialists, aimed at complying with regulated norms for pedagogical work on the school territory and outside it;

- Leadership, forming skills for creating and offering a clear vision for the personal development of each student and leadership skills;

- Working with parents and the family community, skills for recognizing basic characteristics of the family environment that influence the development and upbringing of the child;

- Educational work, implementing educational activities aimed at developing competencies aimed at the personal development of students, implementing educational principles and substantive directions of educational work depending on set goals, tasks, social and personal needs;

- Working in a multicultural and inclusive school environment, applying methods, techniques, and means to foster qualities such as tolerance, respect, empathy, goodwill, etc.

Educational mobility and international comparability of acquired competencies.

The content of the curriculum, the organization of training, the introduced credit system and the education quality system allow the trained specialists to be competitive in the market of specialists in the country, to work successfully and to continue their education in the specialty in our country and abroad.

## QUALIFICATION AND CAREER DEVELOPMENT

The specialist with the educational qualification degree "Bachelor of Physical Education" is mainly prepared for implementation in the various units and levels of the educational system in the Republic of Bulgaria: physical education teacher, instructor in various sports and organizational worker in the field of physical education and sports.

He realizes the various tasks of physical education and sports of students from the various levels of the school, both in physical education and sports lessons, and in other (extracurricular) forms and activities with physical exercises and sports: morning gymnastics, sports sections, school competitions, tourist hikes, etc.

### Positions:

According to the national classification of positions and professions in the Republic of Bulgaria (2011), the positions that sports educators can hold are:

- **class 2 - Specialists:**

- single group 2330 - **Teachers of general education in secondary education (grades V-XII)** - Junior teacher, general education subject in the pro-gymnasium stage; Junior teacher, general education subject in the gymnasium stage; Teacher, general education subject in the pro-gymnasium stage; Teacher, general education subject in the gymnasium stage; Senior teacher, general education subject in the pro-gymnasium stage; Senior teacher, general education subject in the gymnasium stage; Head teacher, general education subject in the pro-gymnasium stage; Head teacher, general education subject in the gymnasium stage.

- single group 2341 – **Teachers in the initial stage of primary education (grades I-IV)**

- A graduate of the bachelor's degree "teacher of physical education and sports" has the opportunity:

- to specialize in various forms of postgraduate qualification and continuing training;

- to continue their education in the educational and qualification degree "master".

The qualification characteristics of the specialty "Physical Education and Sports" for the educational and qualification degree "bachelor" with the professional qualification "teacher" is a basic document that determines the development of the curriculum and curricula. It is in accordance with the Higher Education Act, the Classifier of Higher Education Areas and Professional Areas, the Regulation on State Requirements for Acquisition of Higher Education for the Educational and Qualification Degrees "bachelor", "master" and "specialist" (SG No. 76 of 6.08.2002), the National Classification of Positions and Professions, the Regulations on the Organization and Activities of the Southwestern University "Neofit Rilski", the Regulations on Educational Activities and other regulatory documents of the university.

1. The qualification characteristics were adopted at a meeting of the Department Council of the Department "Theory and Methodology of Physical Education", **held on 12.06.2008, Minutes No. 6.**

2. The updated qualification characteristics were adopted at a meeting of the Department Council of the Department "Theory and Methodology of Physical Education", **held on 30.06.2011, Minutes No. 7.**

3. The updated qualification characteristics were adopted at a meeting of the Department Council of the Department "Theory and Methodology of Physical Education", **held on 13.06.2012, Minutes No.**

- 6.
4. The updated qualification characteristics were adopted at a meeting of the Department Council of the Department "Theory and Methodology of Physical Education", **held on 03.07.2012, Minutes No.**
- 7.
5. The updated qualification characteristics were adopted at a meeting of the Department Council of the Department "Theory and Methodology of Physical Education", **held on 08.04.2014, Minutes No.**
- 4.
6. The updated qualification characteristics were adopted at a meeting of the Department Council of the Department "Theory and Methodology of Physical Education", **held on 09.05.2016, Minutes No.**
- 6.
7. The updated qualification characteristics were adopted at a meeting of the Department Council of the Department "Theory and Methodology of Physical Education", **held on 20.06.2017, Minutes No.**
- 5.
8. The updated qualification characteristics were adopted at a meeting of the Department Council of the Department "Theory and Methodology of Physical Education", **held on 15.04.2021, Minutes No. 4**

**Head of the Department of TMFV:  
Assoc. Prof. Dr. Daniela Tomova**

1. The qualification characteristics were adopted at a meeting of the Faculty Council of the Faculty of Pedagogy, held on **25.06.2008, Minutes No. 6.**
2. The updated qualification characteristics were adopted at a meeting of the Faculty Council of the Faculty of Pedagogy, held on **05.07.2011, Minutes No. 31.**
4. The updated qualification characteristics were adopted at a meeting of the Faculty Council of the Faculty of Pedagogy, held on **27.06.2012, Minutes No. 8.**
5. The updated qualification characteristics were adopted at a meeting of the Faculty Council of the Faculty of Pedagogy, held on **29.08.2012, Minutes No. 9.**
6. The updated qualification characteristics were adopted at a meeting of the Faculty Council of the Faculty of Pedagogy, held on **09.04.2014, Minutes No. 29.**
7. The updated qualification characteristics were adopted at a meeting of the Faculty Council of the Faculty of Pedagogy, held on **16.05.2016, Minutes No. 56.**
8. The updated qualification characteristics were adopted at a meeting of the Faculty Council of the Faculty of Pedagogy, held on **03.07.2017, Minutes No. 09.**
9. The updated qualification characteristics were adopted at a meeting of the Faculty Council of the Faculty of Pedagogy, held on **26.04.2021, Minutes No. 4**

**Dean of the Faculty of Pedagogy:  
Prof. Dr. Yanka Stoimenova**

1. The qualification characteristics were approved at a meeting of the Academic Council of the South-West University "Neofit Rilski", held on **09.07.2008, Minutes No. 8.**
2. The updated qualification characteristics were approved at a meeting of the Academic Council of the South-West University "Neofit Rilski", held on **06.07.2011, Minutes No. 35.**
3. The updated qualification characteristics were approved at a meeting of the Academic Council of the South-West University "Neofit Rilski", held on **17.07.2012, Minutes No. 9.**
4. The updated qualification characteristics were approved at a meeting of the Academic Council of the South-West University "Neofit Rilski", held on **19.09.2012, Minutes No. 10.**
5. The updated qualification characteristics in accordance with the European Qualifications Framework, the National Qualifications Framework and the National classification of professions and positions in the Republic of Bulgaria, according to the decision of the Academic Council of **30.01.2013, Protocol No. 14.**
6. The updated qualification characteristics were approved at a meeting of the Academic Council of the South-West University "Neofit Rilski", held on **16.04.2014, Protocol No. 28.**
7. The updated qualification characteristics were approved at a meeting of the Academic Council of the South-West University "Neofit Rilski", held on **18.05.2016, Protocol No. 7.**
8. The updated qualification characteristics were approved at a meeting of the Academic Council of the South-West University "Neofit Rilski", held on **05.07.2017, Protocol No. 20.**
9. The updated qualification characteristics were approved at a meeting of the Academic Council of the South-West University "Neofit Rilski", held on **11.09.2019, Minutes No. 40.**
10. The updated qualification characteristics were approved at a meeting of the Academic Council of the South-West University "Neofit Rilski", held on **14.06.2021, Minutes No. 14.**

## CURRICULUM STRUCTURE

**Specialty: Physical Education and Sports – code: 01.08.11.10**

<b>First year</b>			
<b>First semester</b>	<b>ECTS credits</b>	<b>Second semester</b>	<b>ECTS credits</b>
Pedagogy	5.0	Theory of Physical Education	6.0
Functional anatomy and age morphology	6.0	Morphology of Track-and-field teaching, Part 2	4.0
History of Physical Education	5.0	Methodology of swimming teaching	5.0
Methodology of Track-and-field teaching, Part 1	3.0	Physiology (general and physical education` exercise)	5.0
Methodology of Basketball teaching	6.0	Foreign language	5.0
Winter sports training` course	5.0	Water sports training` course	5.0
	Total 30		Total 30
<b>Second year</b>			
<b>third semester</b>	<b>ECTS credits</b>	<b>Fourth semester</b>	<b>ECTS credits</b>
Methodology of football teaching	5.0	Methodology of gymnastics teaching Part 2	4.0
Methodology of handbal teaching	5.0	<b>Mobile games Movement games</b>	4.0
Methodology of gymnastics teaching Part 1	3.0	Methodology of physical education in secondary school	6.0
General foundations of physical education methodology	6.0	Methodology of volleyball teaching	5.0
Biomechanics of movements in sports	5.0	Tourism, orienteering and camp work training course	5.0
Selectable disciplines: one from first group	3.0	Selectable disciplines: one from second group	2.0
		Selectable disciplines: second from second group	2.0
		Selectable disciplines: one from third group	2.0
<b>Selectable disciplines (students choose one course)</b>		<b>Selectable disciplines (students choose one course)</b>	
Methodology of winter sports training	3.0	Stress and adaptation in sports	2.0
Motor activity and modern lifestyle	3.0	Biochemistry of physical exercise	2.0
Methodology of tourism activity	3.0	Valeology	2.0
Methodology of water sports	3.0	Movement management in sports	2.0
Rules of sports games	3.0	Sports injuries	2.0
<b>Selectable disciplines (students choose one course)</b>		<b>Selectable disciplines (students choose one course)</b>	
		Leadership in Education	2.0
		Management of Educational Institutions	2.0
		Digital Competence and Digital Creativity	2.0
		Development of Lessons for Learning in an Electronic Environment	2.0
		Health and Environmental Education	2.0
	Общо 30		Общо 30
<b>Third year</b>			
<b>Fifth semester</b>	<b>ECTS credits</b>	<b>Sixth semester</b>	<b>ECTS credits</b>
Current pedagogical practice Part I	5.0	Current pedagogical practice Part II	4.0
Information and communication technologies in education and work in a digital environment	3.0	Methodology of physical education in preschool institutions	6.0
Theory and methodology of sports training	5.0	Competency-based approach and innovation in education	4.0
Methodology and methods of sports pedagogical research	5.0	Extracurricular activities of physical education	6.0
Selectable disciplines: one from forth group	3.0	Selectable disciplines: one from sixth group	3.0
Selectable disciplines: second from forth group	3.0	Selectable disciplines: one from seventh group	3.0
Selectable disciplines: one from fifth group	3.0	Selectable disciplines: second from seventh group	3.0
Selectable disciplines: second from fifth group	3.0	Optional discipline	1.0
<b>Selectable disciplines (students choose one course)</b>		<b>Selectable disciplines (students choose one course)</b>	

Informatics	3.0	Pedagogical interaction in a multicultural environment	3.0
Physical education and sports in children with special needs	3.0	Civic education	3.0
Kinesitherapy	3.0	Interaction with the family	3.0
Sports Science	3.0	Inclusive education for children and students with special educational needs	3.0
Disaster and emergency protection		Communication skills in the educational environment	3.0
		Managing relationships in the educational environment	3.0
<b>Selectable disciplines (students choose one course)</b>		<b>Selectable disciplines (students choose one course)</b>	
Adapted physical activity	3.0	Selection and promotion in sports	3.0
Folk music, rhythm and dance	3.0	Sports for all	3.0
Futsal	3.0	Comparative education in physical education and sports	3.0
Table tennis teaching methodology	3.0	Philosophy	3.0
Organization and implementation of sports events in school	3.0	Sociology of sports	3.0
		Mental and behavioral regulation in physical education and sports	3.0
	Total 30		Total 30
<b>Fourth year</b>			
<b>Seventh semester</b>	<b>ECTS credits</b>	<b>Eighth semester</b>	<b>ECTS credits</b>
Psychology of Physical Education and Sports	5.0	Pre-diploma teaching practice	20
Inclusive Education	3.0	Degree:	10
Current Pedagogical Practice Part III	5.0	State practical-applied exam	
Management of Physical Education and Sports	5.0	Theoretical state exam (written and oral) or	
Selectable disciplines: one from eight group	3.0	Defense of thesis	
Selectable disciplines: second from eight group	3.0		
Selectable disciplines: one from nineht group	3.0		
Selectable disciplines: second from nineht group	3.0		
<b>Selectable disciplines (students choose one course)</b>			
System of the Olympic Movement	3.0		
Integrativeness in sports and pedagogical activity	3.0		
Administrative foundations of physical education in educational institutions	3.0		
Project development and management	3.0		
Sports metrology	3.0		
<b>Selectable disciplines (students choose one course)</b>			
Tennis	3.0		
Combat Sports	3.0		
Badminton	3.0		
Bodybuilding	3.0		
Field Hockey	3.0		
	Total 30		Total 30
<b>TOTAL FOR 4 ACADEMIC YEARS: 240 CREDITS</b>			

## ANNOTATIONS

### PEDAGOGY

**ECTS credits:** 5.0

**Assessment form:** exam

**Methodological guidance:**

Department of "Educational Management and Special Pedagogy"

Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Snejana Popova PhD

E-mail: [snejy\\_popova@swu.bg](mailto:snejy_popova@swu.bg)

**Weekly hours:** 2 L + 2 S

**Exam type:** written

**Abstract:**

The academic discipline "Pedagogy" occupies a central place in the professional training of future sports educators and coaches. Through training in this academic discipline, the development of professional competence, adequate attitude and personal readiness of future sports educators and coaches to cope with diverse professional tasks is supported and directed. The main idea is that the training in this fundamental discipline for students should be tailored to the situations in which modern man finds himself in the modernizing world - typical, problematic, critical. In fulfilling their professional roles, sports educators face a wide variety of challenges every day and the need to deal with them quickly, accurately and adequately. Therefore, the main goal of pedagogy training is not only the acquisition of certain knowledge and the formation of specific skills, but the development of an adequate attitude and attitude towards the specifics of future professional activity.

### FUNCTIONAL ANATOMY AND AGE MORPHOLOGY

**ECTS credits:** 6.0

**Assessment form:** exam

**Methodological guidance:**

Department of Kinesitherapy

Faculty of Public Health and Sport

**Lecturer:**

Assoc. Prof. Manol Kalniev PhD

E-mail: [manol\\_kalniev@swu.bg](mailto:manol_kalniev@swu.bg)

**Weekly hours:** 2 L + 2 P

**Exam type:** written

**Annotation:**

The discipline is mandatory in the curriculum of the educational and qualification degree "Bachelor" in the specialty "Physical Education and Sports" at the Faculty of Pedagogy at the Southwestern University "Neofit Rilski", Blagoevgrad. The educational discipline "Functional Anatomy and Age Morphology" aims to provide fundamental training related to the structure and function of the human organism. The program provides an introduction to the structure of tissues, organs and systems in the body, considered in their unity and development. Attention is paid to their mutual spatial arrangement, blood supply and innervation. Particular attention is paid to the musculoskeletal system - bone and muscular system, joint apparatus and the structure and function of the various muscle groups, in the context of locomotion and physical exertion. The structure and main functions of the nervous system, its ontogenetic development, age-related changes, the structure of neurons, the brain matter, the corresponding peripheral nerves responsible for the movement of the human body, as well as the structure of the brain and its main divisions are examined in detail. Of the sensory functions of the nervous system, those that are closely related to motor functions and motor control are studied in more detail, such as: visual, auditory and vestibular, somatosensory system and proprioceptive. Also examined are: the anatomical and functional organization of the walls of blood vessels (arteries, veins and capillaries), the structural organization of blood circulation (pulmonary and systemic, coronary and portal), the anatomy and functional organization of the heart and cardiac cavities, the hematopoietic and lymphatic systems, the digestive system. Also examined in detail are: - the respiratory system and the muscles associated with inspiration and expiration, changes during physical exertion and aging; - the endocrine system and the pituitary-hypothalamus-adrenal axis, such as stress-induced reactivity; - the excretory system and the conceptual apparatus of glomerular filtration, reabsorption and secretion; and - the male and female reproductive systems.



## HISTORY OF PHYSICAL EDUCATION AND SPORT

**ECTS credits:** 6.0

**Form of Assessment:** exam

**Department** Theory and Methodology of Physical education

**Faculty** of Pedagogy

**Lecturer:**

Assoc. prof. Daniela Tomova, PhD

E-mail: [danitomova@swu.bg](mailto:danitomova@swu.bg)

**Weekly classes:** 2 L + 1 S

**Type of exam:** written

### **Abstract:**

The discipline "History of Physical Education" is intended for students, future teachers of physical education and sports.

The history of physical education is an important part of the general culture of mankind. Future teachers of physical education and sports get acquainted with the emergence of sports and physical education throughout the centuries in the world and in Bulgaria. The academic discipline forms knowledge about the systems of physical education from antiquity, through the Middle Ages to the present day. With the emergence of individual sports, sports unions and federations in Bulgaria. An important place is occupied by the founders of physical education and sports in Bulgaria and around the world. Students get acquainted with the participation of Bulgarian athletes in European and world championships and the Olympic Games and their achievements.

The modern Olympic Games symbolize peace, unity, understanding, tolerance and respect between nations, regardless of the competitors' race, ethnicity, religion and gender. Olympic education as part of the entire growth and formation of the personality takes its place in the education system of every country. The purpose of education is the formation of knowledge about the emergence and development of sports in Bulgaria and on a global scale. The creation of sports clubs, unions and federations is a prerequisite for the development of sports and physical education. The appearance of the first works, aids and textbooks laid the foundation for the theory of physical education as a science is a prerequisite for the development of physical education and sports.

## METHODOLOGY OF TRAINING IN ATHLETICS PART I AND II

**ECTS credits:** 7.0

**Assessment form:** exam

**Methodological guidance:**

Department of Sports

Faculty of Public Health, Health Care and Sports

**Lecturer:**

Assistant Professor Anton Manchev PhD

E-mail: [manchev@swu.bg](mailto:manchev@swu.bg)

**Weekly hours:** 1 L + 2 P

**Type of exam:** written

### **Abstract:**

The course "Methodology of Training in Athletics" provides knowledge and forms practical skills in the technique and methodology of training in athletics. It is included as a mandatory course in the curriculum of the specialty "Physical Education and Sports" for the 1st year /1st and 2nd semester/.

The study of athletics, as one of the main sports in the physical education curricula, will enable future sports teachers to successfully solve the educational and educational tasks of physical education and sports at all levels of our educational system. The mastery of the diverse and universal in nature athletics exercises is a prerequisite for the formation of the necessary motor potential, determining the appearance of the physical education teacher. The discipline introduces students to the technique and methodology of training, as well as the forms of classes and control in athletics, ensuring the necessary sports and pedagogical potential and competence of future sports teachers.

## METHODOLOGY OF BASKETBALL TEACHING

**ECTS credits:** 6.0

**Assessment form:** exam

**Department:** Department of Sports

Faculty of Public Health, Health Care and Sports

**Lecturer:**

**Weekly workload:** 1 L + 3 P

**Type of exam:** written and practical

Assoc. Prof. Jasmin Tsankova PhD  
Asst. Professor Nikolay Hadzhiev PhD  
E-mail: [nimago@swu.bg](mailto:nimago@swu.bg)

**Annotation:**

This curriculum covers the main directions in the methodology of teaching basketball. Teaching is the most difficult and complicated unit of the educational process of studying basketball. It can be achieved only if you know and apply proper methodology.

Here are included the main concepts and classifications of the technique and tactic of the basketball game, including the right mastery of technique of players, passing, leading, stopping, fancy moves, game technique, individual, group and team tactic actions in attack and defense.

**Goal and objectives:** The goal and objectives are directed to the proper methods of mastering knowledges of the main content and form of basketball game. Using them they will be able to choose means, methods and dose for compliance different basketball tasks in the educational system of physical education and sport.

**Expected results:** Practical mastering of a large number of seminars with basketball character, and the methods of teaching will provide future teachers good knowledge of the content and its proper teaching in different ages of the system of physical education and sport.

**Organization of the course and evaluation procedures:** The course comprises lectures and sports training with modern sports equipment. The theory and practice together create a set of knowledge and skills. Students are also involved into active training. They take parts in local and national competitions and sports events.

The students final assessment includes both practical and theoretical parts. Their performance during the semester is also taken in consideration.

## **ELECTIVE COURSES – GROUP ONE**

### **COURSE – WINTER SPORTS**

**ECTS credits:** 5.0

**Form of knowledge assessment:** exam

Methodological guidance:

Department: Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Valeri Tsvetkov PhD

E-mail: [valeric@swu.bg](mailto:valeric@swu.bg)

**Timetable:** 60 h

**Type of exam:** practical

**Annotation:** The main objectives of the course are: 1) formation of knowledge about the purpose, tasks and structure of skiing training as well as the specifics of the conditions for conducting the skiing training process. 2) formation, development and improvement of skating skills and precise implementation of the individual elements of the skiing training methodology. Development of habits for planning, developing and teaching skiing lessons by students participating in the ski course.

**Course content:**

Emergence, subject, tasks, educational and educational goal of the Methodology of Ski Training. Modern aspects of the programs and methodologies of ski training. Didactic principles and methods valid in training. Concepts, terminological knowledge, language arsenal and their application in the ski training process. Innovative technologies for using multimedia applications in training.

**Teaching methods:**

The training primarily includes practical exercises. An independent task is the improvement and the best possible implementation of the individual elements of the initial ski training. The exam is based on previously and in detail developed criteria for assessment by three indicators. The final grade is formed by the cumulative, expert assessment of three teachers divided into 3.

## **THEORY OF PHYSICAL EDUCATION**

**ECTS credits:** 5.0

**Form of Assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

**Weekly classes** 3 L +2 S

**Type of exam:** written

Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Daniela Tomova PhD

E-mail: [danitomova@swu.bg](mailto:danitomova@swu.bg)

**Annotation:**

The course "Theory and Methodology of Physical Education" is intended for students preparing to become teachers of physical education and sports.

This course studies the laws of physical education as a teaching, educational and educational pedagogical process. It is one of the fundamental disciplines in the curriculum of the specialty and provides basic theoretical training for future teachers of physical education and sports for the implementation of the teaching process in physical education.

The purpose of the training is to form knowledge about the principles, means and methods of the teaching process in physical education.

Tasks: By studying the discipline "Theory of Physical Education" to create prerequisites for understanding the laws of physical education from the point of view of adaptation. Enriching the specific culture of students with the accumulated knowledge and experience in the field of physical education and the theoretical foundations of training in motor skills and habits at different educational levels. Knowledge of the basic concepts, pr

## METHODOLOGY OF SWIMMING TEACHING

**ECTS credits:** 5.0

**Testing mode:** exam

**Methodic direction:**

Department of Sports

Faculty of Public Health, Health Care and Sports

**Lecturer:**

Assoc. Prof. Daniela Lekina PhD,

E-mail: [danilekina@swu.bg](mailto:danilekina@swu.bg)

**Week hours:** 1 L + 3 P

**Exam type:** written and practical

**Annotation:**

The program in Swimming discipline is designated for students – masters in the Physical Education and Sports discipline. The program foresees study of the methodic of teaching swimming, mastering the technique of swimming styles, acquiring knowledge and skills necessary for the pedagogical and organizational work in school institutions. In compliance with the curriculum the Swimming discipline is taught in the second semester. The sessions are held as practical seminars.

The academic content is coordinated with the high requirements towards the professional training of future experts. The practical activities ensure knowledge about the technique and methodic of training in swimming. They form knowledge and skills necessary for the practical work in the field of swimming. The students study: technique of sports and applied swimming of the start and turn, methods of primary training in swimming, acquiring knowledge about conducting training with various range of people, knowledge about organization and conducting physical and mass events by using swimming.

**Course content:**

On the one hand, students gain knowledge about the biomechanical and hydrodynamic regularities of swimming stroke techniques used in competitive swimming. Theoretical material is included on the impact of swimming on the swimmer's body, on improving the physical performance and health of those practicing swimming. Students also receive methodological and practical training for teaching swimming to young children and students.

**Teaching methods:**

The course of study includes lectures and practical exercises. They are held weekly, with the emphasis on the methodological and practical training of students, conducted in an indoor swimming pool.

## PHYSIOLOGY (GENERAL AND PHYSIOLOGY OF PHYSICAL EXERCISE)

**ECTS credits:** 6.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Anatomy and Physiology

**Weekly hours:** 2 L + 2 P

**Type of exam:** written

Faculty of Public Health, Health Care and Sport  
**Lecturer: Assistant prof. Maria Ganeva, PhD**  
E-mail: [mariaganeva@swu.bg](mailto:mariaganeva@swu.bg)

**Abstract:**

The fundamental nature of the discipline determines the purpose of the proposed curriculum to provide students of the specialty with basic knowledge on the functions of all physiological systems in the living human organism, both at rest and during physical exertion.

Objectives and tasks: The lecture course is divided into three modules: (1) Biological foundations of physiology; (2) Nervous system and sensation; (3) Physiology of skeletal muscles; (4) Endocrine functions, blood, blood circulation and cardiorespiratory functions; (5) Digestion, metabolism, thermoregulation and excretory functions; The main objectives of the various modules are related to the development of knowledge and competencies, tailored to the specifics of the specialty and relate to: - Modern concepts of the organization and function of the neuromuscular apparatus, muscle contraction, types of muscle contractions, motor control, etc., as well as adaptive changes in physiological functions during movement and load; - Knowledge of the role of proprioceptors; practical training on methodology and approaches for functional research such as: dynamometry and isokinetic dynamometry, kinesiometrical EMG, spirometry, etc. Special importance is given to physical exertion as a complex of stress-induced reactions resulting from the general adaptation syndrome of the organism and the physiological characteristics of fatigue in different states and types of exertion, recovery and supercompensation. The pedagogical aspects of the physiology course are supplemented by consideration of the ontogenetic development of motor abilities - the basic movements (walking, running and jumping) and fitness qualities, age periodization and age-related physiological features in sports activities, physiological features of sports activities with women and their anatomical and physiological features in comparison with those with men. For training under the proposed program, knowledge of anatomy, biophysics, general biomechanics, as well as good command of the material from the high school course in chemistry, biology, physics and mathematics is required.

## FOREIGN LANGUAGE

**ECTS credits:** 5.0

**Form of Assessment:** exam

**Department:** Theory and Methodology of Physical education

**Faculty of Pedagogy**

**Lecturer:**

Assistant Maria Mladenova Kamenichka, PhD:

e-mail: [m.kamenichka@swu.bg](mailto:m.kamenichka@swu.bg)

**Weekly classes:** 4 S

**Type of exam:** written

**Annotatin:**

The English language course for "Physical Education" is aimed at mastering basic language skills and knowledge corresponding to level A1-A2, the main focus is the terminology related to physical education and sport.

The purpose of the course is to develop communicative competences that will allow students to use their knowledge in future practice as educators.

During the training the knowledge improves as well as the language skills in English gained in high school; new language material is acquired and strategies for self-study and self-improvement are formed. A time is provided to learn specific terminology that will allow students to acquaint themselves in English literature considering the issues related to their professional training and realization.

At the end of the course students should be able to listen, read and understand different texts in English; to talk about certain topics; express oral and written opinion on an issue.

## COURSE - WATER SPORTS

**ECTS credits:** 5.0

**Assessment form:** exam

Methodological guidance:

Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

**Timetable:** 60 hours

**Exam type:** practical

Assoc. Daniela Tomova PhD  
E-mail: [danitomova@swu.bg](mailto:danitomova@swu.bg)

**Annotation:**

The training is conducted in the form of a 10-day water sports training course. The aim is to familiarize students with the basic requirements for conducting sea camps with children and students. Basic skills for water skiing, windsurfing, rowing boating, etc. are mastered. Swimming skills are improved.

**Content of the course:**

Introduction to water skiing equipment. Training in the technique of exiting and controlling the body on dry land. Training in the technique of exiting into the water. Controlling the body on two Skiing. Training for cornering. Windsurfing - familiarization with the equipment, wind directions, Sailing course, sail  
Rowing - familiarization with the boats and equipment, range of the oars and basic stance, rowing cycles,  
Swimming - improving the skills of swimming breaststroke and backstroke, long-distance swimming - swimming technique and features, safety measures

**Technology of training and assessment:**

Student assessment is carried out in the form of a current assessment, which includes an arithmetic average of the grades in individual sports disciplines. Only those students who actively participate and have completed the tasks set in the training are allowed to take the exam.

## METHODOLOGY OF FOOTBALL TEACHING

**ECTS credits:** 6.0

**Assessment form :** written exam

**Departments involved:**

"Theory and Methodology of Physical Education ."

**Faculty of Pedagogy**

**Lecturer:.**

Assoc. Prof. Valeri Tzvetkov, PhD,

E-mail: [valeric@swu.bg](mailto:valeric@swu.bg)

**Weekly classes:** 1 L+ 3 P

**Exam type:** practical

**Annotation**

This curriculum covers the main directions in the methodology of teaching football. Teaching is the most difficult and complicated unit of the educational process of studying football. It can be achieved only if you know and apply proper methodology.

Here are included the main concepts and classifications of the technique and tactic of the football game, including the right mastery of technique of players, passing, leading, stopping, fancy moves, ball hitting with a foot and a head, game technique of the goalkeeper, individual, group and team tactic actions in attack and defense.

**Goal and objeclives:** The goal and objectives are directed to the proper methods of mastering knowledges of the main content and form of football game. Using them they will be able to choose means, methods and dose for compliance different football tasks in the educational system of physical education and sport.

**Expected results:** Practical mastering of a large number of seminars with football character, and the methods of teaching will provide future teachers good knowledge of the content and its proper teaching in different ages of the system of physical education and sport.

## METHODOLOGY OF HANDBALL TEACHING

**ECTS:** 6.0

**Assessment form:** written exam

**Weekly workload:** 1 L+ 3 P

**Exam type:** practical

Department: „Theory and Methodology of Physical Education”

Faculty of Pedagogy

**Lecturers:**

Assisrant. Prof. Yanko Rumenov PhD

E-mail: [qnkor@swu.bg](mailto:qnkor@swu.bg)

**Annotation:**

The course offers the theoretical knowledge and provides practical technical and tactical skill training in handball. The course presents an overview of basic methodological problems of teaching and training in handball. Students will learn of methods and teaching programs as well as achievement assessment methods.

**Course topics:**

Emergence and development of handball; the rules of the game; handball at school; basic attack techniques; basic defense techniques; basic offensive tactics; basic defensive tactics; achievement assessment methods in handball.

**Course organization and assessment:**

Lectures comprise multimedia presentation of the course topics Extramural activities comprise preparation for the seminars on each topic (case study, program development), preparation for tests, preparation of term papers (both methodological and practical studies).

The course assessment includes a term paper and a written exam on the course topics. Only those students who receive a positive grade at the term paper are admitted to the exam. The final mark takes into account both the term paper and the exam.

## **METHODOLOGY OF TRAINING IN GYMNASTICS PART I AND II**

**ECTS credits:** 7.0

**Weekly hours:** 1 L + 2 P

**Form of knowledge assessment:** exam

**Type of exam:** written and practical

**Methodological guidance:**

Department of "Sport",

Faculty of Pedagogy, Faculty of Public Health, Health Care and Sport

Lecturer:

Asst. Alexander Markov PhD

E-mail: [a.markov@swu.bg](mailto:a.markov@swu.bg)

**Abstract:**

The course "Methodology of Training in Gymnastics Part 1 and 2" with the status of a mandatory course is intended for bachelor's students in "Physical Education and Sport". The thematic units of the curriculum are divided into four modules and focus mainly on the Theory of Gymnastics and the conceptual apparatus, the specificity, priorities and the methodology of teaching the different types of gymnastics. Their age-related characteristics and their variable application with a certain focus, under certain conditions and requirements are analyzed. The program contains up-to-date tools for methodological and practical mastery of knowledge on the main content of the different types of gymnastics. Knowledge is provided to form and build on existing skills in students in terms of terminology, classifications, means and methods of organizing and teaching. The specialists are given the opportunity to select the most optimal option of content, knowledge and skills for building, structuring and implementing a given thematic unit, which will strengthen the creative, analytical and individual nature of their pedagogical skills and abilities.

## **FUNDAMENTALS OF THE METHODOLOGY OF THE METHODOLOGY OF PHYSICAL EDUCATION**

**ECTS credits:** 6.0

**Weekly hours:** 2 L + 2 S + 1 P

**Form of knowledge assessment:** exam

**Type of exam:** written

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Asst. prof. Stefan Kinov PhD

E-mail: [stefankinov@swu.bg](mailto:stefankinov@swu.bg)

**Annotation:**

Fundamentals of Physical Education Methodology (Fundamentals of Physical Education) is a theoretical-applied (methodological-practical) course, which aims to familiarize students of the specialty "Physical Education and Sports" with the fundamental didactic statements, with the principles and methods of training and education, with



the forms of work in school and outside it and their specific application in physical education. Fundamentals of Physical Education appears in this case not only as a private didactics in the subject "Physical Education and Sports", but to a very large extent integrates the necessary knowledge about the hygienic and health-improving orientation of physical education and about the age-gender characteristics in the use of the means, methods and forms of physical education.

As a fundamental theoretical and applied discipline, "Physical Education Methodology" integrates knowledge from other disciplines included in the curriculum. This connection is closest to "Theory of Physical Education", "Didactics", "Age Physiology and Psychology", "Hygiene", etc.

## **BIOMECHANICS OF MOVEMENT IN SPORTS**

**ECTS credits:** 5.0

**Weekly hours:** 2 L + 1 S + 1 P

**Form of knowledge assessment:** exam

**Type of exam:** written

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assistant Professor Iliya Kanelov PhD

E-mail: [i\\_kanelov@swu.bg](mailto:i_kanelov@swu.bg)

**Annotation:** The course "Biomechanics of Movements in Sports" aims to build knowledge about the fundamental laws regarding the mechanics of movements of the human body, in the context of various static and dynamic exercises in sports activities. The course examines basic principles of mechanics (kinematics, kinetics, dynamics and statics) and their manifestation through the specific features of the human musculoskeletal system. Analysis of the forces that generate movement in the segments of the kinematic chain. The different types of muscle contraction are analyzed, as well as the power characteristics of the movements - torque, force-velocity dependence of muscle contraction, force - muscle length, inertial forces, force impulse etc., as well as the characteristic postures of the human body in sports practice. Students learn the methodology for determining the General Center of Gravity of the body in different postures and its influence on the stability of the kinematic chain in static and dynamic sports techniques. Students are expected to acquire the competence to make a primary kinematic analysis of the sports exercise. The applied aspects of knowledge relate to terminology, movement analysis, mechanisms of muscle work, principles in the study of posture and balance, and methods for their study.

## **METHODOLOGY OF TRAINING IN WINTER SPORTS**

**ECTS credits:** 3.0

**Weekly hours:** 2 L

**Form of knowledge assessment:** exam

**Type of exam:** written

**Methodological guidance:**

Department of Theory and Methodology of Physical education Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Valeri Tsvetkov PhD

E-mail: [valeric@swu.bg](mailto:valeric@swu.bg)

**Annotation:**

The curriculum of the elective course "Methodology of Training in Winter Sports" provides mastery of knowledge about the types of winter sports, their emergence and development in our country and around the world, characteristics. It is consistent with modern achievements in the field of winter sports, with an emphasis on skiing. The main tasks of the elective course are aimed at:

- acquiring knowledge by students about the purpose, tasks and methodology of skiing training; knowledge of organizing, planning and implementing classes. The curriculum examines the technology, methods and tools used in the training of beginner and advanced skiers, primarily in alpine disciplines.
- knowledge of specific motor skills and habits for practical implementation of the technique of the elements and their biomechanics.
- acquisition of pedagogical competencies for organizing activities with children, students and other people of different ages, with different motor abilities.

## MOTOR ACTIVITY AND MODERN WAY OF LIFE

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assistant. Veronika Georgieva PhD

E-mail: [veronika.georgieva@swu.bg](mailto:veronika.georgieva@swu.bg)

**Weekly hours:** 2 L

**Type of exam:** written

### **Abstract:**

The subject studied is elective and aims to familiarize students of the specialty "Physical Education and Sports" with the various possibilities for using motor activity as a means of complex and integral impact on a person. The age-gender characteristics in the development of adolescents and the multidirectional functions of organized motor activity are examined. A systematic and structural analysis of the means and methods of physical activity used in various forms of physical education, in accordance with the modern way of life, is carried out. This course appears not only as a private didactics on the subject of physical education and sports, but to a large extent integrates the necessary knowledge for the hygienic and health-improving direction of the implemented physical education. The peculiarities of using the means, methods and forms of physical education in working with secondary school students are studied. First of all, tasks related to the specific professional and pedagogical preparation of students - future physical education teachers are solved.

## METHODOLOGY OF TOURISM ACTIVITY

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assistant. Liliana Gotseva PhD

E-mail: [liligoceva@swu.bg](mailto:liligoceva@swu.bg)

**Weekly hours:** 2 L

**Type of exam:** written

### **Annotation:**

The course "Methodology of Tourism Activity" is intended for and is studied by students of the specialty "Physical Education and Sports". This course is taught for 30 hours of lectures.

The aim of the training is: for future sports educators to acquire basic knowledge about tourism, types of tourism, sports practiced in the mountains and, based on this knowledge, to know the methodology for organizing and conducting various forms of tourism practice (walk, outing, hike, excursion), as well as orienteering competitions with students and competitive climbing competitions. Upon achieving the set goal, it can be expected that students will understand much better the benefits of tourism and know how to organize various tourist events, orienteering and competitive climbing competitions and what methods and means are used to prepare the participants.

## WATER SPORTS METHODOLOGY

**ECTS credits:** 3.0

**Form of knowledge assessment:** assessment

**Methodological guidance:**

Department of Sports

Faculty of Public Health, Health Care and Sports

**Lecturer:**

Assoc. Prof. Daniela Lekina PhD

E-mail: [danilekina@swu.bg](mailto:danilekina@swu.bg)

**Weekly hours:** 2 L

**Type of exam:** written

### **Annotation:**

The program of the discipline "Water Sports Methodology" is intended for bachelor students majoring in "Physical Education and Sports". The program includes methodology for windsurfing training, initial water skiing training,



methodology for rowing and canoeing training, all methodological requirements necessary for water rescue are reflected, as well as the peculiarities of long-distance swimming in different water areas. The main methodological issues of organizing and conducting a training course on open water areas are considered. Classes are held in the form of lectures. Educational content is consistent with the high requirements for the professional training of future specialists. The main objectives are in accordance with the general objectives and qualification characteristics of the specialty and are oriented towards the theoretical training of students in the field of water sports such as: • basic concepts related to windsurfing; • water skiing training methodology; • methodological requirements for initial rowing training; • the peculiarities of long-distance swimming in different water areas.

## **RULES OF SPORTS GAMES**

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Valeri Tsvetkov PhD

E-mail: [valeric@swu.bg](mailto:valeric@swu.bg)

**Weekly hours:** 2 hours

**Type of exam:** written

### **Abstract:**

The classes in the discipline "Rules of Sports Games" are intended for students of the specialty "Physical Education and Sports". The curriculum provides the necessary knowledge and creates conditions for mastering modern theoretical knowledge and changes in the rules of the game (football, handball, basketball and volleyball). The basic rules of the games of football, handball, basketball and volleyball are examined. The modern trends in the development of the rules of the game by type of sport are presented. The main objectives are:

- mastering knowledge about the history and social significance of the rules of the games of football, handball, basketball and volleyball;
- mastering sports-technical and sports-tactical skills in managing the respective sports meetings in school and sports competitions;
- getting acquainted with the basic requirements and criteria for preparing, organizing and conducting football, handball, volleyball and basketball competitions;

Mastering the theoretical and methodological knowledge and skills will provide an advantage in their future work as sports educators in the various levels of our educational system and sports training.

## **ELECTIVE COURSES – GROUP TWO**

### **STRESS AND ADAPTATION IN SPORT**

**ECTS credits:** 2.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assistant Professor Iliya Kanelov PhD

E-mail: [i\\_kanelov@swu.bg](mailto:i_kanelov@swu.bg)

**Weekly hours:** 1 L + 1 S

**Type of exam:** written

### **Annotation:**

Sports activity and in particular the development of the theory and methodology of sports training, reflects the growing social functions of sports in modern society. The analysis of the preparation of elite athletes for Olympic, world, European and other major competitions shows that record achievements in sports are closely related and bound to science and technical progress.

The main goal of the course is to familiarize students with the physiological laws of acquiring sports form. The phase structure of the process, the influence of physical exertion as a stress factor for the athlete's physique. Formation of a systemic-structural trace as a factor of training and sports form and achieving a lasting adaptation

of the organism to perform motor actions with optimal intensity, velocity and strength necessary to achieve a high sports result. It provides knowledge on managing the peak values of sports form, methods for its retention.

## BIOCHEMISTRY OF PHYSICAL EXERCISE

### BIOCHEMISTRY OF PHYSICAL EXERCISE

**ECTS credits:** 2.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

**Lecturer:**

Prof. Ivanka Stankova, PhD

E-mail: [\\_ivastankova@swu.bg](mailto:_ivastankova@swu.bg)

**Weekly hours:** 1 L + 1 S

**Type of exam:** written

#### **Annotation:**

The course “**Biochemistry of Physical Exercise**” explores the molecular foundations of life in its various forms, from viruses to humans. It examines the main organic structures in the biosphere and their derivative structures - the biological macromolecules: lipids, carbohydrates, proteins, and nucleic acids. The course focuses on the fundamental biochemical reactions and pathways catalysed by enzymes, their chemical nature, and the mechanisms of their action.

It also addresses issues related to athletes’ nutrition and the physiological and biochemical changes that occur in the human body under different types of physical exertion.

#### **Aims, Tasks, and Expected Results**

The course is designed to:

- provide an understanding at the molecular level of the composition, structure, and functions of cellular components, as well as of the chemical reactions and processes occurring within cells and their regulation, and to explain their significance for the organism in normal and pathological conditions;
- develop an understanding of the rational principles of nutrition at different stages of growth and under various levels of physical load;
- promote awareness of maintaining health through appropriate dietary and physical activity regimes.

The programme includes lecture sessions that present the main concepts in the biochemistry of physical exercise. The practical sessions focus on methods for assessing energy expenditure and monitoring changes in key biochemical indicators during physical activity, such as lactate, glucose, and pH levels.

## VALEOLOGY

**ECTS credits:** 2.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assistant Veronika Georgieva PhD

E-mail: [veronikageorgieva@swu.bg](mailto:veronikageorgieva@swu.bg)

**Weekly hours:** 1 L+ 1 S

**Type of exam:** written

#### **Abstract:**

Valeology is an interdisciplinary field that provides knowledge about health and ways for its achievement, formation and preservation in the specific conditions of a person's life activity. As an academic discipline, it represents a set of knowledge about health and a healthy way of life.

The main issue that concerns valeology is the importance of individual health and the upbringing of a health culture in the process of individual development of the personality.

The program includes lectures that provide the main guidelines in understanding health problems. During lectures, practical tasks related to the assessment of physical development and functional training are addressed. Working on the Internet is key in solving the specific tasks.

## MOVEMENT MANAGEMENT IN SPORTS

**ECTS credits:** 2.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assistant Professor Iliya Kanelov PhD

E-mail: [i\\_kanelov@swu.bg](mailto:i_kanelov@swu.bg)

**Weekly hours:** 1 L + 1 S

**Type of exam:** written

### Abstract:

The course "Movement Management in Sports" is studied by students of the "Physical Education and Sports" specialty, as an elective in the sixth semester of study.

The course has a theoretical focus, aims to familiarize students with the basic anatomical and physiological theory of movement management in sports, motor control, reflex activity of the nervous system and the biomechanical response to motor control. They will get acquainted with the fundamental biocybernetic theory of the hierarchical structure for controlling movements.

Students will acquire basic knowledge about the anatomical and physiological path along which the reflex and the structural units of the reflex arc are carried out. The knowledge gained in the discipline will allow students to reveal the regularities of the biocybernetic analysis of movements in sports, from the point of view of the hierarchical structure of coordination abilities.

Objective. Students of the specialty "Physical Education and Sports" will acquire basic knowledge about the control of movements in sports, motor control, reflex activity of the nervous system and the biomechanical response of the motor apparatus. To know the fundamental theories of motor control and biokernetic models for controlling movements.

Tasks. Students will acquire basic knowledge about the anatomical path along which the reflex and the reflex arc are carried out. They will make a biocybernetic analysis of movements in sports, from the point of view of the hierarchical structure of coordination abilities. Expected results. Students will acquire specialized knowledge of motor control of movements, physiological and anatomical concepts. They will know in detail the structure of the sensory stimulus and the reflex response. They will know the anatomical basis of the reflex arc and its parts: 1) receptors; 2) sensory (afferent) neuron; 3) interneurons; 4) motor (efferent) neuron; 5) executive organ (effector).

## SPORTS INJURIES

**ECTS credits:** 2.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Kinesitherapy

Faculty of Public Health, Health Care and Sport

**Lecturer:**

Assoc. Prof. Mariela Filipova PhD

E-mail: [mariela\\_filipova@swu.bg](mailto:mariela_filipova@swu.bg)

**Weekly hours:** 1 L + 1 S

**Type of exam:** written

### Abstract:

Students are thoroughly acquainted with the most essential element of sports pathology – trauma. Sports diseases and injuries are the result of sports activity, regardless of whether it is organized or unorganized, collective or individual. Sports kinesiologists must

know well the specifics of sports injuries and their treatment, due to the need to diagnose them in time, provide effective pre-medical care, and if necessary, seek

timely medical intervention. And since the effectiveness of treatment largely depends on this, this knowledge is absolutely necessary. This is of particular importance for professional and youth sports, where it is associated with huge material resources, successful sports careers and fulfilled human destinies. Knowledge of anatomy,

physiology, functional diagnostics of the ODA, biomechanics, pathobiomechanics and pathokinesiology is absolutely necessary for training under the proposed program.

## **ELECTIVE COURSES – GROUP THREE**

### **LEADERSHIP IN EDUCATION**

**ECTS credits:** 2.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Educational Management and Special Pedagogy

Faculty of Pedagogy

**Lecturer:**

**Assoc. Prof. Miroslav Terzyiski**

E-mail: [miroslav.t@swu.bg](mailto:miroslav.t@swu.bg)

**Weekly hours:** 2 L

**Type of exam:** written

**Abstract:**

The current lecture course on the discipline "Leadership in Education" has been developed in accordance with the qualification characteristics of the specialty "Physical Education and Sports" and provides an opportunity in accordance with state requirements for students to acquire pedagogical competence.

The purpose of the preparation in this discipline is to enrich the knowledge of BACHELOR students on the problems related to the formation of leadership skills. The training program clarifies the significance, main advantages and prerequisites of leadership, as well as the specific functions and roles of the leader in the educational institution. In terms of content, it covers basic theoretical, methodological and applied knowledge about the essence of leadership, leadership qualities, leadership styles and basic concepts of leadership. Through the scientific treatment of the problems, students will be able to thoroughly master the techniques and pedagogical practices related to the development of leadership skills. It is important to improve the students' ability to comprehensively analyze specific practical situations, to find appropriate and well-founded solutions in their creative activities. This will facilitate the process of their future professional adaptation. The discipline has practical and applied value and justifies rational technologies, methods, approaches and techniques for effective organization and management of human resources in school, for building sustainability and constancy in professional relationships, and in this sense it is genetically related to all types of practices of students of the specialty "Physical Education and Sports". The discipline also relies on the knowledge of students in the field of pedagogy, philosophy, psychology and sociology. With all disciplines of the pedagogical and psychological cycle, represented in the curriculum of the specialty, it has continuous and prospective connections, through which it reveals its functional significance.

### **MANAGEMENT OF EDUCATIONAL INSTITUTIONS**

**ECTS credits:** 2.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Preschool and primary school pedagogy

Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Blaga Dzhorova PhD

E-mail: [blagadzhorova@swu.bg](mailto:blagadzhorova@swu.bg)

**Weekly hours:** 2 L

**Type of exam:** written

**Annotation:**

The discipline "Management of Educational Institutions" allows students to increase the level of their professional competence by enriching their administrative and legal literacy. In the process of training, problems related to: the structure, organization and philosophy of education; implementation of professional activity in accordance with the regulatory requirements and regulations for public participation in the activities of the institution; awareness of the relationship between the regulatory framework and the autonomy of the institution (the possibilities for independent decisions in the choice and introduction of new aspects of the organization and content of the educational process), on the basis of regulatory documents in the Republic of Bulgaria, which is a prerequisite for lawful, responsible, calm and secure management of the institution. The course of study in the discipline enriches the professional culture of students, their knowledge in the field of management, law and

administration of activities in the educational institution, directing them to the need to implement a management process in accordance with regulatory regulations and requirements. Within the framework of the training, strategies, approaches, principles of management, horizontal and vertical management, functions, competencies and management activities of the director, documents necessary for the institution are systematized.

## **DIGITAL COMPETENCE AND DIGITAL CREATIVITY**

**ECTS credits:** 2.0

**Knowledge assessment form:** exam

**Methodological guidance:**

Department of Educational Management and Special Pedagogy

Faculty of Pedagogy

**Lecturer:**

Assis. Professor Radoslava Topalska PhD

E-mail: [topalska@swu.bg](mailto:topalska@swu.bg)

**Weekly hours:** 2 L

**Exam type:** written

### **Annotation:**

The categorical need to master modern information technologies affects all spheres of activity, including education. In view of the continuous introduction of various software solutions aimed at educational practice, it is necessary to include in the curriculum of the specialty "Preschool and Primary School Pedagogy" disciplines oriented towards increasing digital competence and developing creativity.

For successful implementation in the labor market, every future specialist needs certain competencies. They are set out in the European Qualifications Framework (EQF), which is a tool supporting the process of comparing and matching qualification systems in Europe.

The course aims to provide students with basic knowledge about the essence and areas of digital competence, its specificity in the activities of the modern teacher, as well as about the essence, importance and place of digital creativity in education.

## **DEVELOPMENT OF LESSONS FOR EDUCATION IN AN ELECTRONIC ENVIRONMENT**

**ECTS credits:** 2.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Educational Management and Special Pedagogy

Faculty of Pedagogy

**Lecturer:**

Assistant Professor Radoslava Topalska PhD

E-mail: [topalska@swu.bg](mailto:topalska@swu.bg)

**Weekly hours:** 2 L

**Type of exam:** written

### **Annotation:**

The training in the course "Development of Lessons for Education in an Electronic Environment" aims to prepare future teachers for the preparation and implementation of education in an electronic environment. The Covid-19 pandemic has necessitated the increasing increase in the digital competence of future (and current) teachers, their inclusion in various types of courses aimed at supporting them in conducting distance learning.

The course aims to provide students with basic knowledge about learning in an electronic environment - rules, software solutions for its organization and implementation, its micro and macro design; as well as about the types of electronic lessons, the stages of their development; existing programs for creating electronic educational content, etc.

## **HEALTH AND ENVIRONMENTAL EDUCATION**

**ECTS credits:** 2.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of "PNUP"

Faculty of Pedagogy

**Lecturer:**

**Weekly hours:** 2 L

**Type of exam:** written

Asst. Prof. Tsvetomira Ivanova PhD  
E-mail: [tsvetomira.ivanova@swu.bg](mailto:tsvetomira.ivanova@swu.bg)

**Abstract:**

The curriculum for the discipline "Health and Environmental Education" aims to increase the competencies of future educators in the essence, principles, approaches, methods for working with students in the field of health and environmental education.

III. Goals, objectives and expected results

The main goal of the program is to enable students to discover the connections between health and environmental education, to form skills for working with students of different age groups in the field of health and environmental education.

Main tasks:

- Introducing students to various opportunities for forming health and environmental behavior and culture in students.
- Introducing students to the content of curricula - in school and out-of-school institutions for health and environmental education.
- Developing skills for independent work, teamwork, critical thinking.

## MOVEMENT GAMES

**ECTS credits:** 4.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Asst. Prof. Yanko Rumenov PhD

E-mail: [qnkor@swu.bg](mailto:qnkor@swu.bg)

**Weekly hours:** 1 L + 2 P

**Type of exam:** written

**Abstract:**

The classes in the discipline "Outdoor Games" are intended for students of the Bachelor's and Master's degree programs (non-specialists), future teachers of physical education and sports.

Outdoor games have educational, educational and health-improving significance for the multifaceted development of students and are widely represented in the curricula of physical education in preschool institutions and the initial stage of the basic educational degree.

By combining the physical and mental development of students, games appear as an irreplaceable form of learning and education. They have a strong emotional impact on children. Obtaining theoretical knowledge about the application of outdoor games in the lesson, related to the classification, nature and load, will provide a basis for students for their competent use in the educational process in order to improve the functional state of the students' body. Learning a large set of outdoor games in practical classes will meet the modern requirements for acquiring a game character of the lesson in physical education and sports in different age groups when solving its educational, educational and health-improving tasks. Using the game as a means of physical education, students-future teachers of physical education will give the lesson emotional saturation, as well as affect the physical ability of children. Through it, they will be able to realize the goals and tasks that are set for each specific lesson and for the entire educational process in physical education and sports. The use of the game-based learning method will provide an exceptional advantage in their future work as sports educators at various levels of our educational system.

## METHODOLOGY OF PHYSICAL EDUCATION AT SECONDARY SCHOOL

**ECTS credits:** 6.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Valeri Tsvetkov PhD

E-mail: [valeric@swu.bg](mailto:valeric@swu.bg)

**Weekly hours:** 2 L + 1 S + 2 P

**Type of exam:** written

**Abstract:**

The curriculum for the discipline "Methodology of Physical Education in Secondary School (Physical Education and Sports at SU)" introduces students of the specialty "Physical Education and Sports" with the reorganization of the Educational System of Physical Education and Sports for grades 1-12 of the Secondary General Education School, which began in the 1990s, which changed the foundations of teaching in the subject. Emphasis is placed on the need to overcome outdated concepts, in which the teacher's task consists mainly in transmitting the educational content, and the student is viewed as a passive object of the teacher's influences, who learns mainly through imitation and practice. New innovative projects and solutions are considered, which lead to a change in the paradigm of physical education, lead to a real restructuring, and not to a partial adaptation. The curriculum identifies the shortcomings in the educational system on the one hand and on the other - the establishment of a critical mass of ideas in university and professional environments, which have become necessary as desired solutions to the identified problems. The following issues are considered in four sections:

- State educational requirements for educational content /standard/
- New curricula for physical education and sports for Sofia University and sports schools
- System for annual assessment of students' achievements in physical education and sports. • Introduction of a matriculation exam in physical education and sports for secondary schools, sports training and TMST for sports schools.
- Organization and implementation of the third additional hour in physical education and sports.

The inter-subject integration represented in the programs is explained, which replaces today's education with an encyclopedic and collective nature, in which the subjects are separated from each other, with a new style of teaching, designed to ensure the meaningful acquisition of the general minimum of knowledge, directly related to the intellectual orientations and motor abilities of students.

The goals and objectives for each school age are formulated, - formation of knowledge and skills and the educational ones, specific to physical education and sports - improvement of physical ability (development of conditioning and coordination abilities). In close connection with The specific learning tasks indicate the means for the targeted development of motor qualities (strength, speed and endurance). The learning content is built on the basis of the linear and spiral distribution by type of sport with specific means, terminology, and teaching methods. The knowledge, skills and attitudes that students must achieve at the end of the educational level and stage in each of the main and additional cores of the learning content are determined. Requirements for the level of physical fitness for each class, stage and stage are specifically indicated. The emphasis is on mastering sports-technical and tactical knowledge and skills in order to achieve sports literacy (initial, general and special). The inclusion of a number of new sports in the learning content is justified. The curriculum presents the assessment systems in the different stages and levels of the educational system based on a comprehensive analysis of the educational process in the subject and the theory of assessment.

## **METHODOLOGY OF TEACHING VOLLEYBALL**

**ECTS credits:** 5.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Sports

Faculty of Public Health, Health Care and Sports

**Lecturer:**

Senior Asst. Prof. Hristo Nikolov PhD

E-mail: [hristo\\_nikolov@swu.bg](mailto:hristo_nikolov@swu.bg)

**Weekly hours:** 1 L + 3 P

**Type of exam:** written and practical

### **Annotation:**

The course "Methodology of Teaching Volleyball" aims to provide in-depth and specialized preparation of students for their implementation in the various units of the educational system as teachers with a Bachelor's degree.

The volleyball program provides theoretical and methodological preparation, allowing students to conduct educational and educational work with students in the classroom and extracurricular forms of physical education and sports. To apply scientific approaches in the selection and prediction of the development of volleyball players, to gain knowledge about the diagnosis, assessment and control of the different aspects of their preparation. To acquire practical skills for conducting the educational process, to demonstrate various elements of the technique of the volleyball game, to gain knowledge about the tactics of the game, to organize and conduct various competitions with children and students, sports holidays, children's and student camps. To acquire refereeing knowledge and skills, to develop their own sports-technical and general physical training. The goal and tasks are aimed at mastering a relatively good level of sports-technical skills from the volleyball game, basic tactical skills, and special motor qualities for the game, and to be able to skillfully implement all this in the educational process.



## COURSE IN TOURISM, ORIENTATION AND CAMP WORK

**ECTS credits:** 5.0

**Form of knowledge assessment:** assessment

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Valeri Tsvetkov PhD

E-mail: [valeric@swu.bg](mailto:valeric@swu.bg)

**Weekly hours:** 60 H

**Type of exam:** practical

### **Abstract:**

The course is conducted with students of the specialty "Physical Education and Sports" - second year.

The goal of the course is: for future sports educators to gain basic knowledge and skills in communicating with the mountains, which they can apply as teachers.

Main tasks:

- mastering the basic rules, skills and habits of movement in an unfamiliar area with a map and compass;
- mastering the techniques of movement on different terrains and slopes;
- mastering the skills of building a tent bivouac and knowledge of observing the rules of bivouac;
- during the course, students also get acquainted with the beauty of Bulgarian nature.

They also get acquainted with the dangers to which a person is exposed during different forms of tourist practice. They learn how to prepare and organize a tourist trip and approach, as well as what the requirements are for equipment and personal facilities, they learn respect for others, camaraderie and mutual assistance. They understand that mountaineering also requires good physical preparation.

The training course is held over 10 days and has a teaching schedule of 60 hours. At the end of the training course, students participate in an orienteering competition, climb a peak with an altitude of over 2500 meters, which determines their practical assessment of the course.

Successfully completing the training course will be able to organize the easiest accessible forms of tourist practice with students in the Bulgarian school.

## CURRENT PEDAGOGICAL PRACTICE PART I, II and III

**ECTS credits:** 13.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Valeri Tsvetkov, PhD

Asst. Prof. Stefan Kinov, PhD

Asst. Prof. Yanko Rumenov PhD

E-mail: [valeric@swu.bg](mailto:valeric@swu.bg)

[stefankinov@swu.bg](mailto:stefankinov@swu.bg)

[qnkor@swu.bg](mailto:qnkor@swu.bg)

**Weekly hours:** 3 P

**Type of exam:** practical

### **Abstract:**

With the course "Current Pedagogical Practice" the actual practical training and self-education of students begins. Its role in their development as future teachers is very significant. From outside observers of the pedagogical process in physical education and sports, they become active participants in it. The training in the discipline is a continuation of the training in the discipline "Physical Education Methodology" and observation, but in real conditions, as it acquires methodological and practical knowledge and skills for conducting educational work in physical education and sports at different stages and levels of the educational system. Using the accumulated theoretical knowledge on the problems of school physical education, acquiring new ones, especially for the practical use of various methods and means, students not only actively participate in the educational work, but also plan, organize and implement it directly as full-fledged acting teachers. The training in the discipline is aimed not only at checking the overall preparation of the students when conducting a specific activity, but also at their creative participation during the detailed critical and analytical analysis after it. This stimulates them to activity, critical thinking, develops their abilities for assessment and self-assessment.



## INFORMATION AND COMMUNICATION TECHNOLOGIES IN TRAINING AND WORKING IN A DIGITAL ENVIRONMENT

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Educational Management and Special Pedagogy

Faculty of Pedagogy

**Lecturer:**

Assistant Professor Radoslava Topalska PhD

E-mail: [topalska@swu.bg](mailto:topalska@swu.bg)

**Weekly hours:** 2 P

**Type of exam:** practical

### **Annotation:**

The training in the course "Information and Communication Technologies in Training and Working in a Digital Environment" aims to increase the digital competence of future teachers, thus making them adequate to the needs of the labor market and those of practice. The information society in which we live requires teachers to be familiar with a large number of

software products. The Covid-19 pandemic has necessitated the frequent transition from face-to-face learning to distance learning in an electronic environment. In order to successfully cope with this (and other similar changes), modern educators must master both software products applicable in education, environments for developing digital learning resources, and platforms for their synchronous and asynchronous sharing. The course aims to provide students with basic knowledge of the most common software products applicable in education and work in a digital environment. To increase their general digital competence, as well as to teach them to create various types of multimedia and digital learning resources and forms.

## THEORY AND METHODOLOGY OF SPORTS TRAINING

**ECTS credits:** 5.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assistant Professor Iliya Kanelov PhD

E-mail: [i\\_kanelov@swu.bg](mailto:i_kanelov@swu.bg)

**Weekly hours:** 2 L + 2 S

**Type of exam:** written

### **Abstract:**

The course "Theory and Methodology of Sports Training" is included as a mandatory course in the curriculum for third-year students of the specialty "Physical Education and Sports". The lecture course clarifies the general methodological problems of sports training, analyzes the essence and character of modern sports and sports training.

Students are introduced to the regularities that govern the training process for athletes of different ages and levels of training. The means of sports training and the methods for their application are analyzed. Special attention is paid to the types of training, the planning and management of the training process, the selection and prediction of sports abilities. The lecture course is developed in accordance with modern trends in the field of sports training and the requirements for managing the training process and will assist students in their future work in the field of physical education and sports.

## METHODOLOGY AND METHODS OF SPORTS EDUCATION RESEARCH

**ECTS credits:** 5.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

**Weekly hours:** 2 L + 2 S

**Type of exam:** written

Assoc. Prof. Neviana Dokova PhD

E-mail: [nevid@swu.bg](mailto:nevid@swu.bg)

**Abstract:**

The aim of the course "Methodology and Methods of Sports Education Research" is to familiarize students with the essence and peculiarities of scientific work, to give them the necessary knowledge and skills for conducting research, in order to form their initial methodological literacy.

By mastering the basic methodological approaches, principles and methods of research in the field of physical education and sports and by becoming familiar with the necessary statistical methods for processing empirical data, students will learn to identify scientific problems, formulate and prove scientific theses and hypotheses, conduct experimental work, analyze the results obtained, draw conclusions and inferences, as well as prepare scientific reports and theses. In order to support scientific research and applied activity in other theoretical and methodological and practical disciplines, "Methodology and Methods of Sports Pedagogical Research" integrates knowledge from other disciplines included in the curriculum and uses conceptual and computational examples from them.

## **ELECTIVE COURSES – GROUP FOUR**

### **COMPUTER SCIENCE**

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Computer Science

Faculty of Natural Sciences and Mathematics

**Lecturer:**

Prof. Daniela Tuparova PhD

E-mail: [ddureva@swu.bg](mailto:ddureva@swu.bg)

**Weekly hours:** 1 L + 1 P

**Type of exam:** written

**Abstract:**

The topics of the lecture course are selected according to current problems in the field of modern information technologies and their application in practice. A balance is sought between theoretical statements and practical knowledge, with which the bachelor receives the necessary competence in the modern information society. After getting acquainted with the basic concepts of computer informatics, methods and knowledge for working with a computer, text editors, databases, spreadsheets and the Internet are offered. The orientation of contemporary trends enhances the relevance of information technologies. They are necessary both in teaching itself and in conducting pedagogical research and experiments. The means for entering, editing and processing data from empirical pedagogical research form a main emphasis of the course. The course is one semester, consisting of 10 separate parts. Students will acquire knowledge of the main areas of informatics, namely operating systems, computer networks, word processing, etc. In the laboratory exercises, students will acquire practical skills in working with: the operating systems Linux and Windows; with the local network at the university; with the Internet; with the MS Office software package and with other application programs that they will be able to use in their training.

## **INCLUSIVE EDUCATION OF CHILDREN WITH SPECIAL EDUCATIONAL NEEDS**

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Educational Management and Special Pedagogy

Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Neviana Dokova PhD

E-mail: [pterziyska@abv.bg](mailto:pterziyska@abv.bg)

**Weekly hours:** 2 L

**Type of exam:** written

**Annotation:**

Training in the subject "Inclusive Education of Children with Special Educational Needs" involves the study of a number of important problems of the inclusive education of children with special educational needs. A significant place is given to the theoretically meaningful analysis of a number of basic concepts. The main forms of integrative

and inclusive education and education of children with developmental anomalies are considered; different models of this training, which have proven their effectiveness in countries that have already gained experience; the main prerequisites for creating a system of inclusive education; the role and importance of the special school, the SENCO in the inclusive process.

## KINESITHERAPY

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Kinesitherapy

Faculty of Public Health, Health Care and Sport

**Lecturer:**

Assoc. Prof. Mariela Filipova PhD

E-mail: [mariela\\_filipova@swu.bg](mailto:mariela_filipova@swu.bg)

**Weekly hours:** 1 L + 1 P

**Type of exam:** written

**Abstract:**

Introductory paragraph: The discipline "Kinesitherapy" is a discipline that supports the training of students in a bachelor's program, providing an upgrade of the classical and latest opportunities for the application of kinesitherapy in sports practice. The course of teaching includes the acquisition of basic knowledge and skills.

Aim and objectives: The aim of the training is to acquire knowledge and skills with which students can work with the acquired competencies in the applied areas of physical education and sports.

Teaching methods – lecture course and exercises.

Expected results: Students to acquire the necessary theoretical knowledge and practical skills, taking into account the team principle and the individual approach.

## SPORTOLOGY

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assistant Professor Iliya Kanelov PhD

E-mail: [i\\_kanelov@swu.bg](mailto:i_kanelov@swu.bg)

**Weekly hours:** 1 L+ 1 P

**Type of exam:** written

**Annotation:**

The classes in the discipline "Sportology" are intended for students majoring in "Physical Education and Sport". The lecture course clarifies the general methodological problems of sports training. Sport is analyzed as a phenomenon in modern society. The reasons for the emergence and development of sports science from the point of view of scientific support from the related scientific directions in sports physiology, sports biomechanics, sports psychology, etc. It introduces students to the organization of sports on a national and global scale. Knowledge is acquired about the systems of sports training in different countries and religious communities. Unlike the training in the discipline "Theory and Methodology of Sports Training", students are introduced in depth to anatomy and age morphology, physiology and sports physiology, sports psychology, sports pedagogy, biomechanics and biochemistry, sports sociology, etc. The program is consistent with the latest trends in the field of organization and management of sports organization systems.

## PROTECTION IN DISASTERS AND EMERGENCIES

**ECTS credits:** 3.0

**Form of assessment:** written

**Methodological guidance:**

Department of Mathematics and Physics, Faculty of Natural Sciences and Mathematics

**Lecturer:**

Assoc. Prof. Dr. Ralitsa Stanoeva

**Weekly workload:** 1 L. + 1 P. S.

**Type of exam:** written

**Annotation:**

The elective course “Protection in Disasters and Emergencies” is aimed at preparing future educators for adequate response and coordination of their actions in emergency situations. Modern society faces risks from natural and man-made disasters—earthquakes, fires, floods, accidents in nuclear facilities, and others. Such events often occur suddenly, develop rapidly, and can lead to serious consequences for the population and the environment. Particular risks exist in places with high population concentration—educational institutions, government offices, transport hubs, and similar facilities. The main goal of the course is to develop knowledge and skills for prevention, behavior, and effective action in disaster and emergency situations.

**Course****content:**

The course covers key aspects related to the prevention, preparedness, and response to emergencies. Emphasis is placed on the methods and means of organizing and conducting rescue operations in affected areas, including coordination among different institutions and structures. Special attention is given to providing first aid to victims, evacuation procedures, and the psychological preparedness of teaching staff for working under crisis conditions.

## ELECTIVE COURSES – GROUP FIVE

### ADAPTED PHYSICAL ACTIVITY

**ECTS credits:** 3.0**Weekly hours:** 2 P**Form of knowledge assessment:** exam**Type of exam:** practical**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assistant Veronika Georgieva PhD

E-mail: [veronika.georgieva@swu.bg](mailto:veronika.georgieva@swu.bg)**Annotation:**

The course "Adapted Physical Activity" is related to the acquisition of a wide spectrum of knowledge and skills about the emergence, development, basic means and technology of adapted physical activity. It provides students with scientifically based knowledge about its social significance, the scientific foundations for the selection of means and the methodology of their application. Principled positions on the importance of adapted physical activity regarding the recovery and realization in the lives of people with disabilities are justified.

The course is included in the curriculum of the specialty "Physical Education" for the 3rd year (5th semester) as an elective.

The aim is to familiarize students with the guidelines for the development of adapted physical activity, with the specific means, terminology, training methods, organization, assessment and control in their application to persons with disabilities.

### FOLK, RHYTHM AND DANCE

**ECTS credits:** 3.0**Weekly hours:** 2 P**Form of knowledge assessment:** exam**Type of exam:** practical**Methodological guidance:**

Department of Preschool and primary school pedagogy

Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Danaila Manikatova PhD

E-mail: [dmanikatova@swu.bg](mailto:dmanikatova@swu.bg)**Annotation:**

The proposed curriculum examines the main guidelines in the methodology of teaching “Folk Folk, Rhythm and Dance”. Teaching is the most difficult and complex element of the dance learning process. It can only be achieved when the correct methodology and technique are known and applied.

The discipline includes various complexes of rhythmic exercises, as well as dances with different metro-rhythmic structure.

The goal is to improve and develop the students' motor culture related to the metro-rhythmic features of dance movements, exercises and dances.

The educational tasks are aimed at:

1. Mastering knowledge about human motor activities.
2. Formation of various skills and habits that will enrich motor culture.
3. Development of physical qualities - plasticity, coordination, endurance. Development of a sense of rhythm and tempo.

The practical mastery of a large number of exercises and dance combinations in dances and the methodology of their teaching will provide future teachers with a good knowledge of the educational content and its correct teaching in different age groups of the sports education system.

## FUTSAL

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Valeri Tsvetkov PhD

E-mail: [valeric@swu.bg](mailto:valeric@swu.bg)

**Weekly hours:** 2 P

**Type of exam:** written and practical

### **Annotation:**

The proposed curriculum examines the main guidelines in the methodology of teaching futsal. Teaching is the most difficult and complex element of the learning process of futsal. It can only be achieved when the correct methodology is known and applied.

The basic concepts and classification of the technique and tactics of the game of futsal are examined, including the correct mastery of the basic sports and technical skills of the players, passing, dribbling, stopping, feints, kicks and headers, the goalkeeper's playing technique, individual, group and team tactical actions in attack and defense. The goal and tasks are aimed at the correct methodological and practical mastery of knowledge about the basic content and form of the game of futsal. Through them, they will be able to correctly select the means, methods and dosage for performing individual tasks both in school and in extracurricular football activities in the educational system of physical education and sports. The practical mastery of a large number of exercises of a football nature and the methodology of their teaching will provide future teachers with a good knowledge of the educational and methodological content and its correct teaching in the different age groups of the educational system of physical education and sports and secondary youth formations of the different.

## METHODOLOGY OF TABLE TENNIS TEACHING

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Sports

Faculty of Public Health, Health Care and Sports

**Lecturer:**

Assoc. Prof. Dimitar Tomov PhD

E-mail: [dimitar.tomov@swu.bg](mailto:dimitar.tomov@swu.bg)

**Weekly hours:** 2 P

**Type of exam:** written and practical

### **Annotation:**

The training in the elective subject "Table Tennis Teaching Methodology" aims to provide methodological and practical training for students of the "PWS" specialty, related to:

1. Formation of motor skills and habits for the game "Table Tennis"; formation of practical skills for organizing and conducting classes, etc.
2. Technological training of students, related to the technology of mastering the educational material; technology of organizing and conducting table tennis classes with students of different educational levels.

The organization of training in the elective discipline "Table Tennis" is expressed mainly in creating conditions for high-quality conduct of methodological and practical classes, providing an opportunity to master the necessary motor skills, habits and knowledge for practical implementation, for training students and application of the game (as a form of motor activity, for recreation, for competitions, for entertainment, etc.).

## **ORGANIZATION AND CONDUCT OF SPORTS EVENTS AT SCHOOL**

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assistant Professor Stefan Kinov PhD

E-mail: [stefankinov@swu.bg](mailto:stefankinov@swu.bg)

**Weekly hours:** 2 P

**Type of exam:** written

### **Annotation:**

Organization and Conduct of Sports Events at School (OPSPU) is a theoretical and applied (methodological and practical) course, which aims to familiarize students of the "Physical Education and Sports" specialty with the additional means of physical education and sports and the periodic forms for the implementation of these means. Organization and implementation of sports events at school to a very large extent integrates the necessary knowledge and skills for organizing and conducting sports training and competitive activities at school, as well as those related to the management of physical education and sports.

## **METHODOLOGY OF PHYSICAL EDUCATION IN PRESCHOOL INSTITUTIONS**

**ECTS credits:** 6.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Neviana Dokova PhD

E-mail: [nevid@swu.bg](mailto:nevid@swu.bg)

**Weekly hours:** 2 L + 2 P

**Type of exam:** written and practical

### **Annotation:**

The course "Methodology of Physical Education in Preschool Institutions" aims to provide theoretical and methodological-practical training for students of the specialty "Physical Education" in pedagogical technologies for mastering physical culture in preschool children.

The training of students is aimed at:

1. Theoretical preparation, including the acquisition of knowledge about the goals and objectives of physical education in preschool institutions, its essence, characteristics, content, forms and structure. The DOS in the educational direction "Physical Culture" and fundamental didactic statements are considered. The discipline clarifies the problem of the specificity in the application of the means and methods of physical education in children of preschool age. It provides theoretical knowledge about the essence of conditioning and coordination abilities and the dynamics of their development. It ensures the acquisition of knowledge about scientific research work on physical education in kindergartens and the methodology of control over the effect of pedagogical influences.
2. The discipline also forms practical skills and competencies in students in the technology of mastering motor skills and habits, the development of motor abilities of children, etc. The academic discipline is related to TMFV, anatomy, physiology, biomechanics, psychology, and other scientific disciplines.

## **COMPETENCY APPROACH AND INNOVATIONS IN EDUCATION**

**ECTS credits:** 4.0

**Form of knowledge assessment:** exam

**Weekly hours:** 2 L + 1 S

**Type of exam:** practical

**Methodological guidance:**

Department of Preschool and primary school pedagogy  
Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Krasimira Marulevska PhD  
E-mail: [krasimira\\_marulevska@swu.bg](mailto:krasimira_marulevska@swu.bg)

**Abstract:**

The course of study in the discipline Competency Approach and Innovations in Education takes into account the importance of the competency approach in educational theory and practice, as well as the importance of innovation processes in the field of education. Attention is focused on the processes related to improving the pedagogical environment, increasing the effectiveness and productivity of functioning educational structures. Within the framework of the discipline, emphasis is placed on the role and essence of the competency-based approach in education, the types of competencies, the main methodological approaches for the formation of key competencies, as well as on the development of an innovation culture among students in the specialties in which future teachers are trained. In the process of training, students have the opportunity to acquire knowledge, build skills and competencies for adequate actions and behavior in the specific conditions of innovation in modern schools. The focus of attention is on new ideas implemented in the specific pedagogical environment and their technological dimensions in new approaches, forms, methods, didactic and educational tools. The course of study in the discipline has the task of stimulating creativity in students and forming in them professional and personal readiness to perceive, understand and support innovations, as well as successfully embedding the innovation culture into the overall structure of the professional pedagogical competence of the modern teacher for the application of strategies, didactic technologies and methodological approaches and forms for the construction and development of key competencies of students in the educational process.

## EXTRA-CURRICULAR ACTIVITIES IN PHYSICAL EDUCATION

**ECTS credits:** 6.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education  
Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Daniela Tomova PhD  
E-mail: [danitomova@swu.bg](mailto:danitomova@swu.bg)

**Weekly hours:** 2 L + 2 S

**Type of exam:** written

**Annotation:**

The course aims to familiarize students of the specialty "Physical Education and Sports" with extracurricular forms of physical education and sports.

The purpose of the training is to provide knowledge about extracurricular and extracurricular forms of physical education, as well as the organizations that implement them.

Extracurricular activities in physical education and sports are a continuation of the educational process. It enriches the specific content and diversifies the forms of organization of compulsory activities. In this way, the motor activity in the daily and weekly regimen of students is increased and the optimally desired formative effect of physical exercises on the students' body is achieved. The studied discipline introduces students to the peculiarities of extracurricular physical education activities; the content and form of organization of activities; the systematic control and guidance of the physical education and sports teacher as external lecturers in the sports direction in the United Children's Complex, schools and clubs. The curriculum thus prepared aims to solve the following main tasks: 1. Obtaining knowledge about the importance and place of physical education and sports outside of school and in extracurricular activities. 2. Familiarizing students with extracurricular and extracurricular forms of physical education and sports, their organization, implementation and management. 3. Mastering a certain amount of specific methodological skills for working with children and students of all educational levels, control and reporting on learning.

## ELECTIVE COURSES – GROUP SIX

### PEDAGOGICAL INTERACTION IN A MULTICULTURAL ENVIRONMENT



**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Preschool and primary school pedagogy

Faculty of Pedagogy

**Lecturer:**

Prof. Gergana Dyankova PhD

E-mail: [diankova\\_g@swu.bg](mailto:diankova_g@swu.bg)

**Weekly hours:** 2 L

**Type of exam:** written

**Annotation:**

The course provides training for undergraduate students with knowledge of the peculiarities of pedagogical interaction in a multicultural environment. It has an interdisciplinary nature, as it unites knowledge from different scientific fields (cultural studies, pedagogy, social psychology, ethnology, etc.).

The curriculum clarifies the essence, characteristics and features of pedagogical interaction in a multicultural environment, problematizes the issues of cultural difference in the aspect of their manifestations in a school environment, argues the importance of intercultural education for the harmonization of cultural differences in the educational space and the intercultural upbringing of adolescents, discusses the specific problems in the process of educational integration of children and students from minority ethnocultural groups, and on this basis outlines pedagogical strategies, approaches and methods for implementing effective pedagogical interaction in a multicultural environment.

## **CIVIC EDUCATION**

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Educational Management and Special Pedagogy

Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Miroslav Terziyski PhD

E-mail: [miroslav.t@swu.bg](mailto:miroslav.t@swu.bg)

**Weekly hours:** 2 L

**Type of exam:** written

**Annotation:**

Training in the subject "Civic Education" enables students to acquire knowledge about the essence, principles, approaches and methods of working with students in the field of civic education.

The aim is to enable students to develop and expand their understanding of the links between education and citizenship; to stimulate their critical thinking and active participation, as well as to expand their competence in democratic culture.

## **INTERACTION WITH THE FAMILY**

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Educational Management and Special Pedagogy

Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Snejana Popova PhD

E-mail: [snejv\\_popova@swu.bg](mailto:snejv_popova@swu.bg)

**Weekly hours:** 2 L

**Type of exam:** written

**Annotation:**

The elective course "Interaction with the Family" occupies a significant place in the professional training of future educators. Through training in this course, the development of professional competence, adequate attitude and personal readiness of future educators to cope with diverse professional tasks is supported and directed.

The main goal of the training in this practicum is to support and stimulate the development of the professional, social and life competence of students, to build knowledge about the essence, specificity and contemporary trends in the interaction between the school and the family in the conditions of accelerated globalization processes on a



global scale, to form skills for adequate orientation in the targeted issues and to make specific decisions related to the resolution of problematic, typical and critical situations from the pedagogical reality.

## COMMUNICATION SKILLS IN EDUCATIONAL ENVIRONMENT

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Preschool and primary school pedagogy

Faculty of Pedagogy

**Lecturer:**

Prof. Gergana Dyankova, PhD

E-mail: [diankova\\_g@swu.bg](mailto:diankova_g@swu.bg)

**Weekly hours:** 2 L

**Type of exam:** written

### **Annotation:**

The proposed course clarifies and analyzes the communicative competence of the teacher as a primary resource for the implementation of effective pedagogical interaction.

In terms of content, the emphasis is on specific means from the field of communicative behavior (speech culture, verbal communication, paralinguistic expressiveness), which optimize pedagogical communication in the direction of (1) educational relationships as a result and condition for effective pedagogical interactions with children/students, (2) mutual knowledge, understanding, influence and self-knowledge in communication (verbal and non-verbal); (3) inclusion, interaction and cooperation with parents as active partners in the educational process.

## MANAGEMENT OF RELATIONSHIPS IN THE EDUCATIONAL ENVIRONMENT

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Social Pedagogy

Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Juliana Kovachka PhD

E-mail: [yuliana\\_k@swu.bg](mailto:yuliana_k@swu.bg)

**Weekly hours:** 2 hours

**Type of exam:** written

### **Annotation:**

The training in the discipline Management of Relationships in the Educational Environment is tailored to the specific features of the interaction between the involved subjects in education at different levels.

The main goal of the program is for students to become familiar with the specifics of the professional activity of specialists and on this basis to identify management approaches and methods of working with specific target groups.

Teaching methods: lecture, independent work, interactive methods, solving case studies.

Expected results: studying the discipline implies and requires the transfer of the acquired knowledge by the student in disciplines such as "Pedagogical Sociology", "Legal Foundations of Education", etc., i.e. the student is given the opportunity to make interdisciplinary integrative connections within the framework of his overall training in the specialty in the educational and qualification degree "bachelor". In addition, an opportunity is provided for the acquisition of skills for managing relationships with the involved persons - pedagogical, non-pedagogical specialists and parents.

## ELECTIVE COURSES – GROUP SEVEN

### SELECTION AND FORECASTING IN SPORTS

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Weekly hours:** 2 L

**Type of exam:** written

**Methodological guidance:**

Department of Theory and Methodology of Physical education  
Faculty of Pedagogy

**Lecturer:**

Assistant Professor Iliya Kanelov PhD

E-mail: [i\\_kanelov@swu.bg](mailto:i_kanelov@swu.bg)

**Abstract:**

The course provides theoretical and practical training for students, necessary for the selection of gifted and talented children and students in the field of sports.

The training is carried out in the following main areas:

1. Theoretical training - including the acquisition of knowledge related to diagnostics in sports-preparatory activities of children, in order to identify those of them with a predisposition to sports activity. Formation of the ability to analyze anthropometric, physiological and mental qualities of the growing child in order to determine his talent and giftedness in a certain type of sport and sports activity. The academic discipline provides knowledge for the assessment of morphological, functional, motor, motor and other aspects of child development.
2. Extracurricular work - aimed at practical conduct of diagnostic tests for motor qualities, psychomotor tests to determine the levels of concentration of attention, data processing and analysis, analysis of procedural and effective features in the development of athletes, determination of patterns for the purpose of selection for preparatory groups and prediction of sports development. The academic discipline is associated with the manifestation of knowledge in anatomy, physiology, biomechanics, biochemistry, psychology, sociology and other scientific disciplines.

### SPORT FOR ALL

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Department of Theory and Methodology of Physical education  
Faculty of Pedagogy

**Lecturer:**

Assistant Professor Yanko Rumenov PhD

E-mail: [qnkor@swu.bg](mailto:qnkor@swu.bg)

**Weekly hours:** 2 L

**Type of exam:** written

**Annotation:**

The course "Sport for All" aims to familiarize students with the system of sport for all, the structures established in the world and in Bulgaria, as well as the implementation and activity of their programs.

Future teachers will form knowledge about managing sports in their free time.

The other no less important goal of the taught discipline is for students to master the methods of popularizing the sports movement among people of all age groups, so that sport can become the most desirable alternative to negative socio-phenomena such as drugs, alcoholism and smoking. The goal is to form knowledge and skills in students for implementation in the field of sports and work with different age groups.

### COMPARATIVE EDUCATION IN PHYSICAL EDUCATION AND SPORTS

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education  
Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Neviana Dokova PhD

E-mail: [nevid@swu.bg](mailto:nevid@swu.bg)

**Weekly hours:** 2 L

**Type of exam:** written

**Annotation:**

The planned cycle of lectures aims to acquire knowledge about the contemporary state, problems and trends in the development of school physical education and education around the world. The discipline introduces students to the unity and diversity of pedagogical approaches, processes and phenomena in the educational system in our

country and abroad. It broadens their horizons by revealing to them contemporary perspectives related to the content and setting of physical education training internationally.

By systematizing rational pedagogical solutions from foreign educational models for the organization and implementation of school physical education, the discipline contributes to the enrichment of the theoretical and practical training of students.

## PHILOSOPHY

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Philosophy

Faculty of Philosophy

**Lecturer:**

Assoc. Prof. Gergana Popova PhD

E-mail: [gerp@swu.bg](mailto:gerp@swu.bg)

**Weekly hours:** 1 L + 1 P

**Type of exam:** written

### Abstract:

The main task of the lecture course is to show students that philosophy is the kingdom of the theoretically thinking mind. For this purpose, we consider philosophy as a science of the foundations of being, of its nature and mode of existence; of the essence, internal complexity and contradictions of the cognitive process as a path to achieving truth; of the meaning of human life and society.

The approach to the implementation of the lecture course is problematized on the subject content of philosophy with the aim of not simple assimilation, but UNDERSTANDING. We achieve this mainly by seeking an answer to the questions "Why" and "How" problems arise and what is the "field of their possible solutions". By emphasizing the universality of philosophical knowledge, we logically lead the student's thinking to an independent conclusion about the role of philosophy as a methodology of particular - scientific and applied knowledge, of the formation of a certain worldview.

## SOCIOLOGY OF SPORT

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Sociology

Faculty of Philosophy

**Lecturer:**

Prof. Valentina Milenkova PhD

E-mail: [vmilenkova@swu.bg](mailto:vmilenkova@swu.bg)

**Weekly hours:** 1 L + 1 P

**Type of exam:** written

### Abstract:

The aim of the course is to introduce students to the "logic" of the science of sociology, to acquaint them with the basic "rules of the sociological method" and its application for understanding sport as a specific sphere of public life. Sociology, presented as a way of interpreting the world, uses a specific terminological apparatus - society, personality, social interaction, role, status, socialization, rationality, etc. One of the tasks of the course is for students to enter and master the basic vocabulary of sociology and interpret through it both social phenomena and interactions in sports activity as a subsystem of society. The presentation of the diversity of paradigms, perspectives and approaches to social reality in sociology is another main task of the course. The subject of the course is the interrelationship of sport and society, in all its spheres, its social role. Main attention is paid to the specific conceptual apparatus and empirical indicators that are used in the sociology of sport. The aim of the course is to deepen students' knowledge of the essence of sport and physical culture as components of the social system and the techniques for empirical research of various aspects of their functioning in social reality. Students must:

- acquire skills for theoretical analysis of the dynamic nature of sport as a social phenomenon,
- master the empirical tools for studying sport,
- be able to independently develop and conduct research on the given topic and interpret sociological data.

## PSYCHOLOGY OF PHYSICAL EDUCATION AND SPORT

**ECTS credits:** 6.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Psychology

Faculty of Pedagogy

**Lecturer:**

Prof. Dr. Stanislava Stoyanova PhD

E-mail: [avka@swu.bg](mailto:avka@swu.bg)

**Weekly hours:** 2 L + 2 P

**Type of exam:** written

### **Abstract:**

The mandatory course "Psychology of Physical Education and Sport" is intended for students majoring in Physical Education and Sport. It focuses on the regularities and characteristics of individual mental processes and their manifestation in activity, respectively sports and motor activity, including the construction and functioning of an individual strategy of behavior and activity of the person. Particular attention is paid to the functional and psychosocial characteristics of the personality and the specificity of sports and motor activity as an environment and catalyst for the formation of reflective abilities. In this regard, new light is shed on the psychological characteristics of motor training in physical education and sports and its management and provision. The reflective nature of the need-motivational sphere of motor activity in sports and the specificity of the formation of a motor habit build on the knowledge already acquired by students in this thematic area. The program also examines current connections and interdependencies in terms of functional characteristics and pedagogical aspects of the physical and mental health of the personality, related to sports and motor activity. It provides knowledge, opportunities and skills to the students to individualize and classify information to derive main groups of problems and difficulties in connection with the psychological analysis of their essence in order to solve, overcome and adapt them. In the implementation of the thematic units, a connection is sought between Physiology, Theory and Methodology of Physical Education and Sports, Pedagogy, Physical and Mental Health and other scientific disciplines, directions and current innovative approaches.

## INCLUSIVE EDUCATION

**ECTS credits:** 3.0

**Assessment form:** exam

**Methodological guidance:**

Department of Educational Management and Special Pedagogy

Faculty of Pedagogy

**Lecturer:**

Prof. Pelagia Terziyska PhD

E-mail: [pterziyska@abv.bg](mailto:pterziyska@abv.bg)

**Weekly hours:** 1 L + 1 S

**Type of exam:** written

### **Abstract:**

The training in the subject "Inclusive Education" is aimed at clarifying inclusive education as a key policy related to the implementation of large-scale changes and rethinking of traditional educational models; as a process of changing the school environment, based on respect and acceptance of the other. A significant place is given to the theoretical and content analysis of a number of basic concepts. The challenges facing education in the context of inclusive education are examined; factors for inclusion; conditions for effective inclusive education; prevention of school dropout and forms of professional training of teachers in the conditions of inclusive education, etc. The course aims to familiarize students with the challenge of inclusive education; to present the main documents regulating the need for its practical implementation; to reveal the diversity of educational needs, requiring an adequate response to deal with difference and individual characteristics and awareness of the need for inclusive policies to overcome social and educational isolation.

## MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS

**ECTS credits:** 5.0

**Form of knowledge assessment:** assessment

**Methodological guidance:**

Department of Theory and Methodology of Physical education

**Weekly hours:** 2 L + 2 S

**Type of exam:** written

Faculty of Pedagogy

**Lecturer:**

Assistant Professor Stefan Kinov PhD

E-mail: [stefankinov@swu.bg](mailto:stefankinov@swu.bg)

**Annotation:**

The course is intended for students of the specialty "Physical Education and Sports" and is studied in the 7th semester of the course of study.

The course includes studying the organization and management of the system of physical education and sports. Students become familiar with the normative documents on the legal status of the organization and management of the process of physical education and sports, including the Law on Physical Education and Sports, as well as the organization and management of sports in some countries of the European Union. Future sports educators must acquire basic knowledge and skills in the organization and management of non-governmental organizations /including school sports clubs/, as well as the organization of work and management of state and municipal sports institutions, which will help them in their future work.

## **ELECTIVE COURSES – GROUP EIGHT**

### **OLYMPIC MOVEMENT SYSTEM**

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Daniela Tomova PhD

E-mail: [danitomova@swu.bg](mailto:danitomova@swu.bg)

**Weekly hours:** 2 L

**Type of exam:** written

**Abstract:**

The course "Olympic Movement System" is intended for students preparing to become teachers of physical education and sports.

The modern Olympic movement is one of the social phenomena of our time, an important factor that encompasses millions of athletes from all over the world.

Olympism as a philosophy is the core of modern sport and the Olympic Charter is the basis for the development of cooperation between youth from all over the world, in the activities of NOCs, ANOCs, IOCs, IFs and other public and state structures.

The aim of the training is to form knowledge about Olympism, the Olympic Movement, about the uniqueness of the Olympic idea set in antiquity and the development of Olympic ideas in modern society.

### **INTEGRATIVENESS IN SPORTS-PEDAGOGICAL ACTIVITY**

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assistant. Prof. Stefan Kinov PhD

E-mail: [stefankinov@swu.bg](mailto:stefankinov@swu.bg)

**Weekly hours:** 2 L

**Type of exam:** written

**Abstract:**

The discipline "Integrativeness in Sports-Pedagogical Activity" studies the complex essence of organized motor activity, considered as a phenomenon, process and activity, and the possibilities for harmonious psychophysical development of students.

It is included in the curriculum of the specialty "Pedagogy of Physical Education" as an elective course, complementing the theoretical and practical preparation of students.

The planned cycle of lectures and seminars is aimed at mastering knowledge and skills for the application of the integral approach in the learning process of physical education, as a necessary condition for achieving intellectualization and intensification of training in the subject.

## **ADMINISTRATIVE FUNDAMENTALS OF PHYSICAL EDUCATION IN EDUCATIONAL INSTITUTIONS**

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Weekly hours:** 2 L

**Type of exam:** written

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assistant Professor Yanko Rumenov PhD

E-mail: [qnkor@swu.bg](mailto:qnkor@swu.bg)

**Annotation:**

The discipline "Administrative Fundamentals of Physical Education in Educational Institutions" studies the organization and management of education, including school physical education, as an important subsystem.

It is included in the curriculum of the specialty "Physical Education and Sports" as an elective course, complementing the theoretical and general pedagogical preparation of students.

Through the lecture course, students master knowledge in the field of school legislation and regulatory documents regulating the status of physical education, as well as knowledge related to the administration of the educational system. The objectives of the course are aimed at mastering a certain set of specific concepts and familiarizing students with: the legal framework of secondary education and in particular school physical education; the main functions and units of educational administration.

## **PROJECT DEVELOPMENT AND MANAGEMENT**

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Weekly hours:** 2 L

**Type of exam:** written

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assistant Professor PhD Iliya Kanelov

E-mail: [i\\_kanelov@swu.bg](mailto:i_kanelov@swu.bg)

**Annotation:**

The elective course aims to provide theoretical and technological-practical training in project development and management. Students acquire theoretical knowledge about the types of projects, national, cross-border, business projects, target projects. They acquire competencies for the organizational structure for project development and implementation, determination of strategic goal, significance, participants, donors and beneficiaries of the project. Development of the necessary documentation for candidacy for funding a project proposal. Preparation of a financial framework for the project, main goal, participants and expected result and residual effect after the implementation of the project. Global knowledge of the EU and its structural funds for financing the candidate countries in their pre-accession period, as well as the member states in the post-accession period; knowledge of the operational programs, the National Strategic Reference Frameworks, the priority axes, the national coordinator, the managing authorities of the operational programs; types of documentation, first steps in preparing projects, application documents, documents for approved projects, types of reporting documents, etc. Theoretical training is based on innovative approaches in preparing students.

## **SPORTS METROLOGY**

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Neviana Dokova PhD

E-mail: [nevid@swu.bg](mailto:nevid@swu.bg)

**Weekly hours:** 2 L

**Type of exam:** written and practical

**Annotation:**

The course "Sports Metrology" is included as an elective in the preparation of students of the specialty: "Physical Education and Sports". The subject area of consideration in this course is control and measurement in sports, mainly related to the student's condition, movement technique, physical exertion, physical fitness etc. The comparison of the data recorded in each of the specified areas of control, their assessment and analysis are a guarantee of success in the academic work on the subject "Physical Education and Sports". Sports metrology deals generally with the issues of the rule of measurement in sports and pedagogical activities (in terms of these functions it can be considered as a branch of general metrology). The lecture course and practical exercises in the discipline are intended to provide students with the knowledge and skills to apply what they have learned in their work as sports educators - teachers. These are knowledge and skills about the theory of tests - meaning, reliability, informativeness, etc., about the theory of assessments, assessment scales, norms, as well as about the basic concepts and calculations in mathematical statistics, which will provide accurate quantitative results and assessments of the measurements carried out. All this knowledge is necessary for successful activity in terms of all measurements and assessments in the field of physical education and sports, and in particular in the measurement and assessment of the physical fitness of all those professionally or amateurly (spontaneously) engaged in physical exercises and sports. The academic discipline "Sports Metrology" has a direct or indirect connection with disciplines such as: "Anatomy and physiology of motor activity", "Methodology and methods of sports and pedagogical research", specific training methodologies for individual sports, etc.

## **ELECTIVE COURSES – GROUP NINE**

### **TENNIS**

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Sport

Faculty of Public Health, Health Care and Sport

**Lecturer:**

Assoc. Prof. Dimitar Tomov PhD

E-mail: [dimitar.tomov@swu.bg](mailto:dimitar.tomov@swu.bg)

**Weekly hours:** 1 L + 2 P

**Type of exam:** written and practical

**Abstract:**

This curriculum is intended for students of the specialty "Physical Education and Sport" who have chosen the subject "Tennis".

The curriculum provided for in the program should provide students with the knowledge necessary for successful professional activity as physical education teachers. It aims to acquaint students with the basic technical and tactical skills in tennis with the means and methods for their study. This will enrich the students' preparation with how tennis will be used to enrich the motor culture of students. In the changes imposed by the new Preschool and School Education Act, which has been in force since August 2016, the programs of physical education and sports in the elective areas include "Racket Sports". Students are introduced to the courts, equipment and tools for practice and training. Types of competitions, their organization and conduct. Future teachers will form knowledge and sports and technical skills for practicing tennis, as well as with the methods and means of teaching tennis.

### **MARTIAL SPORTS**

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Weekly hours:** 1 L + 2 P

**Type of exam:** written and practical



**Methodological guidance:**

Department of Sports

Faculty of Public Health, Health Care and Sports

**Lecturer:**

Assistant Professor Blagoy Ualpachki PhD

E-mail: [blagoikalpachki@swu.bg](mailto:blagoikalpachki@swu.bg)

**Annotation:**

Taekwondo is a Korean (original) martial art for self-defense without weapons. It was created in 1955 by Gen. Choi Hong Hee on the basis of old Korean martial arts such as Hwa Rang-do, Tang Su-do, Tae Kwon Do, Hap Ki-do, etc. We can safely say that with its philosophy, scientific validity, aesthetics and sport, modern Taekwondo ITF is a way of life. Literally translated, Taekwondo means:

- Tae- foot, foot techniques, kick, block, stances, movement, jumping, balance, breaking

- Kwon- fist, hand strike, block, punch, scratch, throw, breaking

- do- path, moral, philosophical, principled, spiritual, knowledge

In Taekwondo as a sport, four main disciplines are studied:

1. Form (tulu) - represents a precisely defined combination of strikes and blocks, with legs and hands, which are performed according to a precisely defined scheme (diagram) in a precisely defined order with a certain force, breathing, wave, focus and rhythm. 24 forms are studied, and for each student level there is a certain form.

2. Sparring (matsogi) - eight types of sparring are studied

2.1. Non-contact

- three-step agreed sparring (sambomatsogi)

-two-step agreed sparring (iibomatsogi)

- one-step agreed sparring (ilobomatsogi)

2.2. Semi-free sparring - panjajo matsogi

2.3. Free sparring - jayo matsogi

2.4. Free sparring with legs - pali matsogi

2.5. Free sparring with hands - son matsogi

2.6. Free sparring with a knife - dando matsogi

2.7. Free sparring with a stick - mondoi matsogi

3. Strength test (virok) – studying techniques with legs and arms for breaking boards of a certain thickness and size.

4. Special technique (tuki)- – studying techniques with legs and arms for breaking boards at a certain height with one, two, or more blows in the air.

The necessary knowledge, skills and technical capabilities are achieved with practical exercises that aim to develop both motor culture and their spirit. The goal of all martial arts and especially of taekwondo ITF is to combine into one "healthy body" and a "strong spirit".

## BADMINTON

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Sport

Faculty of Public Health, Health Care and Sport

**Lecturer:**

Assoc. Prof. Dimitar Tomov PhD

E-mail: [dimitar.tomov@swu.bg](mailto:dimitar.tomov@swu.bg)

**Weekly hours:** 1 L + 2 P

**Type of exam:** written and practical

**Annotation:**

This curriculum is intended for students of the specialty "Physical Education and Sport" studying the discipline "Badminton". The educational material included in it aims to familiarize students with the basic technical and tactical techniques in badminton with the means and methods for their study, the courts, devices and tools for practicing badminton, as well as the organization and holding of badminton competitions.

With the entry into force of the School and Preschool Education Act of 2016, badminton has been included in the elective areas of educational content in the programs from grades V to XII as part of the racket sports. The goal is for students to know the technique of performing strokes in badminton, the rules and organization of competitions



in school and out-of-school environments. The acquired, albeit very basic, knowledge about badminton will be necessary for future physical education and sports teachers as part of their general education preparation and their full realization at school.

## **BODYBUILDING**

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assistant Professor Iliya Kanelov PhD

E-mail: [i\\_kanelov@swu.bg](mailto:i_kanelov@swu.bg)

**Weekly hours:** 1 L + 2 P

**Type of exam:** written and practical

### **Annotation:**

The academic discipline "Bodybuilding" is studied by students of the specialty "Physical Education and Sports", as an elective in the seventh semester of study.

The course has a theoretical and methodological-practical focus, aims to familiarize students with specific fitness exercises and training programs for building a harmonious and athletic body. Fitness programs are aimed at achieving good fitness of the trainees.

Improving the cardio-restorative system, mobility in the joint apparatus, athletic and functional muscles. As well as prevention of the general health condition, increasing the working capacity and resistance of the body to stress factors.

Bodybuilding is a system of special training complexes of exercises to increase muscle mass, reduce adipose tissue and form the qualities of the physique with the necessary parameters of proportion, symmetry and proportionality. A successfully completed training course will provide methodological and practical preparation for future sports teachers to successfully manage the conditioning of students. It will serve for qualitative structuring of the lesson with a pronounced power and speed-power character, using the knowledge gained about the methodological requirements for the formation of motor qualities.

In this way, they will diversify the lessons of physical education and sports. On the other hand, they will satisfy the growing interest of students in this sport, which allows them to individually pursue their goals in their physical development.

## **FIELD HOCKEY**

**ECTS credits:** 3.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assistant. Veronika Georgieva PhD

E-mail: [veronika.georgieva@swu.bg](mailto:veronika.georgieva@swu.bg)

**Weekly hours:** 1 L + 2 P

**Type of exam:** written and practical

### **Abstract:**

This curriculum is intended for students of the "FVS" specialty studying the discipline "Field Hockey". The educational material included in it aims to familiarize students with the basic technical and tactical techniques in field hockey with the means and methods for their study, the fields, equipment and tools for practicing field hockey, as well as for organizing and conducting competitions in this sport.

Goal and task: Students will acquire methodological and practical knowledge for using field hockey as a means of physical education. Through them, they will be able to realize in an emotional and relaxed environment both specific goals and tasks, as well as global ones - for the harmonious development of the student.

## **OPTIONAL COURSES**

## BEACH VOLLEYBALL

**ECTS credits:** 1.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Sports

Faculty of Public Health, Health Care and Sports

**Lecturer:**

Asst. Prof. Hristo Nikolov PhD

E-mail: [hristo\\_nikolov@swu.bg](mailto:hristo_nikolov@swu.bg)

**Weekly hours:** 1 P

**Type of exam:** practical

### **Abstract:**

The program for the optional discipline beach volleyball provides theoretical and methodological preparation, allowing students to conduct sports and preparatory work with children and students in class, extracurricular and extracurricular forms.

Beach volleyball combines all the positive aspects of team sports - the ability to play with the ball, speed and accuracy of movements, resourcefulness, the need to connect individual actions and thinking with those of a teammate. To acquire practical skills for conducting the educational process, to demonstrate different elements of the game technique, to gain knowledge about the tactics of the game, to organize and conduct competitions of various scales with children and students, sports holidays, children's and student camps.

The goal and tasks are aimed at mastering a relatively good level of sports and technical skills in beach volleyball, basic tactical skills, and special motor qualities for the game, all of which can be skillfully implemented in the educational process.

## BEACH TENNIS

**ECTS credits:** 1.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Sports

Faculty of Public Health, Health Care and Sports

**Lecturer:**

Assoc. Prof. Dimitar Tomov PhD

E-mail: [dimitar.tomov@swu.bg](mailto:dimitar.tomov@swu.bg)

**Weekly hours:** 1 P

**Type of exam:** practical

### **Abstract:**

This curriculum is intended for students of the specialty "Physical Education and Sports" studying the optional discipline "Beach Tennis".

The educational material included in it aims to familiarize students with the basic technical and tactical techniques in beach tennis with the means and methods for studying them. The courts, equipment and tools necessary for practicing tennis and the methods for organizing and conducting competitions.

The goals are related to the students acquiring methodological and practical knowledge about beach tennis training and its possibilities for use as a tool in physical education and sports. The acquired, albeit very basic, knowledge about beach tennis will be necessary for future sports educators to provide the necessary methodological assistance to the large number of people wishing to practice beach tennis and use this sport as a tool in physical education and sports training.

## BEACH FOOTBALL

**ECTS credits:** 1.0

**Form of knowledge assessment:** exam

**Methodological guidance:**

Department of Theory and Methodology of Physical education

Faculty of Pedagogy

**Lecturer:**

Assoc. Prof. Valeri Tsvetkov PhD

E-mail: [valeric@swu.bg](mailto:valeric@swu.bg)

**Weekly hours:** 1 P

**Type of exam:** practical

**Abstract:**

The proposed curriculum examines the main guidelines in the methodology of teaching beach football. Teaching is the most difficult and complex element of the educational process in the optional discipline beach football. It can only be implemented when the correct methodology is known and applied.

The basic concepts and classification of the technique and tactics of the beach soccer game are examined, including the correct mastery of the players' technique, passing, dribbling, stopping, feint movements, kicking and heading the ball, the goalkeeper's playing technique, individual, group and team tactical actions in attack and defense. The goal and tasks are aimed at the correct methodological and practical mastery of knowledge about the main content and form of the beach soccer game. Through them, they will be able to correctly select the means, methods and dosage for performing individual tasks as in training activities. The practical mastery of a large number of exercises of a football nature and the methodology of their teaching will provide future sports specialists with a good knowledge of the educational and methodological content and its correct teaching in different age groups of beach soccer.