



SOUTHWEST UNIVERISTY “NEOFIT RILSKI“

FACULTY “PUBLIC HEALTH,HEALTHCARE AND SPORT ”

Blagoevgrad 2700, “Ivan Mihailov” № 66

Tel. + 359 /73/88 55 01, Fax: + 359 /73/ 88 55 16

E-mail: info@swu.bg, <http://www.swu.bg>

**“FACULTY OF PUBLIC HEALTH, HEALTH CARE AND
SPORT”**

E-mail: fozs@swu.bg,

SPECIALTY «KINESITHERAPY»

EDUCATIONAL QUALIFICATION DEGREE

«MASTER»

INFORMATION

PACKAGE



MINISTRY OF EDUCATION AND SCIENCE
SOUTHWEST UNIVERISTY “NEOFIT RILSKI”
FACULTY “PUBLIC HEALTH,HEALTHCARE AND SPORT ”

Blagoevgrad2700, st. “Ivan Mihailov” N66

Тел.: +359/73/ 88 55 01

Fax: +359/73/ 88 55 16

E-mail: info@swu.bg

RECTOR: PROF. NIKOLAY MARIN, PHD

QUALIFICATION CHARACTERISTICS

AREA OF HIGHER EDUCATION: **7. HEALTHCARE AND SPORT**

PROFESSIONAL FIELD : **7.4 PUBLIC HEALTH**

SPECIALTY: **KINESITHERAPY**

DEGREE: **MASTER**

LEVEL OF THE NATIONAL QUALIFICATION

FRAMEWORK **GRADE 7**

NUMBER OF ECTS CREDES: **60**

PROFESSIONAL QUALIFICATION: **SPORT KINESIOLOGYST**

PERIOD OF TRAINING : **1 (ONE) YEAR**

FORM OF EDUCATION : **REGULAR**

INTRODUCED FROM: **2025-2026**

CODE: **09.09_4.10.20**

Blagoevgrad, 2025

QUALIFICATION CHARACTERISTICS

OF THE SPECIALTY:

SPORTS KINESIOLOGY

FOR EDUCATIONAL QUALIFICATION DEGREE: MASTER

WITH PROFESSIONAL QUALIFICATION: KINESITHERAPY

Educational qualification degree "Master" professional qualification "Master in Kinesitherapy" for persons who hold the "Bachelor" qualification in Kinesitherapy

General presentation

Kinesitherapy is a scientifically based and effective method for restoring and maintaining health, based on the healing effect of movement. It plays a key role and is used in medical rehabilitation, sports, prevention and improvement of physical condition, helping to restore motor functions, strengthen muscles and improve flexibility, coordination, range of motion and overall mental and physical well-being.

The qualification "Master in Kinesitherapy" prepares specialists with the necessary knowledge, skills and competencies, who provide comprehensive care and an individual approach to patients, supporting their recovery, independence and participation in society.

The training is intended for persons who have graduated from the Bachelor's Degree in Kinesitherapy, majoring in professional field 7.4. Public Health.

The professional realization of the personnel covers a wide range of institutions in the public and private sectors - healthcare facilities, social homes for children and adults with physical, mental and intellectual disabilities, homes for the elderly, sheltered housing, as well as physiotherapy, medical and sports centers. Their activities include functional-diagnostic, preventive, curative and rehabilitation work, as well as active participation in health promotion.

1. Main objectives of the training

Acquiring knowledge, skills and competencies for the restoration and maintenance of the health and functional state of individuals at all ages. The educational objective is consistent with the important social role of physiotherapists to work to restore and maintain the optimal function and quality of life of individuals with loss and impairment of movements.

Obtaining highly specialized knowledge from the field of physiotherapy science and practice, as a basis for original thinking and/or scientific research; critical reflection of knowledge, issues from practice and interaction between different clinical areas.

- providing an opportunity for individuals who have acquired the Bachelor's Degree in Physiotherapy to increase their educational and qualification degree to the Master's Degree in Physiotherapy, which will ensure the expansion of their competencies and the improvement of the quality of health services.

- expanding theoretical knowledge and opportunities for the practical application of some specialized methodologies such as postisometric relaxation, proprioceptive neuromuscular facilitation, rhythmic stabilization, proprioceptive training, joint mobilization, etc.
- deepening knowledge in relation to performing functional tests to assess motor potential, as well as expanding the opportunities for applying kinesitherapy tools and methods in individuals with different health status.

Personnel with the qualification "Master of Kinesitherapy" are needed for kinesitherapy practice in the healthcare system, in the public and private sectors, to carry out specialized functional-diagnostic, preventive, curative and rehabilitation activities in all age and professional groups, including health promotion.

The program meets the principles of the Bologna Declaration, the Directives of the European Union and the European Network for Higher Education in Physiotherapy (ENPHE) in the European Qualifications Framework for Lifelong Learning in the Field of Physiotherapy, namely:

- ✓ Preparation of highly qualified specialists capable of applying and developing scientific and practical knowledge and skills in preventive, medical practice and healthcare;
- ✓ Increasing the educational and qualification level, ensuring the expansion of competencies and improving the quality of health services;
- ✓ By mastering the volume of theoretical knowledge and practical training, graduates will direct their efforts towards satisfying human needs by providing highly qualified professional health care.

The training in the master's program is aimed at acquiring highly specialized knowledge and skills in areas such as health promotion, application of kinesitherapy in the healthcare system and in sports practice, conducting scientific research in the field of kinesitherapy, pathokinesiology, kinesiology, etc.

Graduates acquire the following professional skills, knowledge and qualities:

The training of students who have acquired the professional qualification "Master in Kinesitherapy" provides them with knowledge and skills that enable them to carry out the following activities in the field of kinesitherapy:

- Deepening the scientific-theoretical and professional training in the field of kinesitherapy;
- Upgrading knowledge in scientific research, scientific-applied activities in the field of kinesitherapy;
- Developing the abilities of graduates for flexible adaptation in the conditions of social, economic and other changes;
- Mastering additional theoretical knowledge and practical skills that will allow the realization of graduates in a wide range of activities in the field of kinesitherapy;

- Acquiring knowledge and skills for practicing the specialty in the field of musculoskeletal and other dysfunctions;
- Implementing training that ensures adaptability and mobility in the field of kinesitherapy practice;
- Providing the opportunity to continue education at another higher education institution, at higher educational levels and in related professional fields according to (Regulation on the uniform state requirements for the specialty "Kinesitherapy", the Directives of the European Union and the European Network for Higher Education in Physiotherapy (ENPHE) in the European Qualifications Framework for Lifelong Learning in the Field of Physiotherapy);
- Knowledge in the field of public health, as well as related medical and human sciences;
- Meeting the requirements of users while complying with the legal framework in the country;
- Familiarity with the rules and procedures regarding the fulfillment of the assigned obligations;
- To develop or participate in the development of specialized therapeutic programs for the restoration of motor function;
- To develop or participate in the development of expert assessments of the functional status in complicated and atypical cases of functional deficit;
- To organize and manage kinesitherapy practice;
- To carry out good communication in the rehabilitation team;
- To develop the necessary documentation;
- To participate in the implementation of practical training of bachelors and continuing education in kinesitherapy;
- To ensure a high level of kinesitherapy services in practice;
- To provide methodological guidance in the implementation of kinesitherapy programs;
- To carry out scientific research in the field of kinesitherapy.

The student who has acquired the professional qualification "Master in Kinesitherapy" must possess professional knowledge aimed at expanding and enriching modern theoretical and practical knowledge in the field of kinesitherapy, as well as acquiring highly specialized knowledge in specific areas:

- The problems of modern society in relation to individual, public health and healthcare.
- Modern medical-biological principles of kinesitherapy, which expand knowledge about the structure and functions of the human body in norm and pathology, for modern functional assessment and diagnostics in various diseases.

- Specialized knowledge in the field of kinesitherapy in various diseases.
- Additional specific knowledge in the field of specialized methodologies in kinesitherapy in various diseases.
- Knowledge about modern information technologies and their application in various forms in the field of healthcare, prevention and recreation.

Those who have acquired the professional qualification "Master of Kinesitherapy" must possess the following professional skills:

- To perform functional tests and examinations, as well as to expand the possibilities for targeted application of passive and active kinesitherapy in individuals with various injuries and diseases.
- To apply in practice modern achievements in the field of kinesitherapy for musculoskeletal dysfunctions and others.
- To apply kinesitherapy procedures, including targeted application of selected physical means, patient education, development of programs for independent exercise, modification of the work and home environment, etc.
- To apply specialized kinesitherapy methods such as postisometric relaxation, proprioceptive neuromuscular facilitation, rhythmic stabilization, mobilization techniques, as well as new ones included in physical therapy.
- To prevent motor disorders, limited motor activity and participation in everyday and social life, disability and trauma through the promotion and maintenance of health, quality of life, work capacity and general motor capacity at all ages.

The qualification profile has been developed in accordance with the Higher Education Act, the Regulation on the Uniform State Requirements for Acquiring Higher Education in the Specialty "Kinesitherapy" for the Educational and Qualification Degrees "Bachelor" and "Master" in the Professional Field 7.4. Public Health and the Regulations for the Educational Activities of the Southwestern University "Neofit Rilski". It is subject to additions and amendments resulting from changes in the regulatory framework of the Republic of Bulgaria.

The qualification characteristics were discussed and adopted at a meeting of the Department Council of the Department of Kinesitherapy held on 28.11.2019, Protocol No. 17, updated and adopted at a meeting of the Faculty Council of the Faculty of Public Health, Healthcare and Sports held on 10.12.2019, Protocol No. 37.

The updated qualification characteristics were approved at a meeting of the Academic Council of the South-West University "Neofit Rilski", held on 18.12.2019, Protocol No. 1.

The qualification characteristics were supplemented, amended and approved at a meeting of the Department Council of the Department of Kinesitherapy held on 07.04.2025, Protocol No. 17, updated and adopted at a meeting of the Faculty Council of the Faculty of Public Health, Healthcare and Sports held on 07.05.2025, Protocol No. 38.

The updated qualification characteristics were approved at a meeting of the Academic Council of the South-West University "Neofit Rilski", held on 11.06.2025, Protocol No. 21.

2. CURRICULUM STRUCTURE

Specialty: Kinesitherapy

First year			
<i>First semester</i>	ECTS credits	<i>Second semester</i>	ECTS credits
Clinical Laboratory	1,0	Specialized methods of kinesitherapy in various clinical areas – part I	3,0
Research Methodology	1,0	Elective subject from group II	3,0
Anatomical and Physiological Features of Kinesitherapy in Various Diseases	2,0	Elective subject from group III	2,0
Modern Methods of Research in Various Diseases	2,0	Health management	1,0
Specialized Methods of Treatment in Various Diseases	2,0	Medical statistics	1,0
Specialized Methods of Functional Research in Various Clinical Areas	2,0	Training practice	5,0
Specialized Methods of Kinesitherapy in Various Clinical Areas – Part I	10,0	State examination or master's thesis defense	15,0
Elective Subject from Group I	3,0		
Practice	8,0		

	Total 30		Total 30
Optional disciplines:			
First Group – Applied Kinesiology Innovations in Kinesitherapy for Internal Medicine Specialized Methods of Kinesitherapy for Lumbar Pain Application of Isokinetic Dynamometry in Orthopedics and Traumatology Second group – Sports kinesiology Innovations in kinesitherapy in the treatment of children with nervous and mental illnesses Specialized kinesitherapy methods for injuries and diseases of the spine and postural disorders Modern methods of kinesitherapy for sports injuries	 2,0 2,0 2,0 3,0 3,0 3,0	Third group – Theoretical and applied disciplines Kinesiological taping in orthopedics and traumatology Basic kinesitherapy tools in neurology and neurosurgery Application of mobilization techniques and massage in orthopedic practice	 2,0 2,0 2,0

CLINICAL LABORATORY

ECTS credits: 1.0

Hours per week: 1l+0se+0le+0pe

Evaluation: written exam

Kind of discipline: Compulsory

Semester: I

Exam: Written/ test

Supervision:

Department: Chemistry

Faculty: Faculty of Natural Sciences and Mathematics

Lecturers: Prof. Ivanka Stankova, PhD

Annotations: The discipline "Clinical Laboratory" is mandatory for students of the specialty "Kinesitherapy", educational and qualification degree "Master". The discipline provides basic knowledge about laboratory tests and their importance in the practice of kinesitherapy. The emphasis is on the relationship between laboratory indicators and the functional state of the musculoskeletal system, metabolic processes and recovery mechanisms in the body. The aim of the training is to prepare kinesitherapy students for the correct interpretation of basic clinical and biochemical indicators that are important in assessing the general health status, physical endurance and the rehabilitation process. The following topics are covered: Role of the clinical laboratory in medicine and rehabilitation; Hematological indicators and their importance in physical exertion and recovery; Biochemical markers for muscle damage, inflammatory processes and metabolism; Laboratory tests related to the bone and joint system and recovery processes; Importance of immunological and hormonal indicators for sports and rehabilitation practice; Interpretation of results for the purposes of kinesitherapy – limitations, adaptation and safety. Students will be able to work in a team with doctors and other specialists, using laboratory data to optimize the kinesitherapy process.

METHODOLOGY OF SCIENTIFIC RESEARCH

ECTS credits: 1.0

Hours per week: 1l+0se+0le+0pe

Evaluation: written exam

Kind of discipline: Compulsory

Semester: I

Exam: Written/ test

Supervision:

Department: Informatics

Faculty: Faculty of Natural Sciences and Mathematics

Lecturers: Assos. Prof. Radoslav Mavrevski, PhD

Annotations: The course builds on the basic knowledge and skills for conducting scientific research, with the emphasis on their application in the field of kinesitherapy and rehabilitation practice. Students are introduced to modern approaches to creating a research design, critical analysis of scientific publications and application of innovative methods for processing and interpreting data. The aim of the training is to develop in students the ability for independent and in-depth scientific research, critical thinking and skills for creating new knowledge and innovative practices in the field of kinesitherapy. Main topics are: Scientific approach and

methodology in medicine and kinesitherapy; Modern research designs: experimental, quasi-experimental, observational; Systematic review and meta-analysis - methods and application; Application of qualitative and quantitative methods in kinesitherapy; Ethics and good practices in scientific research; Modern statistical methods and software applications for data processing; Preparation of scientific publications and presentation of results at national and international forums.

ANATOMICAL-PHYSIOLOGICAL FEATURES OF KINESITHERAPY IN VARIOUS DISEASES

ECTS credits: 2.0

Hours per week: 1l+0se+1le+0pe

Evaluation: written exam

Kind of discipline: Compulsory

Semester: I

Exam: Test

Supervision:

Department: Healthcare

Faculty: Faculty of Public Health, Healthcare and Sport

Lecturers: assos. prof Manol Kalniev, MD

Ass. Maria Ganeva, PhD

Анотация: The course deepens the students' knowledge of the anatomical-physiological features of the human body in various diseases and their importance for the planning and implementation of kinesitherapy programs. The specific changes in the musculoskeletal, nervous, cardiovascular, respiratory and other systems in the context of rehabilitation are examined. The purpose of the training is to provide knowledge and skills for integrating anatomical and physiological characteristics of various pathological conditions into the clinical practice of kinesitherapy, in order to increase the effectiveness and safety of rehabilitation programs.

MODERN METHODS FOR RESEARCH IN VARIOUS DISEASES

ECTS credits: 2.0

Hours per week: 2l+0se+0le+0pe

Evaluation: written exam

Kind of discipline: Compulsory

Semester: I

Exam: Written exam/ test

Supervision:

Department: Healthcare

Faculty: Faculty of Public Health, Healthcare and Sport

Lecturers: Assos. Prof. Rosen Kalpachki, MD

Assos. Prof. Manol Kalniev, MD

Annotation: The course introduces students to modern diagnostic and functional methods for examining patients with various diseases. The emphasis is on the application of these methods in clinical practice and their importance for planning, conducting and evaluating the effectiveness of physiotherapy programs. The aim of the course is to provide in-depth knowledge and practical skills for the use and interpretation of modern methods of functional and imaging diagnostics, as a basis for a justified choice of therapeutic approaches in kinesitherapy.

SPECIALIZED TREATMENT METHODS FOR VARIOUS DISEASES

ECTS credits: 2.0

Hours per week: 2l+0se+0le+0pe

Evaluation: written exam

Kind of discipline: Compulsory

Semester: I

Exam: Written exam/ test

Supervision:

Department: Healthcare

Faculty: Faculty of Public Health, Healthcare and Sport

Lecturers: Assos. Prof. Rosen Kalpachki, MD

Assos. Prof. Manol Kalniev, MD

Annotation: The discipline is aimed at deepening the knowledge and practical skills of students regarding the application of modern and specialized methods of treatment and rehabilitation for various diseases. Interdisciplinary approaches based on modern kinesitherapy techniques, physiotherapy tools and integration of innovative recovery practices are considered. To prepare students for the application of individualized and scientifically based therapeutic strategies in patients with various pathological conditions, with an emphasis on functional recovery and improving the quality of life.

SPECIALIZED METHODS OF KINESITHERAPY IN VARIOUS CLINICAL AREAS PART I

ECTS credits: 2.0

Hours per week: 1l+0se+1le+0pe

Evaluation: exam

Kind of discipline: Compulsory

Semester: I

Exam: written

Supervision:

Department Kinesitherapy

Faculty of Public Health, Health Care and Sport

Lecturers: Assoc. Prof. Dr. Stamenka Mitova

Annotations: The training in the specialty "Kinesitherapy" aims to prepare highly qualified personnel to be implemented in the healthcare system, in the public and private sectors, to carry out specialized functional-diagnostic, preventive, therapeutic and rehabilitation activities in all age and professional groups, including health promotion.

The training in the master's program is aimed at acquiring highly specialized knowledge and skills in areas such as health promotion, application of kinesitherapy in the healthcare system and in sports practice, conducting scientific research in the field of kinesitherapy, pathokinesiology, kinesiology, etc. The course provides an opportunity to deepen scientific, theoretical and professional training in the field of specialized KT methodologies in various clinical areas.

INNOVATIONS IN KINESITHERAPY IN INTERNAL DISEASES

ECTS credits: 2.0

Hours per week: 1l+0se+1le+0pe

Evaluation: written exam

Kind of discipline: Elective

Semester: I

Exam: Written

Supervision:

Department: Kinesitherapy

Faculty: Faculty of Public Health, Healthcare and Sport

Lecturers: Assos prof. Mariela Filipova, PhD

Annotation: The course examines modern and specialized kinesitherapy methods used in the treatment of various diseases of the musculoskeletal system, nervous, cardiovascular and respiratory systems. The emphasis is on individualized rehabilitation programs, the application of integrated approaches and the combination of traditional and innovative methods to achieve optimal results. The aim of the training is to provide students with knowledge and practical skills for the application of specialized treatment methods, tailored to the specific characteristics of the disease and the functional state of the patient, as well as for the integration of these methods into complex therapeutic programs.

SPECIALIZED METHODS OF KINESITHERAPY FOR LUMBAR PAIN

ECTS credits: 2.0

Hours per week: 1l+0se+1le+0pe

Evaluation: written exam

Kind of discipline: Elective

Semester: I

Exam: Written/test

Supervision:

Department: Kinesitherapy

Faculty: Faculty of Public Health, Healthcare and Sport

Lecturers: Assos prof. Yulian Zlatkov PhD

Annotation: The course examines modern specialized approaches and methods of kinesitherapy for patients with lumbar pain resulting from degenerative, post-traumatic and functional disorders. The emphasis is on the individualized selection of exercises, stabilization and mobilization techniques, prevention of chronicity of the pain syndrome and restoration of motor control. The aim of the course is to prepare students for the application of scientifically based kinesitherapy methods in lumbar pain syndromes, with an emphasis on the assessment of the functional state, the correct choice of therapeutic agents and their integration into complex rehabilitation.

APPLICATION OF ISOKINETIC DYNAMOMETRIC DYNAMOMETER IN ORTHOPAEDICS AND TRAUMATOLOGY

ECTS credits: 2.0

Hours per week: 1l+0se+1le+0pe

Evaluation: written exam

Kind of discipline: Elective

Semester: II

Exam: Written

Supervision:

Department: Kinesitherapy

Faculty: Faculty of Public Health, Healthcare and Sport

Lecturers: Assist. Miglena Tsvetkova-Gaberska, PhD

Annotations: The course presents the principles, methods and practical application of isokinetic dynamometry in patients with orthopedic and traumatological injuries. The emphasis is on its use for objective assessment of muscle strength, balance and endurance, as well as for planning, monitoring and optimization of kinesitherapy programs. The aim of the training is to prepare students for the effective use of isokinetic dynamometry as a diagnostic and therapeutic tool in the clinical practice of the physiotherapist, with a view to restoring motor function and preventing relapses.

CLINICAL PRACTICE

ECTS credits: 8.0

Hours per week: 0l+0se+0le+240h

Evaluation: written exam

Kind of discipline: Compulsory

Semester: II

Exam: Written

Supervision:

Department: Kinesitherapy

Faculty: Faculty of Public Health, Healthcare and Sport

Annotation: The discipline of practical training is included in the first semester of the master's curriculum in kinesitherapy with a total number of hours of 240 hours. The training of masters is aimed at acquiring highly specialized practical knowledge and innovative specialized methodologies in the various fields of kinesitherapy. Clinical practice further develops and builds on the knowledge and skills of masters acquired in the bachelor's program in kinesitherapy in the various clinical areas. The internship introduces the masters to novelties and state-of-the-art treatment approaches, building on their skills in the fields of orthopedics and traumatology, nervous diseases, neurology and vestibular kinesitherapy, internal medicine and pediatrics. The course provides an opportunity to deepen the practical and professional training of the masters with the most modern methodologies in various clinical areas.

SPECIALIZED METHODS OF KINESITHERAPY IN VARIOUS CLINICAL AREAS PART II

ECTS credits: 3.0

Hours per week: 2l+0se+1le+0pe

Evaluation: written exam

Kind of discipline: Compulsory

Semester: II

Exam: Written

Supervision:

Department: Kinesitherapy

Faculty: Faculty of Public Health, Healthcare and Sport

Lecturers: Assoc. Prof. Maria Gramatikova, PhD

Annotation: The aim of the course is to provide an opportunity to deepen the scientific-theoretical and professional training in the field of specialized methods of CT in various clinical areas. Upgrading knowledge in scientific research, scientific-applied activities, acquiring knowledge and skills for practicing the specialty in the field of specialized methods of CT in various clinical areas. The emphasis is on individualized rehabilitation programs, the

implementation of integrated approaches, and the combination of traditional and innovative methods to achieve optimal results.

INNOVATIONS IN KINESITHERAPY IN TREATMENT OF CHILDREN WITH NERVOUS AND MENTAL DISEASES

ECTS credits: 3.0

Hours per week: 2l+0se+1le+0pe

Evaluation: written exam

Kind of discipline: Elective

Semester: II

Exam: Written

Supervision:

Department: Kinesitherapy

Faculty: Faculty of Public Health, Healthcare and Sport

Lecturers: Assoc. Prof. Maria Gramatikova, PhD

Annotation: The course examines modern innovative methods and approaches in kinesitherapy, aimed at children with nervous and mental diseases. The emphasis is on the integration of new technologies, game and motor therapies that support motor development, cognitive functions and the psycho-emotional state of children. The goal of the training is to provide students with knowledge and practical skills for applying innovative kinesitherapy approaches to children with nervous and mental illnesses, with an emphasis on the individualization, safety and effectiveness of the therapeutic process.

SPECIALIZED METHODS OF CT IN INJURIES AND DISEASES OF THE SPINE AND POSTURAL DISORDERS

ECTS credits: 3.0

Hours per week: 2l+0se+1le+0pe

Evaluation: written exam

Kind of discipline: Elective

Semester: II

Exam: Written

Supervision:

Department: Kinesitherapy

Faculty: Faculty of Public Health, Healthcare and Sport

Lecturers: Assoc. Prof. Stamenka Mitova, PhD

Annotation: The training in the master's program is aimed at acquiring highly specialized knowledge and skills in areas such as health promotion, application of kinesitherapy in the healthcare system and in sports practice, conducting scientific research in the field of kinesitherapy, pathokinesiology, kinesiology, etc. The course provides an opportunity to deepen the scientific-theoretical and professional training in the field of specialized methods of kinesitherapy for injuries and diseases of the spine and postural disorders. The aim of the course is to provide an opportunity to deepen the scientific-theoretical and professional training in the field of specialized methods of kinesitherapy for injuries and diseases of the spine and postural disorders. Upgrading knowledge in scientific research, scientific and applied activities, acquiring knowledge and skills for practicing the specialty in the field of specialized methods of kinesitherapy for injuries and diseases of the spine and postural disorders.

MODERN METHODS OF KINESITHERAPY IN SPORTS INJURIES

ECTS credits: 3.0

Hours per week: 2l+0se+1le+0pe

Evaluation: written exam

Kind of discipline: Elective

Semester: II

Exam: Written

Supervision:

Department: Kinesitherapy

Faculty: Faculty of Public Health, Healthcare and Sport

Lecturers: Assoc. Prof. Yulian Zlatkov, PhD

Annotation: The course examines modern kinesitherapy methods and approaches for prevention, diagnosis and rehabilitation in sports injuries. The emphasis is on the integration of scientifically based techniques for restoring muscle strength, joint mobility, coordination and functional stability of athletes. The aim of the training is to prepare students for the effective application of modern kinesitherapy methods in sports injuries, ensuring safe and personalized recovery, prevention of re-injuries and optimization of sports results.

KINESIOLOGY TAPE IN ORTHOPAEDICS AND TRAUMATOLOGY

ECTS credits: 2.0

Hours per week: 1l+0se+1le+0pe

Evaluation: written exam

Kind of discipline: Elective

Semester: II

Exam: Written

Supervision:

Department: Kinesitherapy

Faculty: Faculty of Public Health, Healthcare and Sport

Lecturers: Assoc. Prof. Maria Gramatikova, PhD

Annotation: The course introduces students to the principles and application of kinesiology taping as a means of prevention, rehabilitation and recovery in orthopedic and traumatological injuries. The emphasis is on pain relief, improvement of muscle function, joint stability and acceleration of the recovery process. The goal of the training is to prepare students for the effective and safe application of kinesiology taping in orthopedic and traumatology practice, integrating it into the complex kinesitherapy program.

BASIC KINESIOTHERAPY TOOLKIT IN NEUROLOGY AND NEUROSURGERY

ECTS credits: 2.0

Hours per week: 1l+0se+1le+0pe

Evaluation: written exam

Kind of discipline: Elective

Semester: II

Exam: Written

Supervision:

Department: Kinesitherapy

Faculty: Faculty of Public Health, Healthcare and Sport

Lecturers: Assoc. Prof. Yulian Zlatkov, PhD

Annotation: The discipline presents the main kinesitherapy tools and methods applied to patients with neurological and neurosurgical diseases. The emphasis is on the restoration of motor functions, the maintenance of muscle tone, coordination and balance, as well as adaptation to functional deficits. The aim of the training is to provide students with knowledge and practical skills for using the specific kinesitherapy tools in neurological and neurosurgical practice, with the aim of optimizing rehabilitation programs and improving the quality of life of patients.

APPLICATION OF MOBILIZATION TECHNIQUES AND MASSAGE IN ORTHOPEDIC PRACTICE

ECTS credits: 2.0

Hours per week: 1l+0se+1le+0pe

Evaluation: written exam

Kind of discipline: Elective

Semester: II

Exam: Written

Supervision:

Department: Kinesitherapy

Faculty: Faculty of Public Health, Healthcare and Sport

Lecturers: Assoc. Prof. Stamenka Mitova, PhD

Annotation: The training in the master's program is aimed at acquiring highly specialized knowledge and skills in areas such as health promotion, application of kinesitherapy in the healthcare system and in sports practice, conducting scientific research in the field of kinesitherapy, pathokinesiology, kinesiology, etc. The course provides an opportunity to deepen the scientific-theoretical and professional training in the field of kinesitherapy and the application of mobilization techniques and massage in orthopedic practice. The aim of the course is to provide an opportunity to deepen the scientific-theoretical and professional training in the field of kinesitherapy and the application of mobilization techniques and massage in orthopedic practice. Upgrading knowledge in scientific research, scientific and applied activities, acquiring knowledge and skills for practicing the specialty in the field of kinesitherapy and the application of mobilization techniques and massage in orthopedic practice.

HEALTH MANAGEMENT

ECTS credits: 1.0

Hours per week: 1l+0se+1le+0pe

Evaluation: written exam

Kind of discipline: Compulsory

Semester: II

Exam: Written

Supervision:

Department: Logopedics

Faculty: Faculty of Public Health, Healthcare and Sport

Lecturers: Assoc. Prof. Ekaterina Mitova, PhD

Annotation: The program offers interdisciplinary training and provides the opportunity for master's students to acquire general and specialized knowledge and skills in general methodology of health management and health policy, health economics, medical ethics and health legislation, together with health promotion and disease prevention. The Health Management training introduces Master's degree kinesitherapists to the possibilities of new technologies for managing and regulating healthcare processes, as well as to the challenges of the dynamically developing healthcare services market, taking into account the fact that health

management is a priority task in the strategic development of Bulgarian healthcare. The aim of the course is for students to acquire theoretical knowledge and practical skills necessary for competent development and solution of managerial and organizational health and health-social problems, as well as to direct the attention of Master's degree students to the problems, opportunities and prospects of the modern healthcare system.

MEDICAL STATISTICS

ECTS credits: 1.0

Hours per week: 1l+0se+1le+0pe

Evaluation: written exam

Kind of discipline: Compulsory

Semester: II

Exam: Written

Supervision:

Department: Informatics

Faculty: Faculty of Natural Sciences and Mathematics

Lecturers: Assoc. Prof. Radoslav Mavrevski, PhD

Annotation: The lecture course on the subject “Medical Statistics” has been developed in accordance with the general objectives of the specialty “Kinesitherapy”. The lecture course examines statistical methods and reveals their essence and their specific application in medical practice. Special attention is paid to the possibilities of obtaining statistical characteristics using PK and PPSP and emphasizes the interpretation of these characteristics. The aim of the course is to familiarize students with the basic knowledge of medical statistics and their practical application.

CLINICAL PRACTICE

ECTS credits: 5.0

Hours per week: 0l+0se+0le+150h

Evaluation: written exam

Kind of discipline: Compulsory

Semester: II

Exam: Written

Supervision:

Department: Kinesitherapy

Faculty: Faculty of Public Health, Healthcare and Sport

Annotation: The purpose of the practical training is to provide students with the opportunity to apply the acquired theoretical knowledge in a real professional environment. Under the

guidance of qualified teachers and specialists, students participate in diagnostic, therapeutic and rehabilitation activities related to kinesitherapy for various diseases and conditions. The aim of the training is to prepare students for independent professional work through the acquisition of practical skills, observation and active participation in the process of treatment and rehabilitation of patients.