



ЮГОЗАПАДЕН УНИВЕРСИТЕТ
·НЕОФИТ РИЛСКИ·
БЛАГОЕВГРАД

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

**SPECIALTY: "SPORT"
EDUCATIONAL QUALIFICATION DEGREE:
"BACHELOR"**

INFORMATION PACKAGE

QUALIFICATION CHARACTERISTICS

Field of Higher Education:	7.0. Healthcare and Sports
Professional Field:	7.6. Sports
Specialty:	Sports
Educational Qualification Degree:	Bachelor
Professional Qualification:	Coach in a Specific Sport
Duration of Study:	4 (four) years (8 semesters)
Form of Study:	Full-time
Code:	

GENERAL DESCRIPTION OF THE BACHELOR'S PROGRAM

The aim of the Bachelor's program is to provide high-quality education for the training of highly qualified professionals to meet the needs of sports organizations in the country, as well as educators and instructors in the education system and sports services.

The educational content is aligned with the high standards required for the professional preparation of future coaching professionals. The program includes fundamental concepts in the theory and methodology of sports training, which develop comprehensive competencies in students. These competencies enable them to effectively carry out organizational, methodological, practical, and coaching activities, and to acquire skills in applying scientifically based methods for planning and managing the training process.

OBJECTIVES OF THE BACHELOR'S PROGRAM

The program aims to prepare highly qualified professionals in the field of modern sports by providing specialized training in sports training activities, competitive sports activities, research and scientific activities, organizational and management activities. The curriculum is designed to meet the needs of all state, public, educational, and private institutions and organizations that require such specialists.

MAIN TASKS OF THE BACHELOR'S PROGRAM

1. To ensure professional and scientific training for future coaches in accordance with the best academic standards;
2. To apply modern teaching methods and innovations, aligned with leading international practices in sports education;
3. To provide opportunities for student involvement in scientific research and to offer academic supervision for their research activities;
4. To develop organizational and management skills in students applicable to various areas of sports activities;
5. To support inter-university and international mobility;
6. To provide up-to-date scientific, informational, and methodological support for the educational process.

ORGANIZATION OF THE EDUCATIONAL PROCESS

The Bachelor's program in "**Sports**" has been developed in accordance with the requirements of the **Higher Education Act**. The program is implemented based on an academic curriculum and course syllabi and is delivered by a teaching team according to the agreements of **South-West University "Neofit Rilski"**.

The curriculum and syllabi are developed in compliance with the **European Credit Transfer and Accumulation System (ECTS)**. The duration of study is **4 years (8 semesters)**, and the total number of credits required for obtaining the **Bachelor's degree** is **240**.

The structure of the Bachelor's program in "Sports" includes general theoretical, specialized, and practical-methodological disciplines that ensure a high level of competence in the field of sports. The training provides students with the necessary knowledge, skills, and competences in the following areas:

General Theoretical Training:

- ***In-depth theoretical training*** in pedagogy, psychology, informatics, English, and other general education subjects;

- **General theoretical preparation in medical and biological sciences:** functional anatomy, physiology, sports biochemistry, sports medicine and hygiene, sociology, and other disciplines relevant to sports training, practical-methodological, and organizational activities;
- **Specialized theoretical training in medical and biological sciences:** functional anatomy, physiology of physical exercise, sports medicine and hygiene, biomechanics of sports and sports techniques, sports biochemistry, etc.;
- **General scientific training**, that includes knowledge and competences related to scientific information processing, conducting experimental research, analyzing results, statistical data processing, sports diagnostics and evaluation—key prerequisites for success in the coaching profession.

Specialized Theoretical Training in Sports:

- Theory and methodology of sports training in a selected sport;
- Means and methods for control and management of the training process;
- Sports diagnostics and evaluation;
- Talent identification and performance prediction in sports;
- Youth sports;
- Sports psychology;
- Sports sociology;
- Theory, management, and organization of sports;
- History of sports.

Practical-Methodological Training:

This includes training and acquisition of competences in:

- Methodology of sports preparation—physical, technical, tactical, psychological;
- Psychological and pedagogical aspects of working with children in training;
- Health and ethical aspects of sport (sports injuries, biostimulation, nutrition, doping, etc.);
- Ensuring safety and security during sports training sessions;
- Operation and maintenance of sports equipment, facilities, and gear.

FIELDS OF PROFESSIONAL REALIZATION

Graduates from the “Sports” specialty obtain the professional qualification of **"Coach in a Specific Sport"**, which enables them to practice the following professions and hold the respective positions according to the **"List of Positions in the National Classification of Occupations and Positions (2011)"** (Annex 4 to Order No. RD01-931/27.12.2010, with amendments in force from 01.01.2014):

Sports Coaches, Instructors, and Related Professions:

- 3422 6002** – Coach
- 3422 3003** – Assistant Coach
- 3422 6004** – Senior Coach
- 3422 3005** – Ski Instructor
- 3422 3006** – Starter
- 3422 3007** – Swimming Instructor
- 3422 3008** – Sports Organization Employee
- 3422 3009** – Organizer of Sports Events and Championships
- 3422 3010** – Sports Instructor
- 3422 7011** – Head Coach

OPPORTUNITIES FOR FURTHER QUALIFICATION

Graduates with a **Bachelor’s degree in Sports** have the opportunity to:

- Continue their education in **Master’s degree programs** within professional field **7.6 Sports, 1.3 Pedagogy of Teaching in...**, e.g. *Physical Education and Sport*, or other related fields;
- Pursue studies for the **educational and scientific degree "Doctor" (PhD)**;
- Participate in various forms of **professional development and qualification enhancement** related to professional field 7.6.

CURRICULUM STRUCTURE
Specialty: Sports

First Year			
<i>First Semester</i>	ECTS Credits	<i>Second Semester</i>	ECTS Credits
History of Sport	4,0	Sports Improvement II	5,0
Functional Anatomy – Part I	5,0	Gymnastics	3,0
Pedagogy	4,0	Functional Anatomy – Part II	5,0
Athletics	5,0	Physiology of Physical Exercise and Sport – Part I	5,0
Theory and Methodology of the Selected Sport – Part I	5,0	Theory and Methodology of the Selected Sport – Part I	5,0
English Language (Sports Terminology) – Part I	2,0	English Language (Sports Terminology) – Part II	2,0
Sports Improvement	5,0	Theory and Methodology of Sports Training – Part I	5,0
	Total 30		Total 30
Second Year			
<i>First Semester</i>	ECTS Credits	<i>Second Semester</i>	ECTS Credits
Physiology of Physical Exercise and Sport – Part II	4,0	Sports Improvement IV	5,0
Theory and Methodology of Sports Training – Part II	5,0	Biomechanics of Sport and Sports Techniques	5,0
Theory and Methodology of the Selected Sport – Part I	5,0	Metrology and Data Processing in Sport	4,0
Sports Improvement III	5,0	Theory and Methodology of the Selected Sport – Part I	5,0
Theory, Management, and Organization of Sport	5,0	One Discipline from Group 1	3,0
Biochemistry of Sport	3,0	One Discipline from Group 1	3,0
One Discipline from Group 2	3,0	One Discipline from Group 2	3,0
		One Discipline from Group 3	2,0
Elective Disciplines (students choose one discipline from the group)		Elective Disciplines (students choose one discipline from the group)	

First Group – Sports-Practical Disciplines (Team Sports)	
1.1. Basketball	
1.2. Futsal	3,0
1.3. Football (Soccer)	3,0
1.4. Volleyball	3,0
1.5. 3x3 Basketball	3,0
1.6. Beach Soccer	3,0
1.7. Field Hockey	3,0
1.8. Beach Volleyball	3,0
1.9. Folk Dances and Traditions	3,0
1.10. Moving and Sports-Preparatory Games	3,0
	3,0
Second Group – Sports-Practical Disciplines (Individual Sports)	
2.1. Tennis	3,0
2.2. Aerobics	3,0
2.3. Fitness and Bodybuilding	3,0
2.4. Table Tennis	3,0
2.5. Wrestling	3,0
2.6. Beach Tennis	3,0
2.7. Taekwondo	3,0
2.8. Badminton	3,0
2.9. Training Course – Skiing	3,0
2.10. Training Course – Water Sports	3,0
2.11. Training Course – Tourism and Mountaineering	3,0
Third Group – Theoretical Disciplines:	
3.1. Doping and Sport	
3.2. Management of Sports Activities	
3.3. Biofeedback – Tools and Methods	
3.4. Sport in Older Age	
3.5. Sport for Gifted Children and Students	
3.6. Dietetics and Biostimulation	
3.7. Kinesiotherapy – Tools and Methods	
3.8. Extracurricular and Out-of-School Activities	
3.9. Sport for All	
3.10. Preliminary Sports Preparation – Preschool Age	
3.11. System of World Sport and the Olympic Movement	
3.12. Sport and Security	
3.13. Paralympic Sport	
3.14. Sports Ethics	
3.15. Stress and Adaptation in Sport	
3.16. Valeology	
	Total 30

Third Year			
<i>First Semester</i>	ECTS Credits	<i>Second Semester</i>	ECTS Credits
Sports Medicine and Hygiene	3,0	Sports Methodological Practice – Part II	3,0
Adapted Sports Activity	4,0	Theory and Methodology of the Selected Sport – Part II	5,0
Sports Methodological Practice – Part I	3,0	Selection and Prediction in Sport	3,0
Theory and Methodology of the Selected Sport – Part II	5,0	Physical Education and Sport in School	2,0
Swimming	3,0	Child and Youth Sport	4,0
Psychology	4,0	One Discipline from Group 1	3,0
One Discipline from Group 1	3,0	One Discipline from Group 1	3,0
One Discipline from Group 2	3,0	One Discipline from Group 2	3,0
One Discipline from Group 3	2,0	One Discipline from Group 3	2,0
One Discipline from Group 3	2,0	One Discipline from Group 3	2,0
Elective Disciplines (students choose one discipline from the group)		Elective Disciplines (students choose one discipline from the group)	

First Group – Sports-Practical Disciplines (Team Sports)	
1.1. Basketball	3,0
1.2. Futsal	3,0
1.3. Football (Soccer)	3,0
1.4. Volleyball	3,0
1.5. 3x3 Basketball	3,0
1.6. Beach Soccer	3,0
1.7. Field Hockey	3,0
1.8. Beach Volleyball	3,0
1.9. Folk Dances and Traditional Dance	3,0
1.10. Movement and Sports-Preparatory Games	3,0
Second Group – Sports-Practical Disciplines (Individual Sports)	
2.1. Tennis	3,0
2.2. Aerobics	3,0
2.3. Fitness and Bodybuilding	3,0
2.4. Table Tennis	3,0
2.5. Wrestling	3,0
Third Group – Theoretical Disciplines	
3.1. Doping and Sport	2,0
3.2. Management of Sports Activities	2,0
3.3. Biofeedback – Tools and Methods	2,0
3.4. Sport in Older Age	2,0

3.5. Sport for Gifted Children and Students	2,0
3.6. Dietetics and Biostimulation	2,0
3.7. Kinesiotherapy – Tools and Methods	2,0
3.8. Extracurricular and Out-of-School Activities	2,0
3.9. Sport for All	2,0
3.10. Preliminary Sports Preparation – Preschool Age	2,0
3.11. System of World Sport and the Olympic Movement	2,0
3.12. Sport and Security	2,0
3.13. Paralympic Sport	2,0
3.14. Sports Ethics	2,0
3.15. Stress and Adaptation in Sport	2,0
3.16. Valeology (<i>Science of Healthy Living</i>)	2,0
	Total 30

Fourth Year			
<i>First semester</i>	ECTS Credits	<i>Second semester</i>	ECTS Credits
Sports Methodological Practice – Part III	3,0	Pre-graduation Coaching Internship	20,0
Theory and Methodology of the Selected Sport – Part II	5,0		
Methodology and Methods of Sports	2,0	State Practical-Applied Exam in a Selected Sport	5,0
Sociology of Sport	3,0		
Sports Massage	3,0		
One Discipline from Group 1	3,0		
One Discipline from Group 1	3,0		
One Discipline from Group 2	3,0	Theoretical State Exam (Written) or Thesis Defense	5,0
One Discipline from Group 2	3,0		
One Discipline from Group 3	2,0		
Elective Disciplines (students choose one discipline from the group)		Optional Disciplines	

First Group – Sports-Practical Disciplines (Team Sports)		F.1 – Sports Improvement (by Sport)	5
1.1. Basketball	3,0	F.1.1. Sports Improvement – Football	
1.2. Futsal	3,0	F.1.2. Sports Improvement – Athletics	5
1.3. Football (Soccer)	3,0	F.1.3. Sports Improvement – Skiing	
1.4. Volleyball	3,0	F.1.4. Sports Improvement – Swimming	5
1.5. 3x3 Basketball	3,0	F.1.5. Sports Improvement – Basketball	5
1.6. Beach Soccer	3,0	F.1.6. Sports Improvement – Volleyball	
1.7. Field Hockey	3,0	F.1.7. Sports Improvement – Wrestling	5
1.8. Beach Volleyball	3,0	F.1.8. Sports Improvement – Tennis	
1.9. Folk Dances and Traditional Dance	3,0	F.1.9. Sports Improvement – Taekwondo	5
1.10. Movement and Sports-Preparatory Games	3,0	Other Facultative Disciplines	5
Second Group – Sports-Practical Disciplines (Individual Sports)		F.2. Golf	5
2.1. Tennis		F.3. Chess	5
2.2. Aerobics	3,0	F.4. Wellness and Recreation	
2.3. Fitness and Bodybuilding	3,0	F.5. Autogenic Training	1
2.4. Table Tennis	3,0	F.6. Sports Injuries	1
2.5. Wrestling	3,0	F.7. Kinesiological Aspects of Strength Sports	1
2.6. Beach Tennis	3,0	F.8. Kinesiological Aspects of Tennis	1
2.7. Taekwondo	3,0		1
2.8. Badminton	3,0		
2.9. Training Course – Skiing	3,0		
2.10. Training Course – Water Sports	3,0		
2.11. Training Course – Tourism and Mountaineering	3,0		
Third Group – Theoretical Disciplines			
3.1. Doping and Sport	2,0		
3.2. Management of Sports Activities	2,0		
3.3. Biofeedback – Tools and Methods	2,0		
3.4. Sport in Older Age	2,0		
3.5. Sport for Gifted Children and Students	2,0		
3.6. Dietetics and Biostimulation	2,0		
3.7. Kinesiotherapy – Tools and Methods	2,0		
3.8. Extracurricular and Out-of-School Activities	2,0		
3.9. Sport for All	2,0		
3.10. Preliminary Sports Preparation – Preschool Age	2,0		
3.11. System of World Sport and the Olympic Movement	2,0		
3.12. Sport and Security	2,0		
3.13. Paralympic Sport	2,0		
3.14. Sports Ethics	2,0		
3.15. Stress and Adaptation in Sport	2,0		
3.16. Valeology (<i>Science of Healthy Living</i>)	2,0		
	Total 30		Total 30
TOTAL FOR 4 ACADEMIC YEARS: 240 CREDITS			

COURSE DESCRIPTIONS

HISTORY OF SPORT

ECTS Credits: 4.0

Assessment: Exam

Semester: I

Department: Theory and Methodology
of Physical Education (TMPE)

Faculty: Faculty of Pedagogy

Lecturer: Assoc. Prof. Dr. Daniela Tomova,
Department of TMPE

Email: danitomova@swu.bg

Tel.: +359 73 588 525

Weekly Hours: 2 lectures + 1 seminar + 0 practical

Course Type: Compulsory

Exam Format: Written

Course description:

The history of sport is an essential part of humanity's general culture. Future coaches are introduced to the origins of sport and physical education throughout the centuries—both globally and in Bulgaria. The course provides knowledge on the systems of physical education from antiquity through the Middle Ages to the present day, as well as the development of various sports, sports unions, and federations worldwide and in Bulgaria. Emphasis is placed on key figures in the development of physical education and sport. Students also learn about the participation and achievements of Bulgarian athletes in European, World, and Olympic competitions.

Modern Olympic Games symbolize peace, unity, understanding, tolerance, and respect among nations regardless of athletes' race, ethnicity, religion, or gender. Olympic education is a vital part of shaping the personality and is embedded in national educational systems.

FUNCTIONAL ANATOMY – PART I

ECTS Credits: 5.0

Assessment: Continuous assessment

Semester: I

Department: Anatomy and Physiology

Faculty: Public Health, Health Care and Sport

Lecturer: Assoc. Prof. Dr. Dimo Krastev

Weekly Hours: 2 lectures + 0 seminar + 2 practical

Course Type: Compulsory

Exam Format: Ongoing

Course description:

This compulsory course in the "Sport" Bachelor's program provides fundamental knowledge of the structure and function of the human body at micro-, meso-, and macroscopic levels. Students study the organization of cells, tissues, organs, and systems, examined in their unity, development, and functionality.

Special focus is given to the musculoskeletal system—bones, joints, and skeletal muscles—as well as to the nervous system, particularly the brain, as the main regulatory system for vital functions, sensory input, motor control, and integration in sports activities. Other bodily systems such as cardiovascular, lymphatic, respiratory, digestive, endocrine, urinary, and reproductive are also explored.

Course Goals and Learning Outcomes:

1. Provide fundamental anatomical knowledge;
2. Explain the structure and function of muscles relevant to sport;
3. Introduce key physiological mechanisms related to sports performance;

4. Encourage hands-on work with anatomical models and visual aids;
5. Foster learning through software and Blackboard e-platform;
6. Build habits for active participation and academic preparation;
7. Develop anatomical understanding as a foundation for future clinical and specialized courses.

PEDAGOGY

ECTS Credits: 4.0

Assessment: Exam

Semester: I

Department: Pedagogy

Faculty: Faculty of Pedagogy

Lecturer: Assoc. Prof. Dr. Snejana Popova

Email: snejy_popova@swu.bg

Weekly Hours: 2 lectures + 2 seminars + 0 practical

Course Type: Compulsory

Exam Format: Written

Course Description:

The course "Pedagogy" holds a central role in the professional training of future sports pedagogues and coaches. It supports and guides the development of professional competence, appropriate attitudes, and readiness to handle the diverse challenges of the profession. The course content is aligned with real-life contexts faced by modern individuals—typical, problematic, and critical situations. Sports pedagogues must react promptly and effectively to professional demands, making this discipline crucial not only for acquiring theoretical knowledge but also for shaping professional awareness and attitudes.

ATHLETICS

ECTS Credits: 5.0

Assessment: Exam

Semester: I

Department: Sport

Faculty: Public Health, Health Care and Sport

Lecturer: Chief Assist. Dr. Anton Manchev – Athletics

Weekly Hours: 2 lectures + 0 seminar + 2 practical

Course Type: Compulsory

Exam Format: Written

Email: kotsevSPORT@swu.bg

Phone: 073/588 530

Course Description:

The "Athletics" course provides theoretical and practical training in fundamental track and field exercises. As a foundational sport, athletics develops the physical conditioning essential to all other sports.

The course familiarizes students with the techniques of basic athletic exercises and the methodological principles for integrating them into training programs. It emphasizes the importance of athletics for physical fitness and its role in other sports. Significant focus is given to the planning and organization of athletics training activities.

THEORY AND METHODOLOGY OF A SELECTED SPORT – PART ONE

(Swimming, Football, Basketball, Volleyball, Wrestling, Gymnastics, Athletics, Tennis)

ECTS credits: 5.0

Assessment method: Exam

Semester: I

Methodological guidance:

Department of Sport

Faculty of Public Health, Health Care and Sport

Lecturers:

Weekly hours: 1 lecture + 0 seminar + 2 practical

Course type: Compulsory

Type of exam: Continuous assessment

- Assoc. Prof. Dr. Daniela Lekina – Department of Sport – Swimming
- доц. д-р Валери Цветков – Department of Sport – Football
- Assoc. Prof. Dr. Jasmin Tsankova – Department of Sport – Basketball
- Chief Assistant Prof. Dr. Hristo Nikolov – Department of Sport – Volleyball
- Chief Assistant Prof. Dr. Blagoy Kalpachki – Department of Sport – Wrestling
- Chief Assist. Dr. Anton Manchev – Athletics
- Assoc. Prof. Dr. Dimitar Tomov – Department of Sport – Tennis
- Chief Assistant Prof. Dr. Dr. Sergey Radoev – Department of Sport – Gymnastics

Course description:

The aim of the course in the sport discipline **Swimming** is to meet the requirements for the preparation of highly qualified specialists to serve the needs of sports clubs in the country, as well as teachers and instructors within the education and sports service system. The educational content complies with the high standards required for the professional training of future coaching staff.

The program includes the study of fundamental concepts in the theory of swimming (history and development of competitive swimming, theory and methodology of sports training, techniques of swimming styles, training of high-performance swimmers) to develop complex competencies in students, enabling them to effectively carry out organizational, methodological-practical, and teaching activities. Additionally, the course aims to equip students with skills for applying scientifically-based methods in planning and managing the training process.

The curriculum, with its applied technology in the traditionally established format – lectures, seminars, and practical exercises, aims to provide a solid foundation for the students' future development as professionals at every level.

The objective of the training in the sports discipline **Football** is to meet the requirements for the preparation of highly qualified professionals for the needs of sports clubs in the country, as well as lecturers and instructors in the education system and sports services.

The educational content is aligned with the high standards for the professional training of future coaching staff. The program includes the study of basic concepts in football theory (history and development of football, theory and methodology of sports training, technical and tactical skills), which aim to develop complex competencies in students. These competencies will allow them to effectively carry out organizational, methodological-practical, and teaching activities, as well as to acquire skills for applying scientifically-based methods for planning and managing the training process.

The study program, through its classical and well-established format – lectures, seminars, and practical exercises – provides a solid foundation for the students' future development and professional realization at every level.

The proposed course program outlines the main directions in the methodology of teaching **Basketball**. Teaching is the most difficult and complex element of the educational process in basketball. It can only be effective when the correct methodology is known and applied.

The course examines the basic concepts and classification of basketball technique and tactics, including mastering the technique of the player without the ball (basketball stance, walking, running, stopping, pivoting, jumping, feints), the technique of the player with the ball (holding, catching, passing, dribbling, shooting, feints, basketball step), as well as individual, group, and team tactical actions in offense and defense.

The proposed course program also presents the main directions in the methodology of teaching **Volleyball**. Teaching is the most difficult and complex component of the educational process in volleyball. It can be implemented only when the appropriate methodology is understood and applied. The course covers the main concepts and classification of the techniques and tactics of the volleyball game, including proper mastery of technique without the ball (volleyball stance, movement, running, stopping, jumping), technique with the ball (passing, spiking, serving, blocking), and individual, group, and team tactical actions in offense and defense.

The objective of the training in the sports discipline **Wrestling** is to prepare future specialists to understand and demonstrate wrestling techniques, and to know and apply the methodology for learning, mastering, and improving technical and tactical actions. They should also be able to apply modern methods for the development of physical qualities and the functional capabilities of athletes, manage sports training, and lead athletes during competitions. The course content is designed to provide students with the necessary pedagogical skills, to apply innovations in sports science, and to combine coaching with scientific research activities.

The course "Theory and Methodology of a Selected Sport (Athletics)" provides knowledge and develops practical skills and competencies related to educational-training, competitive-sports, and educational activities with individuals of various ages and levels of preparation, across all stages of sports training.

The main goal of the course is to prepare specialists who can work as coaches in the structures of public sports organizations, ministries and agencies, as heads of youth sports schools and high-performance clubs, and as lecturers in higher and secondary educational institutions under the Ministry of Education and Science.

The lecture course introduces students to the history and development of athletics; the essence and characteristics of athletic exercises; the aims and objectives of athletic training; the techniques and methodological sequence of instruction; methods of developing physical qualities through athletics; managing physical load; and monitoring within athletic disciplines.

Particular attention is paid to the structure of the training process – goals, tasks, and content of preparation at various planning stages; management of the training process for athletes with different levels of preparation and qualification; and functional diagnostics of specific sports performance.

Special emphasis in the training of future coaches is placed on topics related to talent identification and prediction of athletic potential, as well as the role of athletic exercises in the conditioning preparation for other sports.

Topics also include the place of athletics within the physical education system and the opportunities to use athletics to promote a healthy lifestyle, improve general physical conditioning, and enhance work capacity.

The practical-methodological sessions provide opportunities for in-depth study of the lecture material, emphasizing the practical mastery and refinement of technique and teaching methodology in various athletic disciplines. Students become familiar with the specifics of athletic training, the tools and methods for learning and improving sports technique, the tools and methods for developing specific physical qualities, managing training load, and monitoring progress.

A key component of practical training is the enhancement of students' sports skills, which takes place throughout the course of study in sport development groups and independent training sessions.

Participation in competitions is a mandatory element in the preparation of an athletics specialist.

This course program is intended for students from the "Coach in a Selected Sport" specialty studying the discipline **Tennis**. The content of the course aims to provide students with comprehensive knowledge necessary for successful professional activity as tennis coaches. The course is designed to introduce students to the basic technical and tactical techniques in tennis, the tools and methods for their acquisition, training, and improvement; the courts, equipment, and tools for training and instruction; types of competitions, their organization and conduct; planning, management, and monitoring of the sports training process, including research activities.

ENGLISH LANGUAGE (SPORT TERMINOLOGY) – PART ONE

ECTS credits: 2.0

Assessment method: Exam

Semester: I

Methodological guidance:

Department of Economics

Faculty of Public Health, Health Care and Sports

Lecturer:

Assistant Professor Dr. Vesela Ivanova,

Department of Medical and Biological Sciences

E-mail: yessi_ivanova@swu.bg

Weekly workload: 0 lectures + 0 seminars + 2 practical sessions

Course type: Compulsory

Exam type: Continuous assessment

Course description:

The foreign language course with sport-specific terminology for the specialty "Sport" is focused on the acquisition of basic language knowledge and skills corresponding to level A1–A2, with a primary emphasis on terminology related to the human body, its organs and systems, and their functions.

Objective and tasks:

The main goal of the course is to develop communicative competence that enables students to use their knowledge in their future professional practice as athletes or coaches.

During the course, students expand and deepen their language knowledge and skills acquired in secondary school, learn new language material, and develop strategies for independent learning and self-improvement. Time is allocated for learning specific anatomical terminology, which will enable students to navigate foreign language literature related to their professional training and career development.

SPORT DEVELOPMENT 1

ECTS credits: 5.0

Assessment method: Exam

Semester: I

Methodological guidance:

Department of Sport

Faculty of Public Health, Health Care and Sports

Lecturers:

Weekly workload: 0 lectures + 0 seminars + 4 practical sessions

Course type: Compulsory

Exam type: Continuous assessment

- Chief Assistant Professor Dr. Georgi Ivanov – Football

- Chief Assistant Professor Dr. Anton Manchev – Athletics
- Associate Professor Dr. Daniela Lekina – Swimming
- Chief Assistant Professor Dr. Nikolay Hadzhiev – Basketball
- Assistant Stanislav Atanasov – Volleyball
- Chief Assistant Professor Dr. Blagoy Kalpacki – Wrestling
- Associate Professor Dr. Dimitar Tomov – Tennis
- Chief Assistant Professor Dr. Alexander Markov – Gymnastics

Course description:

The course syllabus outlines the main directions in the methodology of **Football** teaching. Teaching is the most challenging and complex element of the educational process in football. It can only be successfully implemented when the correct methodology is known and applied.

The program covers the basic concepts and classification of football techniques and tactics, including proper execution of passing, dribbling, stopping, feints, kicking the ball with foot and head, goalkeeper techniques, and individual, group, and team tactical actions in offense and defense.

Sport development in **Athletics** focuses on learning and refining the techniques of athletic disciplines and the comprehensive development of the physical qualities essential to each discipline.

During the training sessions, students acquire skills and habits for independent work with athletic exercises, including their selection and dosage.

Students become familiar with the competition rules in athletics. They participate in control competitions during training and, after the first semester, in official student and national championships. The program is aligned with current trends in the theory and methodology of sports training.

The current curriculum introduces students to the main stages of sports training, the challenges, and modern trends in **Swimming**. The level of performance in swimming requires continuous improvement in all aspects of athlete preparation, especially the fundamental component – sports training. Ongoing enhancement of swimming training is the basis for further advancement in athletic performance. Achieving high results is a complex process in which technical, physical, and psychological preparation must be developed to an optimal level, in accordance with the specifics of the competitive distance.

The curriculum ensures a high level of technical and tactical mastery, as well as the development of special physical and mental qualities of the athletes, through general and specific tasks. By fulfilling these tasks, students gain comprehensive knowledge and skills in the theory and methodology of competitive swimming.

The means used to improve sports training include basic exercises such as competitive, specific preparatory, and general preparatory exercises, as well as additional ones like training devices. Stepwise, ongoing, and operational monitoring is applied to evaluate the condition of swimmers.

The curriculum outlines the main methodological principles of the **Basketball** training process. It covers the main technical elements and the development of tactical skills, including individual off-ball techniques (stance, walking, running, stopping, pivoting, jumping, fakes), ball-handling techniques (catching, passing, dribbling, shooting, fakes), and individual, group, and team tactical actions in offense and defense.

The curriculum for **Volleyball** – Advanced Sports Training explores modern trends in teaching and improving volleyball skills. Teaching and selection are the most difficult and complex elements of the volleyball training process. This process is effective only when an appropriate contemporary methodology is applied. The program covers key concepts and classifications in volleyball, focusing on the proper acquisition and improvement of core components of the game.

This form of physical education integrates both training and competition. The training sessions include technical, tactical, physical, psychological, and theoretical preparation. Students participate in various tournaments and competitions, with the National University Championship being of particular importance.

The curriculum for **Wrestling** – Advanced Sports Training focuses on modern trends in wrestling instruction and skill development.

Teaching and selection are considered the most complex elements of the wrestling training process, which requires a proper contemporary methodology. The program includes essential concepts and classifications and focuses on the independent selection and participation in wrestling training sessions.

The present program is designed for the course **Tennis** – Advanced Sports Training, which is a compulsory subject in the curriculum for students majoring in "Coach in a Specific Sport."

The curriculum aims to acquaint students with the technical and tactical elements of tennis, the means and methods for learning and improving them. Future tennis coaches are introduced to the equipment and tools used in teaching, competition rules, and the organization and conduct of tournaments. The training mainly utilizes specific preparatory and competitive exercises. Students are also prepared to participate in internal university and national student tennis competitions.

The curriculum for **Gymnastics** – Advanced Sports Training presents modern trends in the methodology for teaching and improving gymnastic exercises.

Teaching and selection are the most complex elements of the gymnastics training process, and their success depends on the application of a suitable contemporary methodology. The program includes fundamental concepts and classifications of gymnastic movements, focusing on the proper development and refinement of key technical and tactical skills.

This course combines both the training and competitive components. The training sessions emphasize not only technical, but also tactical, physical, psychological, and theoretical preparation. The competitive aspect includes student participation in the National University Gymnastics Championship.

SPORTS ADVANCEMENT 2

ECTS credits: 5.0

Assessment: Examination

Semester: II

Department in charge:

Department of Sports

Faculty: Faculty of Public Health,
Health Care and Sports

Lecturers:

- Chief Assistant Professor Dr. Georgi Ivanov, Department of Sports – Football
- Chief Assistant Professor Dr. Anton Manchev, Department of Sports – Athletics
- Associate Professor Dr. Daniela Lekina, Department of Sports – Swimming
- Chief Assistant Professor Dr. Nikolay Hadzhiev, Department of Sports – Basketball
- Assistant Stanislav Atanasov, Department of Sports – Volleyball
- Chief Assistant Professor Dr. Blagoy Kalpachki, Department of Sports – Wrestling
- Associate Professor Dr. Dimitar Tomov, Department of Sports – Tennis
- Chief Assistant Professor Dr. Alexander Markov, Department of Sports – Gymnastics

Course description:

(see Sports Advancement 1)

Weekly workload: 0lectures + 0seminars + 4practical sessions

Course type: Compulsory

Form of assessment: Continuous assessment

GYMNASTICS

ECTS credits: 3.0

Assessment: Examination

Semester: II

Department in charge:

Department of Sports

Faculty: Faculty of Public Health,

Health Care and Sports

Lecturer: Chief Assistant Professor Dr. Sergey Radoev, Department of Sports

E-mail: s_radoev@swu.bg

Weekly workload: 1 lecture + 0 seminars + 2 practical sessions

Course type: Compulsory

Form of assessment: Written exam

Course description:

The aim of the Gymnastics course is to provide students with theoretical knowledge about the importance of gymnastics, the basics of teaching and execution techniques of gymnastic exercises, and to develop professional-pedagogical skills. These skills are essential for incorporating gymnastics into the training of athletes from various sports to enhance their physical fitness and functional capacity through gymnastic methods and related disciplines.

FUNCTIONAL ANATOMY – PART TWO

ECTS credits: 5.0

Assessment: Examination

Semester: II

Department in charge:

Department of Anatomy and Physiology

Faculty: Faculty of Public Health,

Health Care and Sports

Lecturer: Associate Professor Dr. Dimo Krustev,

Department of Anatomy and Physiology

E-mail: dimo_krustev@mail.bg

Weekly workload: 2 lectures + 0 seminars + 2 practical sessions

Course type: Compulsory

Form of assessment: Written exam

Course description:

This mandatory course in the bachelor's program in "Sports" provides fundamental knowledge of the structure and function of the human body at the micro-, meso-, and macroscopic levels. Students study the structure of cells, tissues, organs, and systems, their development, and their functions. Special attention is given to the musculoskeletal system, including bones, joints, and muscle groups, as well as the nervous system and its integrative functions during sports activities. Other body systems covered include cardiovascular, lymphatic, respiratory, digestive, endocrine, excretory, and reproductive systems.

Objectives and Learning Outcomes:

1. To provide students with knowledge of general anatomy.
2. To offer basic understanding of muscles and their functions relevant to sports training.
3. To introduce key physiological mechanisms involved in sports.
4. To enable hands-on learning with anatomical models and visual aids.
5. To support learning through software and the Blackboard e-learning platform.
6. To develop students' skills and competences through semester-long active learning.

PHYSIOLOGY OF PHYSICAL EXERCISE AND SPORTS – PART ONE

ECTS credits: 5.0

Assessment: Examination

Semester: II

Department in charge:

Department of Anatomy and Physiology

Faculty: Faculty of Public Health,
Health Care and Sports

Lecturer: Professor Dr. Nevena Pencheva,
Department of Anatomy and Physiology

Phone: 073/588 530

E-mail: n_pencheva@swu.bg

Weekly workload: 2 lectures + 0 seminars + 2 practical sessions

Course type: Compulsory

Form of assessment: Continuous assessment

Course description:

This fundamental course provides core knowledge on the functioning of physiological systems at rest and during physical exertion. It includes topics such as excitability, neural and muscular physiology, sensory and motor functions, autonomic nervous system, endocrine glands, blood physiology, cardiovascular and respiratory systems, thermoregulation, and excretory processes. Each module integrates aspects of exercise physiology and the body's responses during activity. Practical sessions include tests of sensory systems, dynamometry (including isokinetic testing), urine and blood analysis, and spirometry.

Objectives:

1. To provide knowledge of general physiology.
2. To deepen understanding of systems most relevant to sports, such as neuromuscular function, motor control, and respiration.
3. To introduce physiological tests and body responses during exercise.
4. To enable students to conduct and analyze physiological experiments.
5. To develop knowledge and skills using software tools in a computer lab.
6. To encourage active learning through a system of continuous assessment.

THEORY AND METHODOLOGY OF SELECTED SPORT – PART ONE

(Swimming, Football, Basketball, Volleyball, Wrestling, Gymnastics, Athletics, Tennis, Taekwon-Do)

ECTS credits: 5.0

Assessment: Exam

Semester: II

Methodological guidance:

Department of Sports

Faculty: Faculty of Public Health,
Health Care and Sports

Lecturers:

- Associate Professor Dr. Daniela Lekina – Swimming
- доц. д-р Валери Цветков – Football
- Associate Professor Dr. Jasmin Tsankova – Basketball
- Chief Assistant Professor Dr. Hristo Nikolov – Volleyball
- Chief Assistant Professor Dr. Blagoy Kalpachki – Wrestling

Weekly workload: 1 lecture + 0 seminars + 2 practical sessions

Course type: Compulsory

Exam type: Continuous assessment

- Chief Assist. Dr. Anton Manchev – Athletics
- Associate Professor Dr. Dimitar Tomov – Tennis
- Chief Assistant Professor Dr. Sergey Radoev – Gymnastics

Course description:

See pages 14–16 (previously provided text)

ENGLISH LANGUAGE (SPORTS TERMINOLOGY) – PART TWO

ECTS credits: 2.0

Assessment: Exam

Semester: II

Methodological guidance:

Department of Economics

Faculty: Faculty of Public Health,
Health Care and Sports

Lecturer: Assistant Dr. Vesela Ivanova,
Department of Medical and Biological Sciences

E-mail: yessi_ivanova@swu.bg

Weekly workload: 0 lectures + 0 seminars + 2 practical sessions

Course type: Compulsory

Exam type: Exam

Course description:

This English language course with sports terminology is aimed at mastering basic language skills corresponding to levels A1–A2, with a primary focus on terminology related to the human body, its organs and systems, and their functions.

Goals and Expected Outcomes:

Develop communicative competence allowing students to apply their knowledge in their future careers as athletes or coaches. Expand and deepen English language knowledge and skills acquired in secondary school. Learn new language material and develop strategies for independent work and self-improvement. Acquire specific anatomical terminology to enable students to navigate English-language literature related to their professional training and career. Students should be able to understand and apply vocabulary and grammatical structures orally and in writing in specific communicative situations.

THEORY AND METHODOLOGY OF SPORTS TRAINING – PART ONE

ECTS credits: 5.0

Assessment: Exam

Semester: II

Methodological guidance:

Department of Sports

Faculty: Faculty of Public Health,
Health Care and Sports

Lecturer: Dimitar Tomov, Department of Sports

E-mail: dimitar.tomov@swu.bg

Weekly workload: 2 lectures + 1 seminar + 0 practical sessions

Course type: Compulsory

Exam type: Continuous assessment

Course description:

This curriculum is designed for students in the "Coach in a Sport" specialty. The content aligns with the high professional standards required for future coaching staff. It covers basic concepts of the

theory and methodology of sports training, aiming to develop comprehensive competencies that enable students to effectively perform organizational, methodological-practical, and teaching activities. Students also gain skills in using scientifically grounded methods for planning and managing the training process. The program employs classical formats—lectures, seminars, and practical exercises—to build a solid foundation for students' future development as highly qualified sports specialists.

PHYSIOLOGY OF PHYSICAL EXERCISE AND SPORTS – PART TWO

ECTS credits: 5.0

Assessment: Exam

Semester: III

Methodological guidance:

Department of Anatomy and Physiology

Faculty: Faculty of Public Health,
Health Care and Sports

Lecturer: Prof. Dr. Nevena Pencheva,
Department of Anatomy and Physiology

Phone: +359 73 588 530

E-mail: n_pencheva@swu.bg

Weekly workload: 2 lectures + 0 seminars + 2 practical sessions

Course type: Compulsory

Exam type: Written exam

Course description:

In this second part, students acquire knowledge in the following areas: physical load as stress; physiological nature of movement and physical work; energy supply for skeletal muscle work under aerobic and anaerobic conditions; factors of physical working capacity; motor learning mechanisms; physiological bases of motor qualities such as strength, speed, endurance, flexibility, agility, and coordination; physiological nature of static and dynamic strength training methods, speed and endurance training (speed-strength); plyometric training and stretching; ontogenetic development of motor abilities including fundamental movements (walking, running, jumping) and conditioning qualities; age-related periodization and physiological characteristics in sports activities; physiological characteristics of sports training for women compared to men. Special attention is given to laboratory and field maximal and submaximal tests assessing aerobic and anaerobic capacity and motor qualities; physical load as a complex of stress-induced reactions resulting from the general adaptation syndrome; and physiological characterization of fatigue and recovery under different types of load (aerobic and anaerobic).

THEORY AND METHODOLOGY OF SPORTS TRAINING – PART TWO

ECTS credits: 5.0

Assessment: Exam

Semester: III

Methodological guidance:

Department of Sports

Faculty: Faculty of Public Health,
Health Care and Sports

Lecturer: Dimitar Tomov, Department of Sports

E-mail: dimitar.tomov@swu.bg

Weekly workload: 2 lectures + 1 seminar + 0 practical sessions

Course type: Compulsory

Exam type: Written exam

Course description:

This curriculum continues the program for students specializing in "Coach in a Sport." It maintains the focus on theory and methodology of sports training, further developing competencies for effective organizational, methodological-practical, and teaching activities. Students also deepen their skills in applying scientifically grounded methods for planning and managing training processes. The classical format of lectures, seminars, and practical exercises provides a solid foundation for their development as highly qualified sports specialists.

THEORY AND METHODOLOGY OF SELECTED SPORT – PART ONE (Repeat)
(Swimming, Football, Basketball, Volleyball, Wrestling, Gymnastics, Athletics, Tennis, Taekwon-Do)

ECTS credits: 5.0**Assessment:** Exam**Semester:** III**Methodological guidance:**

Department of Sports

Faculty: Faculty of Public Health,
Health Care and Sports**Lecturers:** Same as above (II semester)**Weekly workload:** 1 lecture + 0 seminars + 2 practical sessions**Course type:** Compulsory**Exam type:** Continuous assessment**Course description:***See pages 14–16 (previously provided text)***SPORTS ADVANCEMENT 3****ECTS credits:** 5.0**Assessment:** Exam**Semester:** III**Methodological guidance:**

Department of Sports

Faculty: Faculty of Public Health,
Health Care and Sports**Lecturers:**

- Chief Assistant Professor Dr. Georgi Ivanov – Football
- Chief Assistant Professor Dr. Anton Manchev – Athletics
- Associate Professor Dr. Daniela Lekina – Swimming
- Chief Assistant Professor Dr. Nikolay Hadzhiev – Basketball
- Assistant Stanislav Atanasov – Volleyball
- Chief Assistant Professor Dr. Blagoy Kalpachki – Wrestling
- Associate Professor Dr. Dimitar Tomov – Tennis
- Chief Assistant Professor Dr. Alexander Markov – Gymnastics

Course description:*(See Sports Advancement 1)*

THEORY, MANAGEMENT AND ORGANIZATION OF SPORT

ECTS credits: 4.0

Assessment method: exam

Semester: III

Department: Department of Sport

Faculty: Faculty of Public Health, Health Care and Sports

Lecturer: Dimitar Tomov, Department of Sport

Email: dimitar.tomov@swu.bg

Weekly workload: 2 lectures + 1 seminar

Course type: Compulsory

Exam type: written

Course description:

This course is designed for Bachelor's degree students in the specialty "Coach in a Specific Sport." The curriculum covers the structure and management of the physical education and sport system. Students become familiar with legal and regulatory documents governing the organization and management of physical education and sport, including the Bulgarian Law on Physical Education and Sport, and also explore sport management models in selected EU countries.

Course objectives and tasks:

The course aims to provide future sports educators with fundamental knowledge and skills related to the organization and management of non-governmental organizations (including school sports clubs), sports clubs affiliated with sports federations, and state and municipal sports institutions. This knowledge will be applicable to their future professional practice.

SPORTS MASTERY 4

ECTS credits: 5.0

Assessment method: exam

Semester: IV

Department: Department of Sport

Faculty: Faculty of Public Health,
Health Care and Sports

Lecturers:

- Chief Assistant Prof. Dr. Georgi Ivanov – Football
- Chief Assistant Prof. Dr. Anton Manchev – Athletics
- Associate Prof. Dr. Daniela Lekina – Swimming
- Chief Assistant Prof. Dr. Nikolay Hadzhiev – Basketball
- Assistant Stanislav Atanasov – Volleyball
- Chief Assistant Prof. Dr. Blagoy Kalpachki – Wrestling
- Associate Prof. Dr. Dimitar Tomov – Tennis
- Chief Assistant Prof. Dr. Aleksandar Markov – Gymnastics

Course description:

(See Sports Mastery 1 for course description.)

BIOMECHANICS OF SPORT AND SPORTS TECHNIQUES

ECTS credits: 5.0

Assessment method: exam

Weekly workload: 2 lectures + 0 seminars + 2 practicals

Course type: Compulsory

Semester: IV

Exam type: written

Department: Department of
Anatomy and Physiology

Faculty: Faculty of Public Health,
Health Care and Sports

Lecturer: Prof. Dr. Nevena Pencheva

Phone: 073/588 530

Email: n_pencheva@swu.bg

Course description:

The course "Biomechanics of Sport and Sports Techniques" aims to provide knowledge of the fundamental laws of human body mechanics in the context of various static and dynamic exercises and sports activities.

The course explores the principles of mechanics (kinematics, dynamics, statics) and their application to the movement system during specific training and competitive movements. Students will learn terminology, movement analysis, muscle work mechanisms, and spatial-temporal and force characteristics of optimal sports techniques.

METROLOGY AND DATA PROCESSING IN SPORTS

ECTS credits: 2.0

Assessment method: exam

Semester: IV

Department:

Department of Informatics

Faculty: Faculty of Natural Sciences and Mathematics

Lecturer: Prof. Dr. Petar Milanov,

Department of Informatics

Email: milanov@swu.bg

Weekly workload: 1 lecture + 1 seminar + 0 practical sessions

Course type: compulsory

Exam type: written

Course description:

The need for scientific research in every field, as well as the evaluation of its quality, determines the purpose of this course—to provide students with knowledge of the general theory of metrology and data processing in sports, as well as the application of statistics in sports research.

The main goals of the program are:

1. To provide students with knowledge of the basic sections of general metrology and data processing in sports.
2. To expand students' preparation in areas closely related to their future professional activities, including thesis work and related research.
3. To enable students to assess which areas they may pursue scientific research in.
4. To allow students to observe and conduct experiments and research and interpret the results.
5. To familiarize students with the fundamentals of mathematical statistics.
6. To develop practical skills using software tools in computer labs.
7. To build habits for active learning and ongoing assessment of acquired knowledge, skills, and competences during the semester.

BIOCHEMISTRY OF SPORT

ECTS credits: 5.0

Assessment method: exam

Semester: IV

Department: Department of
Anatomy and Physiology

Faculty: Faculty of Public Health,
Health Care and Sport

Lecturer: Assoc. Prof. Dr. Tatyana Dzimbova,
Department of Anatomy and Physiology

Email: tdzimbova@swu.bg

Weekly workload: 2 lectures + 1 seminar + 0 practical sessions

Course type: compulsory

Exam type: written

Course description:

The course covers:

- The main mechanisms, substrates, and metabolic pathways that provide and consume energy during skeletal muscle work.
- The differentiation of anaerobic and aerobic energy-supplying systems and the role of muscle fiber types, which are genetically determined.
- The energy demands of individuals depending on workload and fitness level.
- Practical aspects such as weight norms, nutrition, and methods for evaluation.
- Application of practical methods and computational approaches for assessing energy expenditure, blood lactate, and glucose levels during sub- and supra-threshold exertion.

THEORY AND METHODOLOGY OF SELECTED SPORT – PART ONE (Swimming, Football, Basketball, Volleyball, Wrestling, Gymnastics, Athletics, Tennis, Taekwon-Do)

ECTS credits: 5.0

Assessment method: exam

Semester: IV

Department: Department of Sport

Faculty: Faculty of Public Health,
Health Care and Sport

Lecturers by sport:

- **Swimming:** Assoc. Prof. Dr. Daniela Lekina
- **Football:** Assoc. Prof. Dr. Stefan Kapralov
- **Basketball:** Assoc. Prof. Dr. Jasmin Tsankova
- **Volleyball:** Chief Assist. Prof. Dr. Hristo Nikolov
- **Wrestling:** Chief Assist. Prof. Dr. Blagoy Kalpachki
- **Athletics:** Chief Assistant Professor Dr. Anton Manchev – Athletics
- **Tennis:** Assoc. Prof. Dr. Dimitar Tomov
- **Gymnastics:** Chief Assist. Prof. Dr. Sergey Radoev

Weekly workload: 1 lecture + 0 seminar + 2 practical sessions

Course type: compulsory

Exam type: continuous assessment

Course description:

(See previously translated annotation on pages 14–16)

SPORTS MEDICINE AND HYGIENE

ECTS credits: 3.0

Assessment method: exam

Semester: V

Department:

Department of Logopaedics

Faculty: Faculty of Public Health,

Health Care and Sport

Lecturer: Assoc. Prof. Dr. Ekaterina Mitova,

Department of Logopaedics

Email: ekaterina@swu.bg

Weekly workload: 2 lectures + 1 seminar + 0 practical sessions

Course type: compulsory

Exam type: written

Course description:

The course “Sports Medicine and Hygiene” has an integrative nature, combining fundamental medical and sports sciences within the curriculum. It establishes interdisciplinary links between anatomy, physiology, sports physiology, individual sports disciplines, and kinesitherapy in orthopedics and traumatology.

The course acquaints bachelor's students with the effects of physical exertion and motor activity on human development, working capacity, and health across various age periods. The focus is on athlete recovery using physiological methods and awareness of prohibited substances, including types of doping and anti-doping control. Students also learn about common sports injuries, their prevention and first aid, and methods for examining and assessing the functional status of athletes.

Hygiene, as a medical discipline, introduces students to the environmental situation in the country, basic hygiene standards and norms, personal hygiene, and the hygiene of sports facilities and venues for physical activity. The course covers principles of nutrition and specifics in developing various dietary regimens.

FUNCTIONAL TESTING IN SPORTS

ECTS credits: 4.0

Assessment method: exam

Semester: V

Department:

Department of Anatomy and Physiology

Faculty: Faculty of Public Health,

Health Care and Sport

Lecturer: Prof. Dr. Nevena Pencheva,

Department of Anatomy and Physiology

Phone: 073/588 530

Email: n_pencheva@swu.bg

Weekly workload: 1 lecture + 0 seminars + 2 practical sessions

Course type: compulsory

Exam type: written

Course description:

The course covers functional testing related to physical exertion and sport. It is structured into the following modules:

1. Anthropometry and goniometry
2. Neuromuscular aspects of motor activity
3. Evaluation of oxygen delivery systems during physical activity
4. Evaluation of energy expenditure and exercise intensity.

Methods are presented for assessing physical performance, fitness, and training level—essential components of coaching practice. Special emphasis is placed on **maximal aerobic capacity (VO₂max)**, a key performance indicator in high-level sports, assessed under maximal exertion conditions. The course includes alternative and accessible testing methods for physical fitness and indirect VO₂max assessment, such as the Astrand-Rhyming test and shuttle run test.

Strength characteristics as indicators of training level are assessed using **isokinetic dynamometry**. The module explores protocols for evaluating static and dynamic strength of muscle groups involved in torque generation in various joints. This methodology is implemented for the first time in Bulgaria at SWU.

Body composition indicators are evaluated through **bioelectrical impedance analysis** and skinfold measurements, enabling students to learn somatotype evaluation methods and their relationship to different sports disciplines.

The course also introduces **surface electromyography (sEMG)** as an innovative method for kinesiological research, registering neuromuscular activity in skeletal muscles. The program includes a limited number of lectures and a large number of practical sessions using innovative methods in university laboratories.

Students are expected to have prior knowledge of movement anatomy, general physiology, sports training physiology, biomechanics, and biochemistry. Computer skills and English proficiency are recommended.

SPORTS METHODOLOGY PRACTICE – PART ONE

ECTS credits: 3.0

Weekly workload: 0 lectures + 0 seminars + 2 practical sessions

Assessment method: continuous assessment

Course type: compulsory

Semester: V

Exam type: continuous

Department: Department of Sport

Faculty: Faculty of Public Health,
Health Care and Sport

Lecturers by sport:

- Football: Chief Assist. Prof. Dr. Georgi Ivanov
- Athletics: Chief Assist. Prof. Dr. Anton Manchev
- Swimming: Assistant Athena Gotsi
- Basketball: Assoc. Prof. Dr. Jasmin Tsankova
- Volleyball: Chief Assist. Prof. Dr. Hristo Nikolov
- Wrestling: Chief Assist. Prof. Dr. Blagoy Kalpachki
- Tennis: Assoc. Prof. Dr. Dimitar Tomov
- Gymnastics: Chief Assist. Prof. Dr. Aleksandar Markov

Course description:

The purpose of the course is to ensure the professional preparation of highly qualified specialists for sports clubs in the country, as well as for teaching and coaching positions in the education system and sports services.

The curriculum aligns with the high demands for the professional training of future coaches. It includes:

- Basic concepts of initial training in a chosen sport
- Methodology of sports training
- Techniques of the selected sport
- Preparation of high-performance athletes

The course aims to develop complex competencies in students, enabling them to conduct organizational, methodological-practical, and coaching activities. It also builds skills for the application of scientifically based methods for planning and managing the training process. Upon completion, students are expected to:

- Apply methods for initial instruction in a selected sport
- Plan training impact using appropriate methods and techniques
- Evaluate training effectiveness

These are achieved through step-by-step mastery of content in the practical sessions outlined in the syllabus.

THEORY AND METHODOLOGY OF A SELECTED SPORT – PART TWO **(Swimming, Football, Basketball, Volleyball, Wrestling, Gymnastics, Athletics, Tennis, Taekwon-Do)**

ECTS credits: 5.0

Form of assessment: exam

Semester: V

Department: Department of Sports

Faculty: Faculty of Public Health,
Health Care and Sport

Lecturers:

- Assoc. Prof. Dr. Daniela Lekina – Swimming
- доц. д-р Валери Цветков – Football
- Assoc. Prof. Dr. Jasmin Tsankova – Basketball
- Chief Assist. Dr. Hristo Nikolov – Volleyball
- Chief Assist. Dr. Blagoy Kalpachki – Wrestling
- Chief Assist. Dr. Anton Manchev – Athletics
- Assoc. Prof. Dr. Dimitar Tomov – Tennis
- Chief Assist. Dr. Sergey Radoev – Gymnastics

Course description:

(See text above, pp. 14–16)

Weekly hours: 1 lecture + 0 seminar + 2 practical

Course status: compulsory

Type of exam: continuous assessment

SWIMMING

ECTS credits: 3.0

Form of assessment: exam

Semester: V

Department: Department of Sports

Faculty: Faculty of Public Health,
Health Care and Sport

Lecturer: Assoc. Prof. Dr. Daniela Lekina

Phone: 073/588 530

E-mail: dlekina@swu.bg

Weekly hours: 1 lecture + 0 seminar + 2 practical

Course status: compulsory

Type of exam: written

Course description:

The aim of the course *Swimming* is to equip students with theoretical knowledge about the importance of swimming, the initial training techniques of swimming styles, competitive swimming,

and the pedagogical skills required for integrating swimming into the training programs of athletes from various sports to enhance their physical preparedness. It also aims to develop students' skills to improve the functional capacity of the body through swimming.

PSYCHOLOGY

ECTS credits: 4.0

Form of assessment: exam

Semester: V

Department: Department of Psychology

Faculty: Faculty of Philosophy

Lecturer: Prof. Dr. Stanislava Stoyanova

E-mail: avka@swu.bg

Weekly hours: 2 lectures + 0 seminar + 2 practical

Course status: compulsory

Type of exam: written

Course description:

The compulsory course *Psychology* is designed for students in a Bachelor's degree program. It focuses on the regularities and characteristics of mental processes and their manifestations in sports activities. The course provides knowledge about the nature of sports as an environment and a catalyst for developing psychological qualities in the personality and the psychological factors influencing performance.

It equips students with the skills to identify and classify information related to common psychological problems and challenges, and to analyze their nature in order to solve, overcome or adapt to them.

Course objective: To provide students with high psychological competence regarding the characteristics of sports activity and the wide range of tools and challenges in developing a sporting personality.

SPORTS METHODOLOGICAL PRACTICE – PART TWO

ECTS credits: 3.0

Weekly hours: 0 lectures + 0 seminar + 2 practical

Form of assessment: exam

Course status: compulsory

Semester: VI

Type of exam: continuous assessment

Department: Department of Sports

Faculty: Faculty of Public Health, Health Care and Sport

Lecturers:

Chief Assist. Dr. Georgi Ivanov – Football

Chief Assist. Dr. Anton Manchev – Athletics

Assistant Athena Gotsi – Swimming

Assoc. Prof. Dr. Jasmin Tsankova – Basketball

Chief Assist. Dr. Hristo Nikolov – Volleyball

Chief Assist. Dr. Blagoy Kalpachki – Wrestling

Assoc. Prof. Dr. Dimitar Tomov – Tennis

Chief Assist. Dr. Alexander Markov – Gymnastics2

Course description:

The aim of the *Sports Methodological Practice* course is to meet the preparation requirements for highly qualified specialists for sports clubs in the country, as well as for teachers and instructors in the field of education and sports services.

The curriculum is aligned with the high standards of professional training for future coaches. It covers fundamental concepts for initial training in various sports, methodology of sports training, techniques of the selected sport, and the training of highly qualified athletes. The course aims to develop complex competencies enabling students to effectively carry out organizational, methodological-practical, and coaching activities, and to acquire skills for applying scientifically based methods for planning and managing the training process.

Expected outcomes include:

- Acquiring skills for the professional application of initial training methods in the selected sport.
- Planning training impacts with appropriate approaches and techniques.
- Assessing the effectiveness of training interventions.

These are implemented through progressive mastery of the practical activities outlined in the course content.

INFORMATION TECHNOLOGIES

ECTS credits: 2.0

Form of assessment: exam

Semester: VI

Department: Department of Informatics

Faculty: Faculty of Natural Sciences and Mathematics

Lecturer: Prof. Dr. Petar Milanov

E-mail: milanov@swu.bg

Weekly hours: 1 lecture + 0 seminar + 1 practical

Course status: compulsory

Type of exam: written

Course description:

The topics in the lecture course are selected based on current issues in the field of modern information technologies and their practical applications. The course seeks a balance between theoretical foundations and practical knowledge that enables the Bachelor's degree student to acquire the necessary competence in today's information society.

After introducing the basic concepts of information technologies, the course offers methods and knowledge for working with computers, word processors, spreadsheets, and the Internet. The course emphasizes modern trends in IT, highlighting their relevance not only in teaching but also in conducting pedagogical research and experiments.

Special focus is given to tools for data input, editing, and processing from empirical pedagogical studies.

The course is delivered over one semester and consists of 10 modules. Students will gain knowledge in core areas of information technologies, such as operating systems, computer networks, and word processing. In the lab sessions, students will acquire practical skills in working with Linux and Windows operating systems, the university's local network, the Internet, the MS Office software suite, and other application programs that can be used in their education.

THEORY AND METHODOLOGY OF A SELECTED SPORT – PART TWO
(Swimming, Football, Basketball, Volleyball, Wrestling, Gymnastics, Athletics, Tennis, Taekwon-Do)

ECTS credits: 5.0

Form of assessment: exam

Semester: VI

Department: Department of Sports

Faculty: Faculty of Public Health,
Health Care and Sport

Lecturers:

- Assoc. Prof. Dr. Daniela Lekina – Swimming
- доц. д-р Валери Цветков – Football
- Assoc. Prof. Dr. Jasmin Tsankova – Basketball
- Chief Assist. Dr. Hristo Nikolov – Volleyball
- Chief Assist. Dr. Blagoy Kalpachki – Wrestling
- Chief Assist. Dr. Anton Manchev – Athletics
- Assoc. Prof. Dr. Dimitar Tomov – Tennis
- Chief Assist. Dr. Sergey Radoev – Gymnastics

Weekly hours: 1 lecture + 0 seminar + 2 practical

Course status: compulsory

Type of exam: continuous assessment

Course description:

(See text above, pp. 14–16)

TALENT IDENTIFICATION AND PERFORMANCE PREDICTION IN SPORT

ECTS credits: 2.0

Form of assessment: exam

Semester: VI

Department: Department of Sports

Faculty: Faculty of Public Health,
Health Care and Sport

Lecturer: Assoc. Prof. Dr. Daniela Lekina

E-mail: danilekina@swu.bg

Weekly hours: 1 lecture + 0 seminar + 1 practical

Course status: compulsory

Type of exam: written

Course description:

The course provides students with the theoretical and technological-practical training needed to work with gifted and high-performing children and students in the field of sport.

The theoretical component includes knowledge related to diagnostics in sports training activities, aiming at identifying exceptional, early, or delayed development. The course covers aspects of morphological, functional, motor, and physical development in children, along with methods for conducting scientific research on the topic.

Students will acquire skills for conducting applied research, processing data, analyzing procedural and result-based characteristics in athlete development, and identifying patterns related to talent selection and forecasting athletic performance.

This discipline is closely related to anatomy, physiology, biomechanics, biochemistry, early childhood and primary school pedagogy, theory and methodology of physical education, psychology, sociology, and other scientific fields.

Course objective:

To prepare students from the "Sport" program to conduct modern, innovative, and scientifically grounded selection processes for gifted children for preparatory groups in various sports, and to

implement both short-term and long-term forecasting of their sports development. This training aligns with the overall goals and qualification profile of the Bachelor's degree program.

PHYSICAL EDUCATION AND SPORTS IN SCHOOL

ECTS credits: 2.0

Assessment type: exam

Semester: VI

Department: Theory and Methods
of Physical Education (TMFE)
Faculty of Pedagogy

Lecturer:

Assoc. Prof. Dr. Daniela Tomova,

Department of TMFE

Tel.: 073/588 525

E-mail: danitomova@swu.bg

Weekly workload: 1 lecture + 1 seminar + 0 practical sessions

Course status: compulsory

Exam format: written

Course description:

The course “Physical Education and Sports in School” introduces students of the "Sport" major to the restructuring of the educational system in physical education and sport for grades 1–12, which has transformed the foundations of instruction in the subject. Emphasis is placed on overcoming outdated concepts, where the teacher's task is mainly to transmit content and the student is seen as a passive recipient learning through imitation and repetition. The course explores new innovative projects and solutions that shift the paradigm of physical education toward genuine reform rather than partial adaptation.

The course defines the knowledge, skills, and attitudes that students must achieve at the end of each educational stage across the core and supplementary learning modules. Specific physical preparedness requirements are detailed for each class level. The focus is on mastering sports-specific technical and tactical knowledge and skills to develop sports literacy (initial, general, and specialized). The inclusion of various new sports disciplines in the curriculum is also justified.

Assessment systems for each education level are presented, based on a thorough analysis of the instructional process and assessment theory.

CHILDREN AND YOUTH SPORTS

ECTS credits: 3.0

Assessment type: exam

Semester: VI

Department: Sport
Faculty of Public Health,
Health Care and Sport

Lecturer:

Assoc. Prof. Dr. Daniela Lekina,

Department of Sport

E-mail: danilekina@swu.bg

Weekly workload: 2 lectures + 0 seminars + 1 practical session

Course status: compulsory

Exam format: written

Course description:

The planning and implementation of long-term athletic training begins in childhood and adolescence, leading to high sports achievements. This requires understanding not only of the training process as a means of improving the body but also knowledge of age- and gender-specific differences.

Systematic sports activities positively affect physical, functional, and personal development in children, adolescents, and youth.

SPORTS METHODOLOGICAL PRACTICE – PART THREE

ECTS credits: 3.0

Assessment type: exam

Semester: VII

Department: Sport

Faculty of Public Health, Health Care and Sport

Lecturers:

- Chief Assist. Prof. Dr. Georgi Ivanov – Football
- Chief Assist. Prof. Dr. Anton Manchev – Athletics
- Assist. Prof. Atena Gotsi – Swimming
- Assoc. Prof. Dr. Jasmin Tsankova – Basketball
- Chief Assist. Prof. Dr. Hristo Nikolov – Volleyball
- Chief Assist. Prof. Dr. Blagoy Kalpachki – Wrestling
- Assoc. Prof. Dr. Dimitar Tomov – Tennis
- Chief Assist. Prof. Dr. Alexander Markov – Gymnastics

Course description:

The course aims to ensure the preparation of highly qualified specialists for sports clubs in the country, as well as educators and instructors in the education and sports service systems.

The curriculum meets high standards for professional training of future coaches. It includes basic concepts for beginner training in a specific sport, training methodology, sport-specific technique, and training of highly qualified athletes. The goal is to develop comprehensive competencies in students for effective performance of organizational, methodological, and coaching duties, as well as for the use of scientifically based methods for planning and managing the training process.

Expected outcomes include:

- Mastery of beginner training methods in a specific sport
- Planning training interventions using appropriate approaches and techniques
- Assessing the effectiveness of the training process

Practical sessions are designed to sequentially build these skills.

THEORY AND METHODOLOGY OF A SELECTED SPORT – PART TWO *(Swimming, Football, Basketball, Volleyball, Wrestling, Gymnastics, Athletics, Tennis, Taekwondo)*

ECTS credits: 5.0

Assessment type: exam

Semester: VII

Department: Sport

Lecturers:

- Assoc. Prof. Dr. Daniela Lekina – Swimming
- доц. д-р Валери Цветков – Football
- Assoc. Prof. Dr. Jasmin Tsankova – Basketball
- Chief Assist. Prof. Dr. Hristo Nikolov – Volleyball

Weekly workload: 1 lecture + 0 seminars + 2 practical sessions

Course status: compulsory

Exam format: exam

Faculty of Public Health, Health Care and Sport

- Chief Assist. Prof. Dr. Blagoy Kalpachki – Wrestling
- Chief Assist. Dr. Anton Manchev – Athletics
- Assoc. Prof. Dr. Dimitar Tomov – Tennis
- Chief Assist. Prof. Dr. Sergey Radoev – Gymnastics

Course description:

(See the text above, pages 14–16)

METHODOLOGY AND METHODS OF SPORTS-PEDAGOGICAL RESEARCH

ECTS credits: 2.0

Form of assessment: exam

Semester: VII

Department: Sports

Faculty: Public Health, Health Care and Sports

Lecturer: Assoc. Prof. Diana Peeva, PhD

E-mail: diana2616@swu.bg

Weekly workload: 1 lec + 1 sem + 0 prac

Course type: compulsory

Type of exam: written

Course description:

The topics included in the course "Methodology and Methods of Sports-Pedagogical Research" address the nature and characteristics of scientific work as a specific cognitive activity, the methodological approaches, principles, and research methods in the field of physical education and sports.

The aim of the course is to teach students how to identify scientific problems, develop concepts, formulate scientific theses and hypotheses, and conduct experimental work through mastering the necessary metrological and computational procedures.

SOCIOLOGY OF SPORT

ECTS credits: 3.0

Form of assessment: exam

Semester: VI

Department: Sociology

Faculty: Philosophy

Lecturer: Prof. Valentina Milenkova, PhD

E-mail: milenkova@swu.bg

Weekly workload: 1 lec + 1 sem + 0 prac

Course type: compulsory

Type of exam: written

Course description:

Sociology is a well-established social science discipline with a stable position in modern education. The main objective of sociological education is to develop social thinking, understand the nature of social problems, their causes, and possible solutions. Sociology includes several specialized subfields, including the Sociology of Sport. Students should gain a scientific understanding of the social approach to the individual, the factors involved in the process of socialization, the basic patterns and forms of regulation of social behavior, the emergence of social communities and groups, and the dynamics of social processes. Sociological theoretical and methodological approaches are especially effective in analyzing sport as

a complex and socially significant phenomenon. Sociology of Sport explores aspects of sport that are often taken for granted in everyday life, revealing and critiquing common misconceptions. This makes the subject highly relevant for future sports professionals, aiding in the formation of a professional perspective and supporting effective management in the sports sector.

SPORTS MASSAGE

ECTS credits: 3.0

Form of assessment: exam

Semester: VII

Department: Kinesitherapy

Faculty: Public Health, Health Care and Sports

Lecturer: Assoc. Prof. Stamenka Mitova, PhD

E-mail: stami80@swu.bg

Weekly workload: 1 lec + 0 sem + 2 prac

Course type: compulsory

Type of exam: written

Course description:

This course is designed for undergraduate students in the "Sport" program. It aims to equip them with the knowledge, skills, and competencies necessary to perform various types of sports massage (preparatory, training, recovery, and post-injury massage for the musculoskeletal system) in the field of 7.6.

Students will expand their understanding of professional terminology, classification, and the physiological mechanisms of massage; the effects and specific features of various massage techniques; application of massage techniques to different body parts; combining massage tools and methods suitable for sports massage; the methodology of different types of massage for various sports; and applying appropriate techniques for individuals with specific needs, adjusted according to age, gender, somatotype, type of sport, and experience.

PRE-GRADUATION COACHING INTERNSHIP

ECTS credits: 20.0

Form of assessment: exam

Semester: VIII

Department: Sports

Faculty: Public Health, Health Care and Sports

Lecturer: Assoc. Prof. Daniela Lekina, PhD

E-mail: dani.lekina@swu.bg

Weekly workload: 0 lec + 0 sem + 8 prac

Course type: compulsory

Type of exam: written

Course description:

The curriculum is aligned with the high standards required for the professional training of future coaching professionals. The course includes fundamental concepts of planning training sessions and microcycles, designing and conducting training in a specific sport, and developing complex competencies enabling students to effectively carry out organizational, methodological-practical, and coaching activities.

ELECTIVE COURSES
GROUP I – PRACTICAL SPORTS COURSES (TEAM SPORTS)
BASKETBALL

ECTS credits: 3.0

Form of assessment: exam

Semester: III–VII

Department: Sports

Faculty: Public Health, Health Care and Sports

Lecturer: Assistant Nikolay Hadzhiev

E-mail: nimago@swu.bg

Weekly workload: 1 lec + 0 sem + 2 prac

Course type: elective

Type of exam: written

Course description:

The course presents the main guidelines in the methodology of teaching basketball. Teaching is the most complex element of the educational process and can only be effective when the proper methodology is known and applied.

It covers basic concepts and the classification of techniques and tactics in basketball, including skills without the ball (stance, walking, running, stopping, pivoting, jumping, fakes) and with the ball (holding, catching, passing, dribbling, shooting, fakes, basketball steps), as well as individual, group, and team tactical actions in offense and defense.

FUTSAL

ECTS credits: 3.0

Form of assessment: exam

Semester: III–VII

Department: Sports

Faculty: Public Health, Health Care and Sports

Lecturer: Assoc. Prof. Stefan Kapralov, PhD

E-mail: kapralov@swu.bg

Weekly workload: 1 lec + 0 sem + 2 prac

Course type: elective

Type of exam: written

Course description:

This course covers the main directions in the methodology of teaching futsal. Teaching is considered the most difficult and complex component of the educational process in futsal and requires correct methodology for effective implementation.

The course includes basic concepts and classifications of techniques and tactics of the game, such as passing, dribbling, stopping, feints, kicking the ball with the foot or head, goalkeeper techniques, and individual, group, and team tactical actions in attack and defense.

FOOTBALL

ECTS credits: 3.0

Assessment: Exam

Semester: III–VII

Department: Department of Sport

Faculty: Public Health, Health Care and Sports

Lecturer: Assoc. Prof. Dr. Stefan Kapralov

E-mail: kapralov@swu.bg

Weekly hours: 1 lecture + 0 seminar + 2 practical

Course type: Elective

Exam format: Written

Course description:

This course presents the main directions in the methodology of teaching football. Teaching is the most difficult and complex element of the educational process in football, achievable only with proper knowledge and application of methodology.

The course covers fundamental concepts and classifications of football technique and tactics, including mastering techniques such as passing, dribbling, stopping, feints, kicking with foot and head, goalkeeper techniques, and individual, group, and team tactical actions in offense and defense.

VOLLEYBALL

ECTS credits: 3.0

Weekly hours: 1 lecture + 0 seminar + 2 practical

Assessment: Exam **Course type:** Elective

Semester: III–VII **Exam format:** Written

Department: Department of Sport

Faculty: Public Health, Health Care and Sports

Lecturer: Chief Assist. Prof. Dr. Hristo Nikolov

E-mail: hristo_nikolov@swu.bg

Course description:

The "Volleyball" course aims to provide in-depth and specialized training to prepare students for careers as teachers and coaches. The program ensures theoretical and methodological training for working with children and students in school and extracurricular activities, sports schools, and clubs. Students will learn scientific approaches to selection and forecasting, methods for evaluation and control, and practical skills for conducting training sessions. They will also acquire knowledge of volleyball technique and tactics, organizing competitions and sports events, and basic refereeing skills, while developing their own fitness and technical capabilities.

BASKETBALL 3x3

ECTS credits: 3.0

Weekly hours: 1 lecture + 0 seminar + 2 practical

Assessment: Exam

Course type: Elective

Semester: III–VII

Exam format: Written

Department: Department of Sport

Faculty: Public Health, Health Care and Sports

Lecturer: Assoc. Prof. Dr. Jasmin Tsankova

E-mail: jasmin_tsankova@swu.bg

Course description:

The course presents key methodological directions for teaching basketball 3x3. Teaching is a complex and demanding part of the educational process, requiring proper methodology. Covered topics include technique and tactics in 3x3 basketball: off-ball movements (stance, walking, running, stopping, pivoting, jumping, feints), on-ball actions (holding, catching, passing, dribbling, shooting, fake moves), individual and group tactics in offense and defense, and motor skills development.

BEACH FOOTBALL

ECTS credits: 3.0

Assessment: Exam

Semester: III–VII

Department: Department of Sport

Faculty: Public Health, Health Care and Sports

Lecturer: Assoc. Prof. Dr. Stefan Kapralov

E-mail: kapralov@swu.bg

Weekly hours: 1 lecture + 0 seminar + 2 practical

Course type: Elective

Exam format: Written

Course description:

The course presents the key methodological principles for teaching beach football. Emphasis is placed on teaching as a complex educational component that requires proper methodology. Students will explore fundamental concepts of technique and tactics: ball control, passing, dribbling, stopping, feints, kicking with foot and head, goalkeeper techniques, and tactical actions in offense and defense on sand terrain.

FIELD HOCKEY

ECTS credits: 3.0 **Weekly hours:** 1 lecture + 0 seminar + 2 practical

Assessment: Exam **Course type:** Elective

Semester: III–VII **Exam format:** Written

Department: Department of TMFV

Faculty: Faculty of Pedagogy

Lecturer: Assoc. Prof. Dr. Daniela Tomova

E-mail: danitomova@swu.bg

Course description:

This course is designed for students in the "Sport" program who choose to study field hockey. It introduces basic technical and tactical skills, training tools and methods, field layout, equipment, and organization of competitions.

Students who achieve a grade of Very Good (5) or Excellent (6) receive a D license (Hockey Instructor) from the Bulgarian Hockey Federation and may join an International Hockey Federation (FIH) Level 1 course, receiving a license recognized across Europe.

BEACH VOLLEYBALL

ECTS credits: 3.0

Assessment: Exam

Semester: III–VII

Department: Department of Sport

Faculty: Public Health, Health Care and Sports

Lecturer: Chief Assist. Prof. Dr. Hristo Nikolov

E-mail: hristo_nikolov@swu.bg

Weekly hours: 1 lecture + 0 seminar + 2 practical

Course type: Elective

Exam format: Written

Course description:

This course provides theoretical and methodological training for students to conduct training with children and students in various forms and institutions.

Beach volleyball promotes all key aspects of team sports—ball handling, movement precision, decision-making, and teamwork. Students will gain skills for organizing and conducting training, understanding the game's tactics, organizing competitions and camps, and promoting their own physical and technical development.

FOLK DANCES AND TRADITIONAL DANCES

ECTS credits: 3.0

Assessment: Exam

Semester: III–VII

Department: Department of Sport

Faculty: Public Health, Health Care and Sports

Lecturer: Assist. Prof. Dr. Daniela Manikato

E-mail: dmanikato@swu.bg

Weekly hours: 1 lecture + 0 seminar + 2 practical

Course type: Elective

Exam format: Written

Course description:

This course covers methodological aspects of teaching Bulgarian folk dances and sport dances. Teaching is viewed as a demanding process that requires mastery of correct technique and method. The program includes various rhythmic exercise sets and dances with different meter and rhythm structures to develop coordination, expressiveness, and cultural awareness.

MOVEMENT AND SPORT-PREPARATORY GAMES

ECTS credits: 3.0

Assessment: Exam

Semester: III–VII

Department: Department of Sport

Faculty: Public Health, Health Care and Sports

Lecturer: Chief Assist. Prof. Dr. Anton Manchev

E-mail: manchev@swu.bg

Weekly hours: 1 lecture + 0 seminar + 2 practical

Course type: Elective

Exam format: Written

Course description:

This course is for bachelor students in the "Sport" program. It introduces theoretical foundations of play-based activities and a wide range of games with methodological and practical orientation.

Students will learn how to use games in training for different age groups, improving conditioning and coordination. In a relaxed and engaging environment, they will learn how to apply game methods as a tool in the training process, achieving educational goals in specific sports or disciplines. Mastery of the game-based teaching method will be a major asset in their future careers as sports educators.

SECOND GROUP – SPORT-PRACTICAL COURSES

(INDIVIDUAL SPORTS)

TENNIS

ECTS credits: 3.0

Form of assessment: Exam

Semester: III–VII

Department: Department of Sport

Faculty: Faculty of Public Health,
Health Care and Sport

Lecturer:

Assoc. Prof. Dimitar Tomov, PhD

Email: dimitar.tomov@swu.bg

Weekly workload: 1 lecture + 0 seminar + 2 practical hours

Status: Elective

Type of exam: Written

Course description::

The course provides students with the necessary knowledge and skills for professional work as physical education teachers. It aims to introduce them to the basic technical and tactical skills in tennis, along with methods and means for teaching these. The course enriches students' preparation in applying tennis as a tool for developing motor culture. In accordance with the amendments introduced by the 2016 Preschool and School Education Act, "Racket Sports" have been included in the elective areas of physical education curricula. The third additional physical education class may also be taught by coaches. The course familiarizes students with tennis courts, equipment, types of competitions, and their organization. Future coaches acquire skills and knowledge for playing and teaching tennis effectively.

AEROBICS

ECTS credits: 3.0

Form of assessment: Exam

Semester: III–VII

Department: Department of Sport

Faculty: Faculty of Public Health, Health Care and Sport

Lecturer:

Chief Assist. Prof. Blagoy Kalpachki, PhD

Email: blagoikalpachki@swu.bg

Weekly workload: 1 lecture + 0 seminar + 2 practical hours

Status: Elective

Type of exam: Written

Course description:

This elective course aims to provide students with knowledge about the emergence, development, and essence of aerobic gymnastics, including its core principles, structure, and content. The course ensures methodical and practical training in diverse exercises for all body parts and muscle groups, using equipment such as step platforms, fitness balls, small balls, resistance bands, etc. Students will study various aerobic complexes, understand the physiological effects of aerobics, and learn to independently create their own routines incorporating additional tools.

FITNESS AND BODYBUILDING

ECTS credits: 3.0

Form of assessment: Exam

Semester: III–VII

Department: Department of Sport

Faculty: Faculty of Public Health,
Health Care and Sport

Lecturer:

Chief Assist. Prof. Blagoy Kalpachki, PhD

Email: blagoikalpachki@swu.bg

Weekly workload: 1 lecture + 0 seminar + 2 practical hours

Status: Elective

Type of exam: Written

Course description:

The “Fitness and Bodybuilding” course is an elective offered from the first to the sixth semester. It has a theoretical and practical focus, aiming to introduce students to specific fitness exercises and training programs for building a harmonious and athletic physique. Fitness routines aim to improve general conditioning, cardiovascular and respiratory systems, joint mobility, and muscle functionality. Bodybuilding is taught as a system of specialized exercises for muscle mass development, fat reduction, and building proportionate and symmetrical body features. The course prepares future coaches to manage athletes’ conditioning and structure strength and power-oriented workouts effectively.

TABLE TENNIS

ECTS credits: 3.0

Form of assessment: Exam

Semester: III–VII

Department: Department of Sport

Faculty: Faculty of Public Health,
Health Care and Sport

Lecturer:

Assoc. Prof. Dimitar Tomov, PhD

Email: dimitar.tomov@swu.bg

Weekly workload: 1 lecture + 0 seminar + 2 practical hours

Status: Elective

Type of exam: Written

Course description:

The aim of this course is to provide students from the “Sport” program with practical and methodological training in table tennis. Key learning outcomes include motor skills acquisition, mastering fundamental techniques, understanding the rules of the game, and learning how to teach the sport to others. The course prepares students to use table tennis for physical activity, recreation, competition, and fun, as well as for instructing pupils in a school setting.

WRESTLING

ECTS credits: 3.0

Form of assessment: Exam

Semester: III–VII

Department: Department of Sport

Faculty: Faculty of Public Health,

Weekly workload: 1 lecture + 0 seminar + 2 practical hours

Status: Elective

Type of exam: Written

Health Care and Sport

Lecturer:

Chief Assist. Prof. Blagoy Kalpachki, PhD

Email: blagoikalpachki@swu.bg

Course description:

This elective course aims to provide fundamental knowledge of wrestling techniques and styles. Students develop theoretical knowledge and practical skills in areas such as athlete selection, initial training, and advanced sport mastery, particularly in Greco-Roman wrestling. They learn to demonstrate techniques, apply teaching methods, and manage training programs. The course also focuses on competition coaching, moral and civic education of athletes, and incorporation of innovations and scientific research into training. Students will be capable of preparing athletes across different age groups based on their sensitive periods of development.

BEACH TENNIS

ECTS credits: 3.0

Form of assessment: Exam

Semester: III–VII

Department: Department of Sport

Faculty: Faculty of Public Health,
Health Care and Sport

Lecturer:

Assoc. Prof. Dimitar Tomov, PhD

Email: dimitar.tomov@swu.bg

Weekly workload: 1 lecture + 0 seminar + 2 practical hours

Status: Elective

Type of exam: Written

Course description:

This course is designed for students in the “Sports Coaching” specialization. It introduces them to the main technical and tactical skills in beach tennis and the means and methods for their instruction. Students become familiar with courts, equipment, and the organization of beach tennis tournaments and competitions.

TAEKWON-DO

ECTS credits: 3.0

Form of assessment: Exam

Semester: III–VII

Department: Department of Sport

Faculty: Faculty of Public Health,
Health Care and Sport

Lecturer: Chief Assist. Prof. Blagoy Kalpachki, PhD

Email: blagoikalpachki@swu.bg

Weekly workload: 1 lecture + 0 seminar + 2 practical hours

Status: Elective

Type of exam: Written

Course description:

Taekwon-Do is a Korean (original) martial art for unarmed self-defense. It was created in 1955 by General Choi Hong Hi, based on ancient Korean martial arts such as Hwa Rang-Do, Tang Soo-Do, Taekkyon, Hapkido, and others. He developed and systematized the theories, terminology, systems, methods, rules, practice, and spiritual foundation of Taekwon-Do in a scientific manner. We can

confidently say that with its philosophy, scientific basis, aesthetics, and sports aspect – modern ITF Taekwon-Do is a way of life.

Literally translated, Taekwon-Do means:

- **Tae** – foot, kicking techniques, foot strikes, foot blocks, stances, movement, jumping, balance, breaking;
- **Kwon** – fist, hand strikes, blocks, grabs, thrusts, scratches, throws, breaking;
- **Do** – way, moral, philosophical, principled, spiritual, knowledge.

As a sport, Taekwon-Do includes four main disciplines:

1. **Pattern (Tul)** – a specific combination of hand and foot strikes and blocks performed according to a defined diagram in a precise sequence with specific power, breathing, wave motion, focus, and rhythm. There are 24 patterns, each corresponding to a student rank.
2. **Sparring (Matsogi)** – eight types of sparring are studied:
 - 2.1. Non-contact:
 - Three-step sparring (Sambo Matsogi)
 - Two-step sparring (Ibo Matsogi)
 - One-step sparring (Ilbo Matsogi)
 - 2.2. Semi-free sparring – Ban-Jayu Matsogi
 - 2.3. Free sparring – Jayu Matsogi
 - 2.4. Free sparring with legs – Bal 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 – Mondo Matsogi
3. **Power Test (Wiryok)** – learning foot and hand techniques to break boards of a certain thickness and size.
4. **Special Techniques (Tukgi)** – learning techniques with feet and hands to break boards at a specific height with one or more airborne strikes.

The necessary knowledge, skills, and technical abilities are achieved through practical sessions aimed at developing both motor culture and spiritual strength. The goal of all martial arts, and especially of ITF Taekwon-Do, is to unite a “healthy body” and a “strong spirit.”

BADMINTON

ECTS Credits: 3.0

Assessment Method: Exam

Semester: III–VII

Methodological Supervision:

Department of Sports

Faculty of Public Health,

Health Care and Sports

Lecturer: Assoc. Prof. Dr. Dimitar Tomov

Email: dimitar.tomov@swu.bg

Weekly Hours: 1 lecture + 0 seminars + 2 practicals

Course Type: Elective

Exam Type: Written

Course description:

This course is intended for students majoring in “Sports Coaching.” The curriculum aims to introduce students to the main technical and tactical elements of badminton, the methods and tools for their instruction, the courts, equipment, and accessories used in the sport, as well as the organization and conduct of badminton competitions.

SKI TRAINING COURSE

ECTS Credits: 3.0

Assessment Method: Exam

Semester: III–VII

Methodological Supervision:

Department of Sports

Faculty of Public Health,

Health Care and Sports

Lecturer: Prof. Dr. Atanas Georgiev

Weekly Hours: 1 lecture + 0 seminars + 2 practicals

Course Type: Elective

Exam Type: Written/Practical

Course description:

This elective course in skiing enables students majoring in sports to master skiing techniques. It reflects modern achievements in ski sports, aligned with methodological and didactic principles in education. The ski training is conducted on-site in the form of an intensive full-day ski course.

Main course objectives include:

- Acquiring knowledge about the goals, objectives, and methods of ski instruction, planning and organizing skiing sessions.
- Developing specific motor skills and habits for executing skiing elements in a structured sequence.
- Gaining sport-pedagogical competencies to work with athletes, children, students, and adults with different physical abilities.

Module 1: Preparation – equipment use and acclimatization to snow (ski walking, turning, climbing slopes, basic downhill techniques such as the “snowplow turn”).

Module 2: Support-based ski techniques – various types of turns with ski support, culminating in parallel ski turns.

The program is adapted to the students’ physical and mental characteristics. It ensures emotional engagement and enhances the learning process, encouraging further independent practice.

WATER SPORTS TRAINING COURSE

ECTS Credits: 3.0

Assessment Method: Exam

Semester: III–VII

Methodological Supervision:

Department of Sports

Faculty of Public Health,

Health Care and Sports

Lecturer: Assoc. Prof. Dr. Daniela Lekina

Email: danilekina@swu.bg

Weekly Hours: 1 lecture + 0 seminars + 2 practicals

Course Type: Elective

Exam Type: Written/Practical

Course description:

The course provides opportunities to develop technical and tactical skills in rowing, water skiing, and windsurfing. Key methodological aspects of training and instruction are addressed. Students become familiar with scientifically grounded teaching methods and achievement diagnostics. They acquire practical skills in water skiing, rowing with various types of boats, and windsurfing. The course includes long-distance swimming and water rescue techniques.

TOURISM AND MOUNTAINEERING TRAINING COURSE**ECTS Credits:** 3.0**Assessment Method:** Exam**Semester:** III–VII**Methodological Supervision:**

Department of Sports

Faculty of Public Health,

Health Care and Sports

Lecturer: Chief Assist. Prof. Dr. Anton Manchev**Email:** manchev@swu.bg**Weekly Hours:** 1 lecture + 0 seminars + 2 practicals**Course Type:** Elective**Exam Type:** Written/Practical**Course description:**

The course aims to provide future sports educators with essential knowledge and skills for safe and effective interaction with mountain environments.

Main objectives:

- Learning basic rules, skills, and habits for navigating unknown terrain using maps and a compass.
- Acquiring techniques for moving on various terrains and slopes.
- Gaining skills for setting up camp and understanding bivouacking rules.
- During the course, students are introduced to the beauty of Bulgarian nature and the dangers involved in different types of tourist activities. They learn how to prepare and organize hikes, what equipment is required, and how to foster respect, camaraderie, and mutual support.

They understand that mountain hiking requires good physical preparation.

The course lasts 10 days and includes 60 academic hours. At the end, students participate in an orienteering competition and climb a peak over 2,500 meters above sea level, which determines their practical grade.

Successful graduates will be able to organize basic and accessible forms of tourist activities with students in Bulgarian schools.

**THIRD GROUP – THEORETICAL DISCIPLINES
DOPING AND SPORT****ECTS credits:** 2.0**Assessment:** Exam**Semester:** IV–VII**Methodological guidance:**

Department of Anatomy and Physiology

Faculty of Public Health, Health Care and Sport

Lecturer: Assoc. Prof. Dr. Tatyana Dzimbova,**Weekly workload:** 1 lecture + 1 seminar + 0 practical**Course status:** Elective**Exam type:** Written

Department of Anatomy and Physiology

Email: tdzimbova@swu.bg

Course description:

The main objectives of the course can be generally outlined as follows:

- To introduce the basic terminology related to doping;
- To familiarize students with the main classes of prohibited substances and those used under specific restrictions;
- To review banned methods of performance enhancement in athletes;
- To present doping analysis methods;
- To demonstrate the side effects of doping use: biomedical, psychiatric, and addictive consequences;
- To introduce the main legal sanctions and penalties related to doping use.

SPORTS ACTIVITY MANAGEMENT

ECTS credits: 2.0

Assessment: Exam

Semester: IV–VII

Methodological guidance:

Department of Sports

Faculty of Public Health, Health Care and Sport

Lecturer:

Assoc. Prof. Dr. Diana Peeva, Department of Sports

Email: diana2616@swu.bg

Weekly workload: 1 lecture + 1 seminar + 0 practical

Course status: Elective

Exam type: Written

Course description:

The course “Sports Activity Management” covers a broad spectrum of knowledge and skills related to: (i) the functions of sport as a social system, (ii) the significance, functions, and factors defining the socio-economic importance of sports events, (iii) sports event management technology, (iv) target user groups for sports events as a product.

The lecture content is selected in accordance with the scheduled hours and the specifics of the “Sports” specialty.

BIOFEEDBACK – MEANS AND METHODS

ECTS credits: 2.0

Assessment: Exam

Semester: IV–VII

Methodological guidance:

Department of Speech Therapy

Faculty of Public Health, Health Care and Sport

Lecturer: Assoc. Prof. Dr. Elka Goranova,

Department of Speech Therapy

Email: elkalogo@swu.bg

Weekly workload: 1 lecture + 1 seminar + 0 practical

Course status: Elective

Exam type: Written

Course description:

Biofeedback methodology is part of modern applied neuroscience and behavioral therapies/training. It is a rapidly developing field aimed at forming and modifying behavior through computer-based systems, including hardware (sensors) and software (audiovisual presentations).

The course introduces students to the practical application of the principles, methods, and techniques of instrumental (operant) learning in sports. It is based on the theory of functional systems (Russian school) and behavioral analysis and synthesis (Western school).

The course is entirely practice-oriented, focusing on the fast and effective development of skills for psychophysical self-regulation and self-control in athletes, showing how biofeedback (especially neurofeedback) can be integrated with modern training methods and tools in sports coaching.

SPORT FOR THE ELDERLY

ECTS credits: 2.0

Assessment: Exam

Semester: IV–VII

Methodological guidance:

Department of Sports

Faculty of Public Health, Health Care and Sport

Lecturer: Assoc. Prof. Dr. Dimitar Tomov, Department of Sports

Email: dimitar.tomov@swu.bg

Weekly workload: 1 lecture + 1 seminar + 0 practical

Course status: Elective

Exam type: Written

Course description:

A wide range of factors influences the rate of aging among individuals. However, it is an undisputed fact that balanced physical activity is essential for proper psychophysical development and a key natural method for slowing down the aging process. Like other socio-economically developed countries, Bulgaria faces a growing elderly population. This fact emphasizes the need to improve the quality of life of elderly people. Regularly organized physical exercise—both individual and group-based—not only eases daily life but also brings emotional fulfillment.

The purpose of consistent sports activity is not merely to add years to life but to “add life to years.”

The course “Sport for the Elderly” includes theoretical principles and practical guidelines for adapting physical exercises and sports activities to the age-related and health-specific characteristics of the elderly. It also addresses how to conduct sessions, utilize various sport-oriented activities, and apply corrective-therapeutic practices for chronic conditions.

Attention is also given to medical-pedagogical monitoring and assessing temporary and long-term changes in the bodies of elderly people as a result of targeted sports activity.

SPORT FOR GIFTED CHILDREN AND STUDENTS

ECTS credits: 2.0

Assessment: Exam

Semester: IV–VII

Methodological guidance:

Department of Sports

Faculty of Public Health, Health Care and Sport

Lecturer: Chief Assist. Prof. Dr. Blagoy Kalpachki, Department of Sports

Email: blagoikalpachki@swu.bg

Weekly workload: 1 lecture + 1 seminar + 0 practical

Course status: Elective

Exam type: Written

Course description:

The course addresses the importance of early sports training in both pedagogical practice and school physical education. It includes an analysis of specialized literature and practical experience in the field.

The structure of the long-term training process for gifted children is presented, especially in the early stages of sports training.

The course covers planning principles and training technology, emphasizing play-based activities at different training stages. It also integrates knowledge from anatomy, physiology, developmental morphology and psychology, pedagogy, metrology, and sociology—relevant to working with talented children during their initial sports training.

DIETOLOGY AND BIOSTIMULATION

ECTS credits: 2.0

Assessment: Exam

Semester: IV–VII

Methodological guidance:

Department of Sports

Faculty of Public Health, Health Care and Sport

Lecturer: Assoc. Prof. Dr. Tatyana Dzimbova,

Department of Anatomy and Physiology

Email: tdzimbova@swu.bg

Weekly workload: 1 lecture + 1 seminar + 0 practical

Course status: Elective

Exam type: Written

Course description:

The course aims to:

Examine mechanisms of digestion, transport, and absorption of key nutrients;

Provide guidance for determining athletes' energy expenditures;

Explain dietary principles to meet energy demands;

Promote a proper attitude toward nutrition as a factor in training and performance;

Present scientifically based benefits and risks of dietary supplements;

Introduce students to the main methods of biostimulation.

KINESITHERAPY – MEANS AND METHODS

ECTS credits: 2.0

Assessment: Exam

Semester: IV–VII

Methodological guidance:

Department of Kinesitherapy

Faculty of Public Health, Health Care and Sport

Lecturer: Assoc. Prof. Dr. Mariela Filipova,

Department of Kinesitherapy

Email: mariela_filipova@swu.bg

Weekly workload: 1 lecture + 1 seminar + 0 practical

Course status: Elective

Exam type: Written

Course description:

Students acquire knowledge, skills, and competencies to apply key kinesitherapeutic means and methods targeting the musculoskeletal system in cases of orthopedic and traumatic conditions, including those affecting athletes.

They study specialized kinesitherapy methods for athlete rehabilitation after sports injuries and learn about the specific types of injuries in football, basketball, alpine skiing, athletics, gymnastics, etc.

The course covers injury prevention tailored to sport-specific biomechanics and pathobiomechanics. Students are introduced to functional diagnostics for assessing somatic and physiological states, major conditions, and types of injuries and surgical interventions in elite athletes.

They learn how to select and dose kinesitherapeutic methods according to the rehabilitation stage and develop recovery programs for each phase, with attention to interactions between sports and other injuries throughout the recovery process.

EXTRACURRICULAR AND OUT-OF-SCHOOL ACTIVITY

ECTS credits: 2.0

Assessment: Exam

Semester: IV–VII

Methodological guidance:

Department of Theory and Methodology

of Physical Education (TMFV)

Faculty of Pedagogy

Lecturer:

Assoc. Prof. Dr. Daniela Tomova, Department of TMFV

Email: danitomova@swu.bg

Weekly workload: 1 lecture + 1 seminar + 0 practical

Course status: Elective

Exam type: Written

Course description:

This course is designed for future sports coaches. Extracurricular sports activity complements and expands the physical education curriculum. It enriches content and diversifies the forms of organization of required sessions. Thus, it increases students' daily and weekly physical activity and maximizes the positive effects of exercise on their bodies. Institutions involved in extracurricular sports include schools, sports clubs, youth centers, municipal sports schools, personal development centers, and others.

The course familiarizes students with the characteristics of extracurricular sports, its content and organizational forms, and the coach's role in managing and supervising activities.

SPORT FOR ALL

ECTS credits: 2.0

Assessment method: Exam

Semester: IV–VII

Methodological guidance:

Department of Sport

Faculty of Public Health, Health Care, and Sports

Lecturer: Assoc. Prof. Dr. Stefan Kapralov,

Department of Sport

Email: kapralov@swu.bg

Weekly workload: 1 lecture + 1 seminar + 0 practical

Course type: Elective

Exam type: Written

Course description:

The course "Sport for All" provides essential knowledge about the nature of this sports movement on both global and national levels. It traces the chronological development of its international and national structures. It explains the social, legal, and organizational-methodological possibilities for everyone to engage in sports.

"Sport for All" promotes free communication and supports the social integration of people of all ages, including students, workers, and businesspeople.

PRELIMINARY SPORTS TRAINING – PRESCHOOL AGE

ECTS credits: 2.0

Assessment method: Exam

Semester: IV–VII

Methodological guidance:

Department of Sport

Faculty of Public Health, Health Care, and Sports

Lecturer: Chief Assist. Prof. Dr. Hristo Nikolov,

Department of Sport

Email: hristo_nikolov@swu.bg

Weekly workload: 1 lecture + 1 seminar + 0 practical

Course type: Elective

Exam type: Written

Course description:

The course "Preliminary Sports Training in Preschool Age" aims to provide theoretical and technological-practical preparation for students who are future coaches working with young children. Training is conducted in the following key areas:

1. **Theoretical preparation**, including knowledge of the goals and tasks of physical education and sports in preschool institutions—their essence, characteristics, content, forms, and structure. Reviews include the State Educational Requirements (SER), educational content programs, and accompanying documentation. The course clarifies the nature of the physical education and sports tools for children (and their biomechanical structure). It examines physiological and biochemical mechanisms for improving functional capabilities in early childhood. Theoretical knowledge is provided on children's conditional and coordination abilities. The specifics of planning physical education and sports in preschool institutions and sports clubs are addressed. Knowledge is given on scientific research work in physical education and sport in kindergartens and clubs, along with methodology for evaluating the effect of sports-pedagogical interventions.
2. The theoretical training is based on innovative sports-pedagogical theories and technologies, which also underpin the methodological-practical preparation of students. The course trains future coaches in forming sports-technical motor skills and abilities, as well as developing children's physical capacities. It builds skills and competencies for the practical implementation of sports-preparatory activities with children.

This course relates to preschool pedagogy, theory and methodology of physical education (TMFV), theory and methodology of sports training (TMST), anatomy, physiology, biomechanics, biochemistry, psychology, sociology, and other scientific disciplines.

WORLD SPORTS SYSTEM AND THE OLYMPIC MOVEMENT

ECTS credits: 2.0

Assessment method: Exam

Semester: IV–VII

Methodological guidance:

Department of Theory and Methodology
of Physical Education (TMFV)

Faculty of Pedagogy

Lecturer: Assoc. Prof. Dr. Daniela Tomova,

Department of TMFV

Email: danitomova@swu.bg

Weekly workload: 1 lecture + 1 seminar + 0 practical

Course type: Elective

Exam type: Written

Course description:

The course "World Sports System and the Olympic Movement" is intended for students who are future coaches in various sports. The modern Olympic movement is one of the major phenomena of our time—a significant social factor involving millions of athletes around the world.

Olympism, the core of modern sport, and the Olympic Charter are foundations for cooperation among youth globally. The world sports system and the Olympic Movement include: the International Olympic Committee (IOC), National Olympic Committees (NOCs), International Sports Federations (ISFs), and other public and state organizations.

The modern Olympic Games symbolize peace, unity, understanding, tolerance, and respect among nations, regardless of race, ethnicity, religion, or gender.

Olympic education, as part of the development and formation of the individual, holds a place in the educational systems of all countries.

Purpose and Tasks:

Purpose: To develop knowledge about world sports and the Olympic movement; to understand Olympism as a high aesthetic and ethical achievement of the ancient world and the evolution of Olympic ideals in modern society.

Tasks:

1. To build internal and ideological foundations for the creative theoretical and practical activity of students.
2. To enrich students' specific culture with accumulated knowledge and experience in physical culture and training practice.
3. To provide understanding of the world sports system and its structures and governing bodies—IOC, NOCs, ISFs, and sport-specific federations.

SPORT AND SECURITY

ECTS credits: 2.0

Assessment method: Exam

Semester: IV–VII

Methodological guidance: Department of Sport

Faculty of Public Health, Health Care, and Sports

Lecturer: Chief Assist. Prof. Dr. Blagoy Kalpachki,

Department of Sport

Email: blagoikalpachki@swu.bg

Weekly workload: 2 lectures + 0 seminars + 0 practical

Course type: Elective

Exam type: Written

Course description:

The mandatory course "Sport and Security" aims to provide knowledge about modern security requirements when organizing sports events. Students in the "Sport" program become familiar with the current legal framework in the field of sport and security.

The training combines classroom and extracurricular activities, providing a balanced approach between theory and practice (through case studies).

PARALYMPIC SPORT

ECTS credits: 2.0

Assessment method: Exam

Semester: IV–VII

Methodological guidance:

Department of TMFV

Faculty of Pedagogy

Lecturer: Assoc. Prof. Dr. Daniela Tomova,

Department of TMFV

Email: danitomova@swu.bg

Weekly workload: 1 lecture + 1 seminar + 0 practical

Course type: Elective

Exam type: Written

Course description:

The course "Paralympic Sport" is intended for students who are future coaches in various sports. The course content aims to develop knowledge about the Paralympic Games, which offer people with disabilities the opportunity to feel fulfilled, to develop, and to demonstrate their abilities through sport.

The Paralympic Games benefit not only the athletes but society as a whole, raising awareness of the lives and challenges faced by people with disabilities. Students will learn about the world sports system for people with disabilities—including its structures and governing bodies.

SPORTS ETHICS

ECTS credits: 2.0

Assessment method: Exam

Semester: IV–VII

Departmental guidance:

Department of Psychology, Faculty of Philosophy

Lecturer: Prof. Dr. Stanislava Stoyanova,

Department of Psychology

E-mail: avka@swu.bg

Weekly hours: 1 lecture + 1 seminar + 0 practical

Course status: Elective

Type of exam: Written

Course description:

The elective course *Sports Ethics* is intended for undergraduate students majoring in Sports and focuses on the essence, content, and manifestations of ethics in sports. Based on the specific characteristics of sport, this course provides essential knowledge and skills that form the foundation of the students' professional development—centering not only on the activity itself but also on personal qualities shaped through ethical norms and categories in sport.

Course aim and objectives:

The aim of the course is to ensure high professional and ethical competence in the field of sport. It seeks to provide and expand students' knowledge and skills regarding sports as a domain and environment that shape the level and nature of ethical manifestations, norms, and categories.

STRESS AND ADAPTATION IN SPORTS**ECTS credits:** 2.0**Assessment method:** Exam**Semester:** IV–VII**Departmental guidance:**

Department of Psychology, Faculty of Philosophy

Lecturer: Prof. Dr. Stanislava Stoyanova,

Department of Psychology

E-mail: avka@swu.bg**Weekly hours:** 1 lecture + 1 seminar + 0 practical**Course status:** Elective**Type of exam:** Written**Course description:**

Sporting activity, especially in the context of the development of training theory and methodology, reflects the growing social role of sport in modern society. Analyses of elite athletes' preparation for Olympic, World, European, and other major competitions show that top achievements in sport are closely linked to science and technological progress.

As a result, the intellectualization of sports training has become a central and dominant factor in athletic performance in modern training systems. New components have emerged that are essential for achieving a high level of professionalism in the training process. These include:

- Interaction and mutual influence among scientific disciplines: physiology, psychology, biomechanics, biochemistry, pedagogy, sociology, etc.
- Intensive application of new technologies: simulators, telemetry, electronic computation
- Universalization of scientific methods, especially mathematical approaches in research
- Methodological role of integrated sciences such as cybernetics, systems theory, and information theory. Unlike material production—where intellectualization tends to reduce physical labor—in sport, it leads to its intensification.

This can only be achieved through a unity of differentiation and integration of the cognitive process, supported by a methodological framework based on systems analysis in all its aspects—genetic, structural, functional, integrative, communicative, and prognostic.

Such an approach to the preparation of elite athletes allows for deeper insight into the nature of the adaptation process—as an inherent feature of living systems—to actively interact with environmental factors, build more refined mechanisms for selective and purposeful behavior regulation under the extreme conditions of sports activity.

SCIENTIFIC FOUNDATIONS OF SPORTS TRAINING**ECTS credits:** 2.0**Assessment method:** Exam**Semester:** IV–VII**Weekly workload:** 1 lecture + 1 seminar + 0 practical**Course type:** Elective**Type of exam:** Written

Methodological guidance:

Department of Sports

Faculty of Public Health, Health Care and Sport

Lecturer: Assoc. Prof. Dr. Dimitar Tomov, Department of Sports

Email: dimitar.tomov@swu.bg

Course description:

The course *Scientific Foundations of Sports Training* is intended for undergraduate students majoring in "Sport." The lecture course clarifies general methodological problems of sports training and analyzes the nature and character of modern sport and sports training. Students learn the principles governing the training process and the specifics of their application in athletes of different ages and levels of preparation. The course analyzes the tools of sports training and methods for their implementation. Special attention is given to types of preparation, planning and management of the training process, selection, and forecasting of athletic abilities.

The lecture course is developed in accordance with modern requirements for the management of the training process and supports students in their future pedagogical careers in physical education and sport. The program requires prior knowledge in anatomy and developmental morphology, physiology and sports physiology, sports psychology, sports pedagogy, biomechanics and biochemistry, sports sociology, and others. It aligns with current trends in sports training.

Aims and expected results: To familiarize students with the general methodological and organizational issues of sport and sports training. To develop their understanding of fundamental principles and regularities of sports training in real-world contexts related to workload management, control of training dynamics, and maintenance of peak athletic condition.

VALEOLOGY

ECTS credits: 2.0

Assessment method: Exam

Semester: IV–VII

Methodological guidance:

Department of Anatomy and Physiology

Faculty of Public Health, Health Care and Sport

Lecturer: Assoc. Prof. Dr. Tatyana Dzimbova,

Department of Anatomy and Physiology

Email: tdzimbova@swu.bg

Weekly workload: 1 lecture + 1 seminar + 0 practical

Course type: Elective

Type of exam: Written

Course description:

Valeology introduces students to the concept of health as a condition, the factors influencing it, and the knowledge and skills necessary for maintaining and promoting it in everyday practice. The subject matter of Valeology encompasses all issues, questions, ideas, concepts, and understandings related to health, its primary deviations, and the methods and means for strengthening and preserving it for as long as possible.

Recommended health-promoting strategies include optimal physical activity (including long-standing Eastern and Western traditions), proper nutrition, pharmacosanitation, physioprophyllaxis, and more.

The course content connects with other disciplines such as sports physiology, sports medicine and hygiene, theory and methodology of physical education, and health education.

ELECTIVE COURSES

SPORTS MASTERY – FOOTBALL

ECTS credits: 5.0

Assessment method: Exam

Semester: I–IV

Methodological guidance:

Department of Sports

Faculty of Public Health, Health Care and Sport

Lecturer: Chief Assistant Prof. Dr. Georgi Ivanov,

Department of Sports

Email: g.ivanov@swu.bg

Weekly workload: 0 lecture + 0 seminar + 4 practical

Course type: Elective (optional)

Type of exam: Practical

Course description:

The presented curriculum addresses key directions in the methodology of football instruction. Teaching is the most difficult and complex component of the educational process in football and can only be successful when the correct methodology is understood and applied.

The course covers fundamental concepts and classifications of football technique and tactics, including proper execution of passing, dribbling, stopping, feints, kicking with the foot and head, goalkeeper techniques, and individual, group, and team tactical actions in both offense and defense.

SPORTS MASTERY – ATHLETICS

ECTS credits: 5.0

Assessment method: Exam

Semester: I–IV

Departmental guidance: Department of Sport

Faculty of Public Health, Health Care and Sport

Lecturer: Chief Assistant Prof. Dr. Anton Manchev,

Department of Sport

E-mail: manchev@swu.bg

Weekly hours: 0 lectures + 0 seminars + 4 practical

Course status: Elective

Type of exam: Practical

Course description:

Sports Mastery – Athletics is an elective discipline open to students from all university majors. Its inclusion in the curriculum is motivated by the increasing need among students for physical activity and for using their free time in health-beneficial exercise and sport.

The course is aimed at mastering and improving athletic techniques and at developing the key physical qualities relevant to each athletic discipline.

During the course, students acquire skills and habits for independent practice with athletic exercises, including selection and dosage of such exercises.

Students become familiar with the rules for participating in athletics competitions. They take part in control competitions during the course and, starting from the second semester, in official student and national championships.

The program follows contemporary trends in the theory and methodology of sports training.

SPORTS MASTERY – SKIING

ECTS credits: 5.0

Assessment method: Exam

Semester: I–IV

Departmental guidance:

Department of Sport

Faculty of Public Health, Health Care and Sport

Lecturer: Honorary Assistant Ivan Burgov, Department of Sport

Weekly hours: 0 lectures + 0 seminars + 4 practical

Course status: Elective

Type of exam: Practical

Course description:

The academic discipline "Advanced Ski Training" is offered as an elective in the curriculum of the "Sports" specialty and aims to provide students with the practical training necessary to achieve high sports mastery and competitive performance. The program is based on modern trends in the methodology of teaching and improving ski technique in alpine disciplines – slalom, giant slalom, and downhill. It includes scientific principles related to the theoretical, technical, tactical, physical, and psychological preparation of athletes, with a focus on mastering and refining the sport-specific technical elements of the ski disciplines.

Advanced ski training is carried out through students' voluntary participation in the educational and training process.

The **theoretical** training (within the practical exercises) is aimed at equipping students with **knowledge** related to the skier's movement parameters, the biomechanics of sport technique, movement modeling, diagnostics and control of ski technique, as well as improving the safety, reliability, and efficiency of movement.

The **methodological** and **practical** training is focused on developing skills for executing ski techniques with a high level of sports mastery, as well as skills for organizing and conducting training sessions, among others.

SPORTS MASTERY – SWIMMING

ECTS credits: 5.0

Assessment method: Exam

Semester: I–IV

Departmental guidance:

Department of Sport

Faculty of Public Health, Health Care and Sport

Lecturer: Assoc. Prof. Dr. Daniela Lekina, Department of Sport

E-mail: dlekina@swu.bg

Weekly hours: 0 lectures + 0 seminars + 4 practical

Course status: Elective

Type of exam: Practical

Course description:

This academic program introduces students to the main stages of sports training, the challenges, and modern trends in the sport of swimming. The level of achievement in swimming requires constant improvement in all aspects of athlete preparation, with particular emphasis on its core component – sports training. Continuous enhancement of swimming training lies at the foundation of further progress in athletic performance. Achieving high results is a complex process in which technical, physical, and psychological preparation must be developed to an optimal level, in accordance with the specifics of each competitive swimming distance.

The curriculum, through both general and specific tasks, ensures a high level of technical and tactical mastery, as well as the development of specific physical and psychological qualities in the

athletes. By accomplishing these tasks, students acquire a comprehensive set of knowledge and skills in the theory and methodology of competitive swimming.

The main means used to improve sports training include competitive, special preparatory, and general preparatory exercises, as well as additional tools such as training equipment and simulators. To assess the condition of swimmers, stage-based, ongoing, and operational monitoring is applied.

SPORTS IMPROVEMENT – BASKETBALL

ECTS credits: 5.0

Assessment: Exam

Semester: I–IV

Methodological guidance: Department of Sport
Faculty of Public Health, Health Care, and Sports

Lecturer: Chief Assistant Prof. Dr. Nikolay Hadzhiev,
Department of Sport

Email: nimago@swu.bg

Weekly workload: 0 lectures + 0 seminars + 4 practicals

Course type: Elective

Exam type: Practical

Course description:

This course covers the main directions in the methodology of the basketball training process. It examines key technical elements and the mastery and improvement of basketball tactics, including techniques for playing without the ball (stance, walking, running, stopping, pivoting, jumping, fakes), and techniques for playing with the ball (catching, passing, dribbling, shooting, fakes), as well as individual, group, and team offensive and defensive tactics.

SPORTS IMPROVEMENT – VOLLEYBALL

ECTS credits: 5.0

Assessment: Exam

Semester: I–IV

Methodological guidance: Department of Sport
Faculty of Public Health, Health Care, and Sports

Lecturer: Assistant Stanislav Atanasov,
Department of Sport

Email: s.atanasov@swu.bg

Weekly workload: 0 lectures + 0 seminars + 4 practicals

Course type: Elective

Exam type: Practical

Course description:

This volleyball course presents modern trends in the teaching methodology and improvement of volleyball skills. Teaching and selection are the most complex aspects of the training process. Successful implementation depends on applying correct contemporary methodologies.

The program covers essential concepts and classifications in volleyball, focusing on the correct acquisition and improvement of fundamental skills.

Sports improvement implies voluntary participation in volleyball training sessions.

Student selection considers several criteria:

- Strong desire to participate in specialized training and to master higher-level technical and tactical skills.
- Solid motor culture and volleyball ability, allowing for rapid development.

The course combines educational training with competitive practice. Training sessions take on the nature of athletic preparation, including technical, tactical, physical, psychological, and theoretical

development. Students also compete in university teams at tournaments and competitions, including the National Student Championship.

SPORTS IMPROVEMENT – WRESTLING

ECTS credits: 5.0

Assessment: Exam

Semester: I–IV

Methodological guidance: Department of Sport

Faculty of Public Health, Health Care, and Sports

Lecturer: Chief Assistant Prof. Dr. Blagoy Kalpachki,

Department of Sport

Email: blagoikalpachki@swu.bg

Weekly workload: 0 lectures + 0 seminars + 4 practicals

Course type: Elective

Exam type: Practical

Course description:

The Wrestling course focuses on modern trends in the teaching methodology and improvement of this sport. Teaching and athlete selection are among the most difficult parts of the training process and require a deep understanding and proper application of modern methods. The course covers fundamental wrestling concepts and classifications and emphasizes correct mastery and improvement through voluntary participation in the training process.

SPORTS IMPROVEMENT – TENNIS

ECTS credits: 5.0

Assessment: Exam

Semester: I–IV

Methodological guidance: Department of Sport

Faculty of Public Health, Health Care, and Sports

Lecturer: Assoc. Prof. Dr. Dimitar Tomov,

Department of Sport

Email: dimitar.tomov@swu.bg

Weekly workload: 0 lectures + 0 seminars + 4 practicals

Course type: Elective

Exam type: Practical

Course description:

This course is designed for the elective subject “Sports Improvement – Tennis” included in the study plan of students majoring in "Coach in a Specific Sport."

The content introduces technical and tactical techniques in tennis, along with methods for their teaching and improvement. Future tennis coaches learn about equipment and teaching aids, rules, and organizing and conducting competitions. Specialized and competitive exercises are used throughout the course. Students prepare to participate in intra-university and inter-university tennis competitions.

Objectives and Tasks: The goal is to acquire a solid level and further improve sports-technical and tactical tennis skills under conditions close to actual competition. Students also develop the specific physical qualities required for tennis and learn how to apply them successfully in competitions.

GOLF

ECTS credits: 1.0

Assessment: Exam

Semester: I–VII

Departmental guidance: Department of Sports

Faculty: Public Health, Health Care, and Sports

Lecturer: Chief Assistant Professor Dr. Anton Manchev,
Department of Sports

Email: manchev@swu.bg

Hours: 0 lectures + 0 seminars + 15 practical sessions

Course type: Elective

Exam format: Practical

Course description:

The "Golf" course is designed for students in the "Sports" specialty. Familiarization with the theoretical foundations of the game and learning basic movements and club strokes will enhance students' coordination abilities. The program also provides opportunities to study issues related to officiating and organizing golf championships and tournaments.

CHESS

ECTS credits: 1.0

Assessment: Exam

Semester: I–VII

Departmental guidance: Department of Sports

Faculty: Public Health, Health Care, and Sports

Lecturer: Chief Assistant Professor Dr. Sergey Radoev,
Department of Sports

Email: s_radoev@swu.bg

Hours: 0 lectures + 0 seminars + 15 practical sessions

Course type: Elective

Exam format: Practical

Course description:

The "Chess" course is intended for students in the "Sports" specialty. The curriculum is designed to enhance the student's creative potential; to encourage the development of disciplined thinking, memory, attention, and creative imagination; to foster the ability to perform key logical operations (analysis and synthesis, comparison, generalization); and to promote the development of independent research skills.

WELLNESS AND RECREATION

ECTS credits: 1.0

Assessment: Exam

Semester: I–VII

Departmental guidance: Department of Kinesitherapy

Faculty: Public Health, Health Care, and Sports

Lecturer: Associate Professor Dr. Mariela Filipova,
Department of Kinesitherapy

Email: mariela_filipova@swu.bg

Hours: 8 lectures + 0 seminars + 7 practical sessions

Course type: Elective

Exam format: Written

Course description:

The **objective** of this course is to provide knowledge of key concepts in SPA, Wellness, balneotherapy, and climatotherapy, and to understand and analyze related issues in order to make informed decisions.

The **main tasks** are for students to become familiar with the primary methods and techniques used in SPA, Wellness, and balneotherapy, as well as with climate specifics.

Teaching Methods: Information and Resource Support for Lectures. The lectures in this course are conducted in the traditional format, where students are introduced to the instructional material. At the beginning of each lecture, a brief introduction is provided to ensure a smooth transition between topics. When a new subject is presented, it is discussed with the students to create continuity between lectures and to formulate conclusions that serve as an introduction to the new material. Lectures are accompanied by schematic and tabular illustrations, with examples relevant to the educational goals. Teaching Methods, Information and Resource Support for Seminars

The seminar sessions follow the lecture material and aim to provide a practical orientation, helping students acquire the skills to apply the knowledge they have learned. During the exercises, emphasis is placed on the key topics of the course. Seminars include concrete examples, practical case studies, and discussions of problem areas to encourage independent work, logical reasoning, expression of personal opinions and judgments, and drawing conclusions on discussed issues. During some sessions, students are assigned tasks that require written reports, which are later reviewed in lectures or discussed in subsequent seminars.

AUTOGENIC TRAINING

ECTS credits: 1.0

Assessment: Exam

Semester: I–VII

Departmental guidance: Department of Sports

Faculty: Public Health, Health Care, and Sports

Lecturer: Chief Assistant Professor Dr. Hristo Nikolov,
Department of Sports

Email: hristo_nikolov@swu.bg

Hours: 0 lectures + 0 seminars + 15 practical sessions

Course type: Elective

Exam format: Practical

Course description:

The "Autogenic Training" course is intended for full-time bachelor students majoring in "Sports." The discipline provides students with knowledge, skills, and competencies to implement autogenic training in their future coaching practice. It expands their understanding of:

- Professional terminology, classification, and physiological mechanisms of autogenic training;
- The methodology of autogenic training for different sports activities;
- Application of autogenic training for individuals with various specific needs;
- Implementation according to age, gender, body type, type of sport, and sports experience.

SPORTS INJURIES

ECTS credits: 1.0

Assessment: Exam

Semester: I–VII

Departmental guidance: Department of Kinesitherapy

Faculty: Public Health, Health Care, and Sports

Lecturer: Associate Professor Dr. Mariela Filipova,

Department of Kinesitherapy

Email: mariela_filipova@swu.bg

Hours: 8 lectures + seminars + 7 practical sessions

Course type: Elective

Exam format: Written

Course description:

The "Sports Injuries" course introduces students to the phases of sports training, their essence, and their specifics. Students acquire knowledge and skills for applying specialized kinesitherapy methods and tools for athlete rehabilitation following common sports injuries. They study injury specifics in sports such as football, skiing, martial arts, athletics, etc., with the goal of injury prevention.

The aim of the training is for students to acquire knowledge and skills for working with healthy athletes by applying injury prevention measures tailored to the practiced sport and its specific biomechanics, as well as with injured athletes to ensure their complete recovery to a high level of athletic performance.

The objectives include acquiring skills for conducting functional diagnostics in sports and assessing physical condition. In cases of sports injuries or surgical interventions, students should be able to develop and apply kinesitherapy programs for all recovery phases, leading to full functional restoration at a high level of sports mastery.

The training in this discipline develops students' abilities to independently select and apply appropriate kinesitherapeutic methods and tools depending on the recovery stage after injury. It also builds skills for proper dosage application.

KINESIOLOGICAL ASPECTS OF STRENGTH SPORTS

ECTS credits: 1.0

Form of assessment: Exam

Semester: I–VII

Methodological guidance:

Department of Theory and Methodology
of Physical Education (TMPE)

Faculty of Pedagogy

Lecturer: Chief Assistant Professor Dr. Iliya Kanelov,

TMPE Department

Email: i_kanelov@swu.bg

Contact hours: 8 lectures + 0 seminars + 7 practical sessions

Course type: Elective

Type of exam: Written

Course description:

Biomechanics is a scientific discipline that studies the spatial structure of movement and the forces that generate motion or maintain balance in bodies in space. Mechanics, as a branch of physics, when applied to the human musculoskeletal system, forms the core of this course's curriculum.

The course material is designed to familiarize students with the technical and tactical skills in tennis, as well as the tools and methods for learning them, the courts, equipment, and accessories used in tennis, and the organization and conduct of tennis competitions. The study of anatomical and biomechanical analysis of tennis strokes from a kinesiological perspective will enable students to apply the acquired knowledge successfully in practice.

The main modules of the course include:

- Characteristics of the sport of tennis – history of the game, courts, types of surfaces;
- Tennis technique, including strokes (flat, slice, and topspin) – both basic and specific;
- Technique of stroke execution;
- Anatomical analysis of tennis strokes – basic and specific;
- Biomechanical characteristics of strokes (groundstrokes, volleys, overheads) and specific strokes (lob, drop shot, half-volley);
- Kinematic chain during the execution of tennis strokes; stroke phases;
- Tactics for singles and doubles play;
- Methodological sequence of tennis instruction at different stages of training.