



**ЮГОЗАПАДЕН УНИВЕРСИТЕТ
„НЕОФИТ РИЛСКИ”
БЛАГОЕВГРАД**

South-West University “Neofit Rilski”

Blagoevgrad 2700, 66 Ivan Mihaylov Str.
Tel. +359 /73/88 55 01, Fax: +359 /73/88 55 16
E-mail: info@swu.bg, <http://www.swu.bg>

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

**MASTER’S PROGRAM: SPORTS TRAINING IN
CHILDHOOD AND ADOLESCENCE**

INFORMATION PACKAGE

Blagoevgrad, 2025

QUALIFICATION CHARACTERISTICS

Field of Higher Education: **7.0. Healthcare and Sport**

Professional Field: **7.6. Sport**

Specialty: **Sports Training in Childhood and Adolescence**

National Qualifications Framework: **Level: 7**

Educational Degree: **Master**

ECTS Credits: **60**

Professional Qualification: **Coach in a Sport for Children and Adolescents**

Duration of Study: **1 academic year (2 semesters)**

Form of Study: **Full-time**

Code: –

Educational Objectives of the Program

The Master's program "*Sports Training in Childhood and Adolescence*" provides students with theoretical knowledge, practical skills, and competences necessary for planning, organizing, and conducting training processes in a chosen sport for children and adolescents.

The disciplines included in the curriculum ensure in-depth and specialized preparation of students, guaranteeing their professional development and realization.

Eligible applicants are:

- Holders of a Master's degree with a professional qualification *Coach in a Sport for Children and Adolescents*;
- Holders of a Bachelor's or Master's degree in professional field 7.6. Sport or field 1.3. Pedagogy of Training in *Physical Education and Sport*.

The Master's program "*Sports Training in Childhood and Adolescence*" is implemented in the following sports: football, basketball, volleyball, tennis, athletics, swimming, and gymnastics.

The duration of study is two semesters. It is also designed for graduates with a Bachelor's degree in *Physical Education and Sport*, as some of the courses provide a common educational foundation, while others emphasize the specific requirements of the coaching profession.

Educational Objectives of the Program

The objective of the training is to provide students with fundamental theoretical and methodological knowledge of the nature and management of the training process for highly qualified athletes, based on a unified conceptual framework. In this way, the program creates the necessary methodological foundation for ensuring high-quality education in the respective sport and discipline.

Main Tasks

- Students enrolled in the Master's program "*Sports Training in Childhood and Adolescence*" must acquire a set of interdisciplinary knowledge, practical skills, and competences that ensure expertise in the management processes in sport.

- Acquire core knowledge in the methodology, theory, and practice of sports training in children's and youth sport, including medico-biological and psychological aspects of sport.
- Become familiar with sports techniques, tactics, and teaching methodology in the chosen sport.
- Structure the sports-pedagogical process as a specific phenomenon evolving over time, including periodization, planning, and monitoring.

Acquired Knowledge, Skills, and Competences (according to the National Qualifications Framework)

Knowledge (theoretical and/or factual):

- Understands the nature and characteristics of sports training;
- Demonstrates knowledge of the principles of the training process and the specifics of their application to athletes of different ages and levels of preparation;
- Analyzes the means of sports training and the methods of their application.

Skills (cognitive and/or practical):

- Plans, organizes, and manages the sports training process for children and adolescents;
- Acquires skills for various types of talent identification and selection;
- Analyzes sports training and achieved results;
- Applies the fundamental principles and regularities of sports training;
- Acquires skills in managing training loads and athletic performance.

Autonomy and Responsibility:

- Designs, structures, and independently conducts sports training sessions in the respective sport;
- Initiates, plans, and organizes sports events;
- Demonstrates effective cooperation with different sports organizations, athletes, and coaches.

Learning Competence:

- Acquires the ability to follow modern trends in the management of sports training processes;
- Systematically and thoroughly enhances knowledge and demonstrates a high degree of independence.

Communicative and Social Competences:

- Develops training programs tailored to the age and preparation level of children and adolescents;
- Acquires proficiency in European languages with a view to participating in international scientific and sports forums.

Professional Competences:

- Demonstrates knowledge of general methodological and organizational issues in children's and youth sport;
- Acquires methodological and practical expertise in the chosen sport;
- Applies appropriate means, methods, and forms of training;
- Develops sports training programs adapted to the sport, age, and qualification of athletes;
- Prepares annual training plans in the respective sport;
- Manages and monitors the training process;
- Acquires organizational skills for conducting competitions in the chosen sport;

- Applies safety measures to protect athletes during the training process.

Areas of Professional Realization

Graduates may pursue positions in accordance with the National Classification of Occupations and Positions of the Republic of Bulgaria (2011):

- 3422 Sports coaches, instructors, and related occupations
- 3001 Sports referee
- 6002 Coach
- 3003 Assistant coach
- 6004 Senior coach
- 3006 Starter
- 3008 Officer in a sports organization
- 3009 Organizer of sports events and championships
- 7011 Head coach

Organization of the Program

The Master's program "Sports Training in Childhood and Adolescence" has been developed in accordance with the requirements of the Higher Education Act. The program is implemented according to an official curriculum and course syllabi. Teaching is carried out by a faculty team in accordance with the agreements at Southwest University "Neofit Rilski".

The curriculum of the Master's program "Sports Training in Childhood and Adolescence," as well as the organization of the program—its duration, form, and the content of individual courses—are in compliance with the Higher Education Act, the Ordinance on State Requirements for Acquiring Higher Education for Bachelor's, Master's, and Specialist Degrees, and the Regulations of Southwest University "Neofit Rilski." The curriculum and syllabi of the Master's program are designed according to the ECTS credit transfer system. The duration of the program is 1 year (2 semesters). The total number of credits required to complete the Master's degree is 60, of which 15 are awarded for the preparation and successful defense of a thesis or a state examination.

The curriculum includes both compulsory and elective courses. Their content ensures the acquisition of foundational knowledge in the field of sports training processes. For each course, student activities are divided into classroom and extracurricular work, practical and independent work. The syllabi of all courses incorporate recent research achievements in the respective scientific fields, thereby meeting the expectations and requirements of students, society, employers, and professional associations.

The compulsory courses (8 in total) carry 41 credits. The theoretical preparation of students in these courses focuses on mastering the fundamental techniques and tactics of the respective sport and planning the sports training process.

The elective courses (2 in total) carry 4 credits. They provide opportunities for students to specialize according to their individual, personal, and social interests.

The Master's program concludes with a state practical-applied examination in a sport discipline, a state theoretical examination, or the defense of a thesis. Graduates receive a Master's degree with the professional qualification "Coach in a Sport Discipline for Children and Adolescents." They also acquire the right to continue their studies toward the educational and scientific degree of Doctor (PhD).

The qualification description was approved at the meeting of the Department Council of the Department of Sport, Protocol No. 11/06.04.2021.

It was approved at the meeting of the Faculty Council of the Faculty of Public Health, Healthcare, and Sport, Protocol No. 49/13.04.2021.

It was approved at the meeting of the Academic Council of Southwest University “Neofit Rilski,” Protocol No. 13/28.04.2021.

CURRICULUM STRUCTURE
Degree Program: Sport

First Year			
<i>First Semester</i>	ECTS credits	<i>Second Semester</i>	ECTS credits
Contemporary Trends in the Development of Youth Sports	4,0	Research Activity in Youth Sports	2,0
System for Initial Sports Training Medical and Biological	4,0	Sports Specialization in a Selected Sport – Part II (Football, Basketball, Volleyball, Tennis, Athletics, Swimming, Gymnastics)	7,0
Characteristics in Childhood and Adolescence	5,0	Sports in the Educational System	2,0
Psychological Aspects of Sports in Childhood and Adolescence	4,0	Pre-Graduation Coaching Practice	4,0
Sports Specialization in a Selected Sport – Part I (Football, Basketball, Volleyball, Tennis, Athletics, Swimming, and Gymnastics)	9,0	State Practical-Applied Examination in a Sport Discipline	15,0
Elective Course – 1 Group	2,0	State Theoretical Examination or Thesis Defense	
Elective Course – 2 Group	2,0		
Elective Courses			
First Group – Theoretical (choose 1 course)			
1.1 Scouting in Sports	2,0		
1.2 Sports Injuries and Rehabilitation	2,0		
1.3 Globalization and Migration in Contemporary Sports	2,0		
1.4 Material and Technical Support of Sports Training	2,0		
1.5 Team Organization of Sports in Childhood and Adolescence			
1.6 Structural System of Sports Worldwide and in Bulgaria	2,0		
	2,0		
Second Group – Sports-Practical (choose 1 course)			
2.1 Basketball	2,0		
2.2 Volleyball	2,0		
2.3 Football	2,0		
2.4 Tennis	2,0		
2.5 Swimming	2,0		
2.6 Athletics	2,0		
	Total 30		Total 30

CONTEMPORARY TRENDS IN THE DEVELOPMENT OF YOUTH SPORTS

ECTS Credits: 4.0

Weekly Workload: 2 lectures + 0 seminars + 0 practicals

Assessment Method: Exam

Course Status: Compulsory

Semester: I

Exam Type: Written

Department: Sport

Faculty: Public Health, Healthcare, and Sport

Lecturer: Assoc. Prof. Dr. Dimitar Tomov, Sport

Email: dimitar.tomov@swu.bg

Course Description:

This course is designed for students in the Master's program "Sports Training in Childhood and Adolescence." The content is aligned with the high standards of professional preparation required for future coaches. The program covers contemporary concepts in the theory and methodology of sports training for children and adolescents. Students are introduced to the principles governing the training process for young athletes of varying levels of preparedness. Special attention is given to the anatomical, morphological, physiological, and psychological characteristics of growth during childhood and adolescence, as well as the applied training methods adapted to these characteristics. The course addresses types of preparation, planning, and management of the training process, selection and forecasting of sports abilities. Students in this program gain in-depth knowledge of sports training at different stages of childhood and adolescence.

SYSTEM FOR INITIAL SPORTS TRAINING

ECTS Credits: 4.0

Weekly Workload: 2 lectures + 0 seminars + 0 practicals

Assessment Method: Exam

Course Status: Compulsory

Semester: I

Exam Type: Written

Department: Sport

Faculty: Public Health, Healthcare, and Sport

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

Email: dlekina@swu.bg

Course Description:

The course provides students with new knowledge related to initial sports training as a system of methods, means, and organizational forms that ensure comprehensive preparation and optimal realization of athletes' potential. The course is structured into two modules:

1. **Characteristics of the Main Structures of the Sports Training System** – Covers genotypic factors (morpho-anthropometric indicators, motor abilities, psychological traits), phenotypic factors (training process, competitive activity, and additional factors), and material-technical and managerial factors.
 2. **Main Directions of Training** – Focuses on the initial training stage as the foundation for further mastery in the selected sport, development of vegetative functions, and adaptation of the child's organism to systematic physical load (sports training).
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MEDICAL AND BIOLOGICAL CHARACTERISTICS OF SPORTS IN CHILDHOOD AND ADOLESCENCE

ECTS Credits: 5.0

Weekly Workload: 2 lectures + 0 seminars + 1 practical

Assessment Method: Exam

Course Status: Compulsory

Semester: I

Exam Type: Written

Department: Anatomy and Physiology

Faculty: Public Health, Healthcare, and Sport

Lecturer: Assoc. Prof. Dr. [Name]

Telephone / Email: 073/588 530 / [Email]

Course Description:

This course provides students with knowledge about the medical and biological characteristics of the developing organism of children and adolescents engaged in active sports. The course is divided into two modules:

1. **Physiological Characteristics of the Organism During Growth and Maturation in Childhood and Adolescence** – Focuses on ontogenetic changes, physiological characteristics of major organs and systems, and the role of physical activity in optimizing physiological processes.
2. **Physiological States and Adaptation to Systematic Physical Load (Sports Training)** – Covers the body's adaptation to systematic physical exercise.

Practical exercises include measuring key physiological indicators in children and adolescents: respiratory system reactivity, cardiovascular testing, body mass parameters, joint mobility, assessment of flat feet and spinal deviations, and analysis of somatotype data.

PSYCHOLOGICAL ASPECTS OF SPORTS IN CHILDHOOD AND ADOLESCENCE

ECTS Credits: 4.0

Weekly Workload: 1 lecture + 1 seminar + 0 practicals

Assessment Method: Exam

Course Status: Compulsory

Semester: I

Exam Type: Continuous assessment

Department: Medical-Social Sciences

Faculty: Public Health, Healthcare, and Sport

Lecturer: Assist. Prof. Dr. Silvia Miteva, Department of Medical-Social Sciences

Email: simil@swu.bg

Course Description:

This course is part of the Master's program "Sports Training in Childhood and Adolescence." Its aim is to expand students' understanding of age-related development and specific characteristics of children and adolescents, particularly their impact on sports activity and the influence of sports on development.

The course focuses on understanding the psychological patterns of childhood and adolescence to enhance physical activity, sports skills, and motivation for sports. Active independent work by students includes preparing reports on selected modules and/or presenting case studies from their own practice.

Various approaches in child and adolescent psychology are explored, emphasizing development, motivation, concentration, performance, and relaxation in sports activity.

SPORTS SPECIALIZATION IN A SELECTED SPORT – PART I

ECTS Credits: 9.0

Weekly Workload: 2 lectures + 0 seminars + 6 practicals

Assessment Method: Exam

Course Status: Compulsory

Semester: I

Exam Type: Written

Department: Sport

Faculty: Public Health, Healthcare, and Sport

Lecturers:

- Assoc. Prof. Dr. Daniela Lekina – Swimming
- Assoc. Prof. Dr. Valeri Tsvetkov – Football
- Assoc. Prof. Dr. Jasmin Tsankova – Basketball
- Assist. Prof. Dr. Hristo Nikolov – Volleyball
- Assist. Prof. Dr. Anton Manchev – Athletics
- Assoc. Prof. Dr. Dimitar Tomov – Tennis
- Assist. Prof. Dr. Sergey Radoev – Gymnastics

Course Description:

The course builds students' theoretical and practical skills necessary for long-term planning of sports training and the construction of training processes at different stages of preparation for high-level performance.

The content aligns with the high standards required for professional coach training. It covers basic concepts of control, modeling, and management of training processes for athletes in specific sports, forming comprehensive competencies in students to enable effective organizational, methodological, and coaching activities, as well as the ability to apply scientifically-based methods for planning and managing the training process.

Sports Specialization in Football:

Covers methodology of football training, structuring the educational-training process, main forms of sports training, and acquisition of knowledge, skills, and habits needed for future coaching. Includes concepts and classification of techniques and tactics, such as ball handling, passing, dribbling, shooting, goalkeeper techniques, and tactical actions in offense and defense.

Sports Specialization in Basketball:

Focuses on methodology and structure of basketball training, including offensive and defensive techniques, technical skills with and without the ball, and individual, group, and team tactical actions.

Sports Specialization in Volleyball:

Provides in-depth specialized preparation for future coaches. Covers theoretical-methodological training to conduct training with young athletes, scientific approaches to selection and development, diagnostics, evaluation, and control of various training aspects. Students acquire practical skills for conducting training sessions, demonstrating techniques, understanding tactics, and organizing competitions.

Sports Specialization in Athletics:

Aims to deepen understanding of the lecture material with practical focus on mastering techniques and training methods in athletics. Covers specific characteristics of athletic training, methods for developing sport-specific physical qualities, load management, and performance control. Participation in competitions is mandatory.

Sports Specialization in Tennis:

Provides specialized knowledge on training methods and techniques for technical-tactical development in tennis across different stages of youth sports training, including research activities. Students develop practical-methodological skills for controlling and managing training, allowing coaches to optimize technical, conditioning, and psychological preparation of young tennis players.

Sports Specialization in Gymnastics:

Ensures preparation of highly qualified specialists for sports clubs, educational institutions, and the population's recreational needs. Covers theory and methodology of gymnastics and acrobatics, historical development, training techniques, and preparation of athletes. Students develop comprehensive competencies for organizational, methodological, and teaching activities, and learn to apply scientifically-based methods for planning and managing training in sports gymnastics and acrobatics.

RESEARCH ACTIVITY IN YOUTH SPORTS

ECTS Credits: 2.0

Weekly Workload: 1 lecture + 0 seminars + 1 practical

Assessment Method: Exam

Course Status: Compulsory

Semester: II

Exam Type: Written

Department: Sport

Faculty: Public Health, Healthcare, and Sport

Lecturer: Assoc. Prof. Dr. Diana Peeva, Department of Sport

Email: diana2616@swu.bg

Course Description:

The course “Research Activity in Youth Sports” aims to introduce students to the nature and specifics of scientific work and to provide the knowledge and skills necessary to conduct research, developing their initial methodological literacy.

Students learn to master key methodological approaches, principles, and methods of research in physical education and sports, as well as statistical methods for processing empirical data. They acquire the ability to identify scientific problems, formulate and validate hypotheses, conduct experimental work, analyze results, draw conclusions, and prepare scientific reports and theses. To support research and applied activities in other theoretical and methodological-practical courses, this course integrates knowledge from other disciplines included in the curriculum and uses conceptual and computational examples from them.

SPORTS SPECIALIZATION IN A SELECTED SPORT – PART II

ECTS Credits: 9.0

Weekly Workload: 2 lectures + 0 seminars + 6 practicals

Assessment Method: Exam

Course Status: Compulsory

Semester: II

Exam Type: Written

Department: Sport

Faculty: Public Health, Healthcare, and Sport

Lecturers:

- Assoc. Prof. Dr. Daniela Lekina – Swimming
- Assoc. Prof. Dr. Valeri Tsvetkov – Football
- Assoc. Prof. Dr. Jasmin Tsankova – Basketball
- Assist. Prof. Dr. Hristo Nikolov – Volleyball
- Assist. Prof. Dr. Anton Manchev – Athletics
- Assoc. Prof. Dr. Dimitar Tomov – Tennis
- Assist. Prof. Dr. Sergey Radoev – Gymnastics

Course Description:

The course builds the theoretical and practical competencies necessary for long-term planning of sports training and structuring the training process at various stages for high-level performance. The content aligns with professional standards for future coaches. It emphasizes basic concepts for controlling, modeling, and managing training processes in a specific sport, forming comprehensive competencies that enable students to conduct organizational, methodological-practical, and coaching activities, and apply scientifically grounded methods for planning and managing training.

Sports Specialization in Football:

Focuses on football training methodology, structuring training processes, main forms of sports training, and acquiring knowledge, skills, and habits needed for future coaching. Covers techniques and tactics, including passing, dribbling, shooting, goalkeeper techniques, and individual, group, and team tactical actions in offense and defense.

Sports Specialization in Basketball:

Covers basketball training methodology, structure of training processes, offensive and defensive techniques (with and without the ball), and individual, group, and team tactical actions.

Sports Specialization in Volleyball:

Provides specialized preparation for future coaches. Students acquire theoretical-methodological knowledge to conduct training sessions with youth athletes, apply scientific approaches in selection and forecasting, understand diagnostics, assessment, and control of training, gain practical skills for conducting sessions, demonstrating techniques, understanding tactics, and organizing competitions.

Sports Specialization in Athletics:

Aims at deepening knowledge and practical skills for mastering techniques and methods in athletics. Covers sport-specific physical qualities, training management, control, and participation in competitions. Student performance is assessed through ongoing practical and methodological evaluation, concluding with a written exam.

Sports Specialization in Tennis:

Provides specialized knowledge of training methods to improve technical-tactical skills in tennis across different stages of youth sports training, including research activities. Students gain methodological-practical skills for applying research methods to optimize training processes.

Sports Specialization in Gymnastics:

Prepares highly qualified specialists for sports clubs, education, and recreational services. Covers theory and methodology of gymnastics and acrobatics, historical development, training techniques, and preparation of athletes. Students develop comprehensive competencies for organizational, methodological-practical, and teaching activities, applying scientifically grounded methods for planning and managing training in sports gymnastics and acrobatics.

SPORT IN THE EDUCATIONAL SYSTEM

ECTS Credits: 2.0

Weekly Workload: 1 lecture + 1 seminar + 0 practicals

Assessment Method: Exam

Course Status: Compulsory

Semester: II

Exam Type: Written

Department: TMFV

Faculty: Pedagogy

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

Phone: 073/588 525

Email: danitomova@swu.bg

Course Description:

The course “Sport in the Educational System” is intended for students preparing to become coaches in a selected sport. Sport is an integral part of the school education system. Students practice various sports not only during lessons but also in extracurricular and after-school activities. The main competitive expression of students is through School Games, held annually in three age groups across four stages. Each school participates with representative teams in these games. Coaches play a regulated role in schools, guiding physical activity sessions. Therefore, coaches must be familiar with the National Educational Standard for “Physical Education and Sport” and the content of school curricula.

COACHING PRE-GRADUATE PRACTICE

ECTS Credits: 2.0

Weekly Workload: 0 lectures + 0 seminars + 4 practicals

Assessment Method: Exam

Course Status: Compulsory

Semester: II

Exam Type: Practical

Department: Sport

Faculty: Public Health, Healthcare, and Sport

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

Email: dlekina@swu.bg

Course Description:

The course is designed to meet the high professional standards required for future coaches. Students study fundamental concepts of structuring training sessions and microcycles, planning and conducting training in a selected sport. The program develops comprehensive competencies enabling students to efficiently perform organizational, methodological-practical, and coaching activities.

ELECTIVE COURSES

FIRST GROUP – THEORETICAL DISCIPLINES

SCOUTING IN SPORTS

ECTS Credits: 2.0

Weekly Workload: 1 lecture + 1 seminar + 0 practicals

Assessment Method: Exam

Course Status: Elective

Semester: I

Exam Type: Written

Department: Sport

Faculty: Public Health, Healthcare, and Sport

Lecturer: Assist. Prof. Dr. Hristo Nikolov, Department of Sport

Email: hristo_nikolov@swu.bg

Course Description:

This course develops knowledge and skills in athlete diagnostics for identifying and recruiting individuals with exceptional athletic abilities. Students gain competencies in data processing, video analysis of athletes' performance, and deriving patterns related to talent and potential assessment.

SPORT INJURIES AND RECOVERY

ECTS Credits: 2.0

Weekly Workload: 1 lecture + 1 seminar + 0 practicals

Assessment Method: Exam

Course Status: Elective

Semester: I

Exam Type: Written

Department: Kinesitherapy

Faculty: Public Health, Healthcare, and Sport

Lecturer: Assoc. Prof. Dr. Mariela Filipova, Department of Kinesitherapy

Email: mariela_filipova@swu.bg

Course Description:

The course provides in-depth knowledge of sports pathology, focusing on sports injuries. Sports injuries result from organized or unorganized, team or individual activities. Professionals must understand injury specifics and treatment to diagnose promptly, provide effective pre-medical assistance, and seek timely medical intervention when necessary. Knowledge of anatomy, physiology, musculoskeletal functional diagnostics, biomechanics, pathobiomechanics, and

pathokinesiological principles is essential, especially in professional and youth sports, where injury management significantly affects performance outcomes and career development.

GLOBALIZATION AND MIGRATION OF MODERN SPORT

ECTS Credits: 2.0

Weekly Workload: 1 lecture + 1 seminar + 0 practicals

Assessment Method: Exam

Course Status: Elective

Semester: I

Exam Type: Written

Department: National Security and Public Administration

Faculty: Faculty of Law and History

Course Description:

The course “Globalization and Migration of Modern Sport” is part of the specialized section on Migration Control. It is primarily designed for students involved in sports, but may also be studied by students interested in identity document issuance and population migration control in Bulgaria.

Course Object:

The object of the course is the control exercised by police and other authorities over identity documents and population migration in Bulgaria in the context of increasing globalization.

Course Subject:

The subject of the course covers public relations regulated by public law norms, arising, developing, and terminating in the field of Bulgarian identity document issuance and population migration control, with a focus on national security, crime prevention, public order protection, and the functioning of competent authorities. International legal acts related to Bulgaria’s accession to the Schengen Area are also studied. Students learn both general and specialized international and domestic legal frameworks regulating identity documents and migration, as well as the tasks, structure, and functioning of migration control authorities, including entry and exit procedures for Bulgarian citizens and foreigners.

MATERIAL AND TECHNICAL SUPPORT FOR SPORTS TRAINING

ECTS Credits: 2.0

Weekly Workload: 1 lecture + 1 seminar + 0 practicals

Assessment Method: Exam

Course Status: Elective

Semester: I

Lecturer: Assist. Prof. Dr. Anton Manchev, Department of Sport

Email: manchev@swu.bg

Course Description:

The course “Material and Technical Support for Sports Training” provides knowledge and competencies regarding the material and technical factors ensuring the effective functioning of the sports training system for children and youth. Its primary goal is to prepare informed specialists familiar with key components of sports infrastructure, financial provision, and living conditions necessary for sports preparation.

TEAM ORGANIZATION IN CHILD AND YOUTH SPORTS

ECTS Credits: 2.0

Weekly Workload: 1 lecture + 1 seminar + 0 practicals

Assessment Method: Exam

Course Status: Elective

Semester: I

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

Phone: 073/588 525

Email: danitomova@swu.bg

Course Description:

The course “Team Organization in Child and Youth Sports” is designed for students preparing to become coaches. A team possesses the characteristics of a group, yet can function as an independent unit. The main principle of achieving team goals in sport is joint activity and interpersonal relationships. Through applying team organization in training, groups of athletes develop into cohesive teams.

STRUCTURAL SYSTEM OF SPORT IN THE WORLD AND BULGARIA

ECTS Credits: 2.0

Weekly Workload: 1 lecture + 1 seminar + 0 practicals

Assessment Method: Exam

Course Status: Elective

Semester: I

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

Email: dimitar.tomov@swu.bg

Course Description:

This course is intended for master’s students in “Sports Training for Children and Youth.” The program covers the organization and management of physical education and sport systems. Students study legal regulations regarding the organization of physical education and sport, including the Physical Education and Sports Act, as well as the organization and management of sport in EU countries. Future

sports educators gain knowledge and skills in managing NGOs (including school sports clubs), sports clubs under federations, and state and municipal sports institutions.

SECOND GROUP – SPORTS PRACTICAL COURSES

BASKETBALL

ECTS Credits: 2.0

Weekly Workload: 1 lecture + 0 seminars + 1 practical

Assessment Method: Exam

Course Status: Elective

Semester: I

Exam Type: Written

Lecturer: Assoc. Prof. Dr. Jasmin Tsankova, Department of Sport

Email: jasmin_tzankova@swu.bg

Course Description:

The course covers the main concepts of basketball technique and tactics, methodological sequence of teaching, and structure, organization, and content of basketball lessons. It examines offensive and defensive techniques, including technical moves without the ball (stances, movements, feints) and with the ball (handling, dribbling, feints). Defensive actions against players with and without the ball are also studied.

VOLLEYBALL

ECTS Credits: 2.0

Weekly Workload: 1 lecture + 0 seminars + 1 practical

Assessment Method: Exam

Course Status: Elective

Semester: I

Exam Type: Written

Lecturer: Assist. Prof. Dr. Hristo Nikolov, Department of Sport

Email: hristo_nikolov@swu.bg

Course Description:

The course provides in-depth practical and methodological preparation for students aiming to work as teachers and coaches in educational systems. Students gain skills to conduct sports-preparatory work with children and youth in classroom, extracurricular, and out-of-school settings, sports schools, and clubs. They also learn to demonstrate volleyball techniques, understand tactics, and organize competitions, sports events, and youth camps.

FOOTBALL (SOCCER)

ECTS Credits: 2.0

Weekly Workload: 1 lecture + 0 seminars + 1 practical

Assessment Method: Exam

Course Status: Elective

Semester: I

Exam Type: Written

Course Description:

The course covers key methodology principles in teaching football. Effective teaching requires understanding and applying proper methods. Students study offensive and defensive techniques, including passing, dribbling, stopping, feints, shooting with foot or head, goalkeeper skills, and individual, group, and team tactical actions.

TENNIS

ECTS Credits: 2.0

Weekly Workload: 0 lectures + 2 seminars + 0 practicals

Assessment Method: Exam

Course Status: Elective

Semester: I

Exam Type: Written

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

Email: dimitar.tomov@swu.bg

Course Description:

This course is intended for students in the master's program "Sports Training for Children and Youth" who select tennis. The curriculum provides knowledge for future coaches to use tennis as a tool in physical education and sport. Students acquire methodological and practical skills for training, applying tennis to develop technical-tactical abilities, and implementing effective training sessions in a motivating environment.

SWIMMING

ECTS Credits: 2.0

Weekly Workload: 1 lecture + 0 seminars + 1 practical

Assessment Method: Exam

Course Status: Elective

Semester: I

Exam Type: Written

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

Email: dlekina@swu.bg

Course Description:

The course “Swimming” includes the study of the history, theory, and methodology of teaching swimming, mastery of swimming techniques across different styles, and the acquisition of knowledge and skills necessary to use swimming as part of training athletes in various sports.

Lectures provide students with foundational knowledge of the discipline. Students receive information on the theory and history of swimming, techniques for competitive swimming, starts, turns, and teaching methodology. They also learn the fundamentals of swimming, including maintaining body buoyancy on the water surface, moving through water (Archimedes’ principle), flotation, principles of statics and dynamics, water resistance, and the methods involved in learning and mastering the techniques of different swimming styles.