

## **QUALIFICATION CHARACTERISTICS**

Speciality: Physical Education and Sport  
Master's Programme: "Sports Animation in School"  
Educational and Qualification Degree: Master's  
Professional Qualification: Teacher in Physical Education and Sport  
Duration of Study: 1 year  
Form of Study: Full-time

### **I. Argumentation of the Need for Such Specialists**

The Master's programme has been created in response to the contemporary requirements set out in the State Educational Standard for Profiled Preparation, in compliance with Ordinance No. 7 of 11 August 2016 on Profiled Preparation of the Ministry of Education and Science, promulgated in SG No. 67 of 26 August 2016.

The need for this Master's programme is related to the professional qualification of specialists who will teach the "Sports Animation" Module in the second stage of upper secondary education – 11th and 12th grade. The speciality requires teachers of Physical Education and Sport to possess the necessary knowledge, skills, and competences regarding sports animation as a type of activity and as a tourism product.

The defined specific objectives of the curriculum in the "Sports Animation" Module are:

- improving motor knowledge, skills, and habits through mastering various types of sports with a sports-recreational and sports-animation focus;
- maintaining the healthy condition of the body through the means of physical education and sport;
- acquiring knowledge and skills for sports-animation activities;
- acquiring knowledge and skills for recreational (restorative) procedures and therapies;
- acquiring knowledge and skills for the management of sports-recreational and sports-animation activities.

The expected learning outcomes are:

- using and applying evaluative judgments and making decisions based on theoretical and tactical knowledge and skills in various sports with a sports-recreational and sports-animation focus; acquiring knowledge and skills for recreational procedures and therapies aimed at active psycho-physical recovery and a healthy lifestyle;
- acquiring knowledge and skills for the appropriate use of free time and active physical recovery;
- selecting means and methods for sports-animation and sports-recreational motor activities;
- understanding the essence of sports animation and the cause-and-effect relationships for achieving overall physical culture;
- acquiring knowledge and skills regarding competition rules in various sports, games, and dances with a sports-recreational and sports-animation orientation;
- respecting civil rights when participating in physical activities such as competitions, games, entertainment, sports festivals, and demonstrations.

### **II. Academic Standards of the Master's Programme**

The courses included in the Master's programme "Sports Animation in School" provide the acquisition of theoretical knowledge and practical skills for organising and conducting various sports, sports-entertainment, and sports-recreational activities with people of different age groups. The specialised professional training of students is defined through an interdisciplinary approach that integrates the different factors related to the professional qualification of sports educators within society and the broader field of career opportunities, aligned with the labour market. This is crucial for their successful realisation, including as sports animators in the tourism and leisure industry.

### **III. Objective of the Master's Programme**

The aim is to create highly qualified specialists with knowledge of sports animation as a tourism product and its place in the process of teaching Physical Education and Sport in schools. The programme provides broader opportunities for personal realisation among young people.

### **IV. Requirements for Professional Competence**

The training within the Master's programme "Sports Animation in School" aims to ensure that students:

- master the theory and technology of sports animation, as well as its basic methods and forms of application;
- understand the specific characteristics of the sports-animation product;
- possess the skills to develop and implement sports-animation programmes;
- improve and enrich their foreign language training;
- know in detail the professional profile of the sports animator as a key factor in the implementation of sports-animation activities;
- acquire the rules and norms of professional ethics and the servicing of users of sports-animation services;
- develop sports-technical and tactical skills and knowledge in various types of sports;
- build the ability for independent improvement of acquired knowledge and skills and their application in real-life environments.

From a content perspective, the studied courses, knowledge, and competences of a fundamental, specialised, and methodological-applied character include:

- knowledge forming the necessary broad theoretical foundation in the field of sports animation, including its principles, methods, tools, and forms; the essence of the sports-animation product and the management of its quality; the specifics of developing and implementing sports-animation services;
- knowledge regarding the tourism and leisure industry; the infrastructure of venues offering sports animation; personality psychology and the characteristics of users of sports-animation services;
- methodological and practical knowledge, skills, and competences related to various types of winter and summer sports as a core component of any sports-animation programme.

## V. Field of Professional Realisation

Graduates who have obtained the professional qualification "Master in Sports Animation in School" will be able to work as:

- teachers delivering the "Sports Animation" module in the second stage of upper secondary education;
- sports animators in the field of tourism, mountain and seaside resorts, and recreational areas in amusement parks;
- experts, consultants, and trainers in programmes and projects related to physical education, sport, tourism, and recreation;
- instructors in state and private organisations in the fields of tourism, entertainment, sport, and recreation, working with children, young people, adults, elderly individuals, people with specific needs, and active holidaymakers.

## VI. Requirements for Acquiring the Educational and Qualification Degree in the Speciality

The duration of the programme is two semesters (60 credits). The Master's programme "Sports Animation in School" is intended for graduates holding a Bachelor's or Master's degree in the specialities "Physical Education and Sport" or "Pedagogy of Education in Physical Education and Sport" within the professional field 1.3. Pedagogy of Education in...

The duration of studies in the Master's programme is one academic year – two semesters, in full-time form of study.

The training concludes with a theoretical state examination or defence of a Master's thesis.

### STRUCTURE OF THE CURRICULUM – Sports Animation in School Educational and Qualification Degree: Master Code: 01.08\_1.21.20

First Semester	ECTS Credits	Second Semester	ECTS Credits
Fundamentals of Sports Animation	5.0	Project Development and Management	3.0
Age Characteristics of Motor Activity	2.0	Information Technologies in Sports-Animation Activities	2.0
Organisation and Management of Sports-Animation Activities	3.0	Recreation and Sports Activities	2.0
Methodology of Sports Animation	4.0	Foreign Language II	2.0
Foreign Language I	2.0	Sports Animation for Children	4.0
Sports Animation in School	4.0		
<b>Elective Courses</b> (students choose one course)		<b>Elective Courses</b> (students choose one course)	
Folk Dances and Traditional Games	2.0	Restorative Massage	2.0
Fitness and Bodybuilding	2.0	Outdoor Games (Golf, Pétanque)	2.0
Aesthetic Gymnastics in Animation	2.0	Mobile Games	2.0

<b>Elective Courses</b> (students choose one course)		<b>Graduation</b>	<b>15.0</b>
Tennis	2.0		
Table Tennis	2.0		
Badminton	2.0		
<b>Elective Courses</b> (students choose one course)			
Football in Animation	2.0		
Basketball in Animation	2.0		
Volleyball in Animation	2.0		
<b>Elective Courses</b> (students choose one course)			
Sports Animation – Water Sports (Surfing, Rowing, Swimming, Water Skiing, Diving)	4.0		
Sports Animation – Winter Sports (Skiing, Snowboarding)	4.0		
Sports Animation – Mountaineering and Sports Orienteering	4.0		
<b>Total</b>	<b>30</b>	<b>Total</b>	<b>30</b>

### **ANNOTATIONS:**

#### **FUNDAMENTALS OF SPORTS ANIMATION**

**ECTS credits: 5.0**

**Weekly hours:** 2 hours lectures + 2 hours seminar exercises

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department “Theory and methodology of physical education”

Faculty of Pedagogy

**Lecturer:**

Assoc. prof Valery Tsvetkov, PhD

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The academic discipline "Fundamentals of Sports Animation" is related to the acquisition of a wide range of knowledge and skills concerning the emergence, development, main tools, and technology of sports-animation activities. Students become thoroughly familiar with the fundamental and specific methodological principles and approaches for creating and implementing sports-animation programmes in the context of summer seaside and winter mountain tourism, as well as in various recreational and entertainment facilities.

The academic discipline is included in the curriculum of the speciality "Sports Animation in School" for the first year (first semester) as a compulsory course.

#### **AIM AND OBJECTIVES OF THE ACADEMIC DISCIPLINE:**

To enable students to acquire the necessary basic theoretical knowledge and to develop methodological, practical skills, and competences for organising and implementing various sports-animation activities in accordance with the contemporary requirements of physical education and sport in schools.

## **AGE CHARACTERISTICS OF MOTOR ACTIVITY**

**ECTS credits: 2.0**

**Weekly hours: 2 h.l.**

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department "Theory and methodology of physical education"

Faculty of Pedagogy

**Lecturer:**

Assoc. prof. Nevyana Dokova, PhD

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The compulsory academic discipline "Age Characteristics of Motor Activity" is intended for students enrolled in the Master's programme "Sports Animation in School".

It focuses on the essence of organised motor activity and its implementation in the context of sports animation. The course examines the psychophysical characteristics of adolescents' development and the multifaceted functions of organised motor activity. A systemic-structural analysis is conducted of the applied means and methods for motor activity across different age groups.

The discipline enhances the knowledge of future Master's graduates in Physical Education and Sport as a pedagogical process, placing emphasis on its recreational and restorative functions.

## **ORGANISATION AND MANAGEMENT OF SPORTS-ANIMATION ACTIVITIES**

**ECTS credits: 2.0**

**Weekly hours: 2 h.l.+1h.s.ex.**

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department "Theory and methodology of physical education"

Faculty of Pedagogy

**Lecturer:**

Chief Asst. prof. Stefan Kinov, PhD

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The academic discipline "Organisation and Management of Sports-Animation Activities" is a theoretical-applied course aimed at acquainting students in the Master's programme "Sports Animation in School" with the fundamental organisational and managerial principles of sports animation in general, as well as the specific characteristics of this type of activity within the school environment.

Proper and adequate organisation and management of any type of activity are essential prerequisites for its successful implementation. This principle is of even greater significance when it comes to curricular and extracurricular activities with students, considering their age, gender characteristics, individual learning levels, and other relevant factors.

Sports animation represents a specific type of activity distinguished by exceptionally high emotional intensity, which leads to particular reactions and outcomes. Play-based activity is one of the core elements in its implementation.

## **METHODOLOGY OF SPORTS ANIMATION**

**ECTS credits: 4.0**

**Weekly hours: 2 h.l.+2h.s.ex.**

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department "Theory and methodology of physical education"

Faculty of Pedagogy

**Lecturer:**

Chief Asst. prof. Iliya Kanelov, PhD

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

The discipline "**Methodology of Sports Animation**" is related to the acquisition of a wide range of knowledge and skills regarding the main tools and technologies used in **sports animation**. It presents in detail the fundamental methodological principles and approaches for implementing **sports-animation programmes** in various tourist destinations.

The training and preparation within the Master's programme are aimed at developing a high level of professional competence, combined with motivation for acquiring the knowledge necessary for the future professional realisation of graduates as **sports animators**.

Sports animation is characterised by the provision of diverse services designed to maintain the required **physical capacity** and **health status** of participants, based on their need for movement, social interaction, personal expression, and achievement. It encompasses a wide range of activities involving different levels of motor activity, designed for individuals with varying motor skills, age groups, and preferences.

These activities include so-called **naturally applied movements**, which have a general strengthening effect and contribute to the physical development of participants. A distinctive feature of sports animation is that it is most often conducted **outdoors**, preferably in beautiful natural surroundings.

### **FOREIGN LANGUAGE I and II part**

**ECTS credits: 4.0**

**Weekly hours: 2 h. practical ex. (I and II**

semester)

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department "Theory and methodology of physical education"

Faculty of Pedagogy

**Lecturer:**

Chief Asst. prof. Maria Mladenova, PhD

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The course in **Specialised English** for the speciality "**Sports Animation in School**" is aimed at mastering language knowledge and skills corresponding to level **B1**, with the main focus placed on terminology related to **Physical Education and Sport** and **Sports Animation in School**.

The aim of the course is to develop communicative competence that will enable students to apply their knowledge in their future practice as sports educators.

During the training, students expand and deepen their linguistic knowledge and skills in English, acquire new language material, and develop strategies for independent work and self-improvement. Time is allocated for learning specific terminology related to sports animation and physical education and sport, which will enable students to navigate English-language literature addressing issues related to their professional preparation and future career realisation.

### **SPORTS ANIMATION IN SCHOOL**

**ECTS credits: 4.0**

**Weekly hours: 2 h.l.+2h.s.ex.**

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department "Theory and methodology of physical education"

Faculty of Pedagogy

**Lecturer:**

Assoc. prof Daniela Tomova, PhD

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

The academic discipline "**Sports Animation in School**" is intended for teachers of Physical Education and Sport.

The course is part of the **Master's programme**, which has been developed in response to the contemporary requirements set out in the **State Educational Standard for Profiled Preparation**, in accordance with **Ordinance No. 7 of 11 August 2016 on Profiled Preparation**, promulgated in SG No. 67 of 26 August 2016.

Students will become familiar with the content of the profiled preparation required to obtain the **professional qualification** for teaching the "**Sports Animation**" module in the second stage of upper secondary education – **11th and 12th grades**. The curriculum is aimed at developing the necessary knowledge, skills, and competences related to sports animation as both an activity and a tourism product.

The specialised professional training of students is defined through an **interdisciplinary approach** that integrates various factors related to the professional qualification of sports educators within society and the broader field of professional realisation, aligned with labour market demands. This preparation is also essential for their successful development as **sports animators** within the tourism and leisure industry.

## FOLK DANCES AND DANCES

**ECTS credits:** 2.0

**Weekly hours:** 2 h. p.ex.

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department "Theory and methodology of physical education"

Faculty of Pedagogy

**Lecturer:**

Asst. prof. Danaila Manikatoval

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The proposed curriculum covers the main guidelines in the methodology of teaching "**Folk Dances and Traditional Dances**". The included learning material aims to familiarise students with the artistic creativity of the Bulgarian people, dance movements, combinations, and folk dances from different folklore regions featuring various metric and rhythmic structures.

The diversity of dance movements offered by folk dances can improve students' coordination abilities and motor culture.

The elective discipline "**Folk Dances and Traditional Dances**" aims to enrich students' motor culture by developing their understanding of the metric and rhythmic characteristics of dance movements, exercises, and dances.

## FITNESS AND BODYBUILDING

**ECTS credits:** 2.0

**Weekly hours:** 2 h. p.ex.

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department "Theory and methodology of physical education"

Faculty of Pedagogy

**Lecturer:**

Chief Asst. prof. Iliya Kanelov, PhD

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The academic discipline "**Fitness and Bodybuilding**" is offered as an elective course for students in the Master's programme "**Sports Animation in School**".

The course has both theoretical and methodological-practical orientation and aims to familiarise students with specific fitness exercises and training programmes designed to develop a harmonious and athletic physique. The fitness programmes are focused on achieving good physical conditioning, improving the cardio-respiratory system, enhancing joint mobility, and developing athletic and functional musculature.

Additionally, the course addresses health prevention, aiming to improve overall well-being, increase work capacity, and enhance the body's resilience to stress factors.

**Bodybuilding** is presented as a system of specialised training complexes of exercises aimed at increasing muscle mass, reducing fat tissue, and shaping body qualities with the necessary parameters of proportionality, symmetry, and balance.

## AESTHETIC GYMNASTICS IN ANIMATION

**ECTS credits: 2.0**

**Weekly hours: 2 h. p.ex.**

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department "Theory and methodology of physical education"

Faculty of Pedagogy

**Lecturer:**

Assoc. prof. Nevyana Dokova, PhD

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The academic discipline "**Aesthetic Gymnastics in Animation**" is related to the acquisition of a wide range of key competences aimed at optimising the motor activity of students.

Students become thoroughly familiar with the fundamental and specific methodological principles and approaches for implementing sports-animation activities with a **gymnastics focus**, which have a recreational, relaxing, and health-promoting character.

Training within this elective course will primarily contribute to the acquisition of specific practical knowledge and skills in the field of sports-animation activities with a gymnastics orientation in the school environment.

## TENNIS

**ECTS credits: 2.0**

**Weekly hours: 2 h. p.ex.**

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department of Sport

Faculty of Public Health, Health Care and Sport



**Lecturer:**

Assoc. prof Dimitar Tomov, PhD

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

The present curriculum is intended for students in the Master's programme "**Sports Animation in School**" who wish to acquire knowledge and develop sports-technical skills in **tennis**.

The course content is designed to familiarise students with the basic technical and tactical techniques in tennis, as well as the tools and methods for learning them, the courts, equipment, and facilities required for practising the sport.

Its aim is to build knowledge and develop skills for organising and conducting various sports-entertainment games, activities, and tennis competitions during students' leisure time.

**TABLE TENNIS**

**ECTS credits:** 2.0

**Weekly hours:** 2 h. p.ex.

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department of Sport

Faculty of Public Health, Health Care and Sport

**Lecturer:**

Assoc. prof Dimitar Tomov, PhD

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

The present curriculum is intended for students in the Master's programme "**Sports Animation in School**" who wish to acquire knowledge and develop sports-technical skills in the sport of **table tennis**.

The course content is designed to familiarise students with the basic technical and tactical techniques in table tennis, as well as the tools and methods for learning them, the courts, equipment, and facilities required for practising the sport.

Its aim is to build knowledge and develop skills for organising and conducting various sports-entertainment games, activities, and table tennis competitions during students' leisure time.

**BADMINTON**

**ECTS credits:** 2.0

**Weekly hours:** 2 h. p.ex.

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department of Sport

Faculty of Public Health, Health Care and Sport

**Lecturer:**

Assoc. prof Dimitar Tomov, PhD

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The present curriculum is intended for students in the Master's programme "**Sports Animation in School**" who wish to acquire knowledge and develop sports-technical skills in the sport of **badminton**.

The course content is designed to familiarise students with the basic technical and tactical techniques of the sport, as well as the tools and methods for learning them, the courts, equipment, and facilities required for practising badminton.

Its aim is to build knowledge and develop skills for organising and conducting various sports-entertainment games, activities, and badminton competitions during students' leisure time.

### **FOOTBALL IN ANIMATION**

**ECTS credits: 2.0**

**Weekly hours: 2 h. p.ex.**

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department "Theory and methodology of physical education"

Faculty of Pedagogy

**Lecturer:**

Assoc. prof Valery Tsvetkov, PhD

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

The curriculum is intended for students in the Master's programme "**Sports Animation in School**" and is focused on developing specific knowledge and improving sports-technical skills in the sport of **football**.

The training in this discipline has an advanced character regarding the technical and tactical techniques in football. Its aim and objectives are directed towards the proper methodological and practical acquisition of knowledge about the essential content and structure of the football game.

Through this training, future sports educators will be able to correctly select the tools, methods, and intensity for performing specific tasks, both in-school and extracurricular football activities within the educational system of physical education and sport.

Additionally, the course focuses on developing knowledge and skills for organising and conducting football tournaments and football activities during students' leisure time.

### **BASKETBALL IN ANIMATION**

**ECTS credits: 2.0**

**Weekly hours: 2 h. p.ex.**

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department "Theory and methodology of physical education"

Faculty of Pedagogy

**Lecturer:**

Assoc. prof Valery Tsvetkov, PhD

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

The curriculum is intended for students in the Master's programme "**Sports Animation in School**" and is focused on developing specific knowledge and improving sports-technical skills in the sport of **basketball**.

The training in this discipline has an advanced character regarding the technical and tactical techniques in basketball. Its aim and objectives are directed towards the proper methodological and practical acquisition of knowledge about the essential content and structure of the basketball game.

Through this training, future sports educators will be able to correctly select the tools, methods, and intensity for performing specific tasks, both in-school and extracurricular basketball activities within the educational system of physical education and sport.

Additionally, the course focuses on developing knowledge and skills for organising and conducting basketball tournaments and basketball activities during students' leisure time.

### **VOLLEYBALL IN ANIMATION**

**ECTS credits: 2.0**

**Weekly hours: 2 h. p.ex.**

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department "Theory and methodology of physical education"

Faculty of Pedagogy

**Lecturer:**

Assoc. prof Valery Tsvetkov, PhD

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

The curriculum is intended for students in the Master's programme "**Sports Animation in School**" and is focused on developing specific knowledge and improving sports-technical skills in the sport of **volleyball**.

The training in this discipline has an advanced character regarding the technical and tactical techniques in volleyball. Its aim and objectives are directed towards the proper methodological and practical acquisition of knowledge about the essential content and structure of the volleyball game.

Through this training, future sports educators will be able to correctly select the tools, methods, and intensity for performing specific tasks, both in-school and extracurricular volleyball activities within the educational system of physical education and sport.

Additionally, the course focuses on developing knowledge and skills for organising and conducting volleyball tournaments and volleyball activities during students' leisure time.

### **SPORTS ANIMATION – WATER SPORTS (SURFING, ROWING, SWIMMING, WATER SKIING, DIVING)**

**ECTS credits: 4.0**

**Weekly hours: 4h. p.ex.**

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department "Theory and methodology of physical education"

Faculty of Pedagogy

**Lecturer:**

Chief Asst. prof. Iliya Kanelov, PhD

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The curriculum provides the necessary knowledge and creates practical conditions for acquiring **sports-technical** and **sports-tactical** skills in **water skiing, rowing, and windsurfing**, as well as in the organisation and methodology of conducting **long-distance swimming events (marathons)**.

The training is carried out following scientifically grounded methodologies and programmes for the organisation of instruction. A system for assessing and diagnosing achievements has been developed.

Students practically acquire the skills and main requirements for the **organisation** and **methodology** of conducting water sports activities.

Additionally, the programme provides knowledge and develops methodological and practical skills related to **safety measures** and the provision of **first aid**.

### **SPORTS ANIMATION – WINTER SPORTS (SKIING, SNOWBOARDING)**

**ECTS credits: 4.0**

**Weekly hours: 4h. p.ex.**

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department “Theory and methodology of physical education”

Faculty of Pedagogy

**Lecturer:**

Chief Asst. prof. Stefan Kinov, PhD

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

The academic discipline "**Sports Animation – Winter Sports**" is a practical-applied course aimed at developing in students from the Master's programme "**Sports Animation in School**" practical skills and competences for conducting **sports-animation activities** in winter mountain conditions on snow.

The climatic and landscape features of the country are a significant factor in providing opportunities for training and conducting extracurricular sports-animation activities for students through traditional winter sports such as **skiing** and **snowboarding**.

The skills and competences acquired by students in these conditions have a **health-promoting (recreational)** character resulting from participation, an **educational and nature-oriented** aspect, as well as potential for developing **high-level sports proficiency** in these disciplines.

### **SPORTS ANIMATION – MOUNTAINEERING AND SPORTS ORIENTEERING**

**ECTS credits: 4.0**

**Weekly hours: 4h. p.ex.**

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department “Theory and methodology of physical education”

Faculty of Pedagogy

**Lecturer:**

Chief Asst. prof. Stefan Kinov, PhD

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The academic discipline "**Sports Animation – Mountaineering and Sports Orienteering**" is a practical-applied course aimed at developing in students from the Master's programme "**Sports Animation in School**" practical skills and competences for conducting **sports-animation activities** in mountain environments, understanding the rules of tourism activities, and navigating in unfamiliar mountainous terrain.

The climatic and landscape features of the country are a significant factor in providing opportunities for training and conducting extracurricular sports-animation activities for

students in the mountains and in rugged terrain, as well as for practising **sports orienteering**, a traditional sport in Bulgaria.

The skills and competences acquired by students in these conditions have a **health-promoting (recreational)** character resulting from participation, an **educational and nature-oriented** aspect, as well as potential for developing **high-level sports proficiency** in sports orienteering.

## PROJECT DEVELOPMENT AND MANAGEMENT

**ECTS credits: 3.0**

**Weekly hours: 2h. l. + 1h. s.ex.**

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department "Theory and methodology of physical education"

Faculty of Pedagogy

**Lecturer:**

Chief Asst. prof. Iliya Kanelov, PhD

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

The elective academic discipline aims to provide **theoretical** and **technological-practical** training in **project development and management**. The training is carried out in the following main areas:

1. **Theoretical preparation** – acquiring knowledge about the **EU** and its **structural funds** for financing candidate countries during their pre-accession period, as well as for member states during the post-accession period; knowledge of **operational programmes, National Strategic Reference Frameworks, priority axes, national coordinators, and managing authorities** for operational programmes; understanding the types of documentation, first steps in project preparation, application documents, documentation for approved projects, types of reporting documents, and more. The theoretical preparation is based on **innovative approaches** to student training.

2. **Practical exercises** – developing skills and competences for preparing projects, applying for funding, managing processes, and handling **risk management** (before and during project implementation), among other aspects.

## INFORMATION TECHNOLOGIES IN SPORTS-ANIMATION ACTIVITIES

**ECTS credits: 2.0**

**Weekly hours: 1h. l.+1h.p.ex.**

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department "Theory and methodology of physical education"

Faculty of Pedagogy

**Lecturer:**

Chief Asst. prof. Stefan Kinov, PhD

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Information and communication technologies are an integral element of the educational system in all its forms and levels. The digitalisation of our surrounding environment provides an easy and accessible way of communicating, teaching, and learning, which creates the need

for future teachers to acquire the necessary competences for using these technologies effectively.

The academic discipline **"Information Technologies in Sports-Animation Activities"** is a practical-applied course aimed at acquainting students from the Master's programme **"Sports Animation in School"** with the basic and specific requirements for using modern channels of information, communication, and digitalisation in sports-animation activities in schools.

Information and communication technologies have rapidly become a key part of classroom and school infrastructure as a whole and have also become an inseparable part of the daily lives of students, parents, and teachers.

In the **21st century**, technologies play an essential role in every aspect of the educational process.

### **RECREATION AND SPORTS ACTIVITIES**

**ECTS credits: 2.0**

**Weekly hours: 2h.l.**

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department of Kinesitherapy"

Faculty of Public Health, Health Care and Sport

**Lecturer:**

Assoc. prof Mariela Filipova, PhD

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

The academic discipline **"Recreation and Sports Activities"** supports the training of students in the Master's programme by providing an upgrade of both classical and the latest opportunities for recreation within sports activities.

The course includes the acquisition of knowledge and skills related to recreational activities. The aim of the training is for students to gain the knowledge and abilities necessary to apply their acquired competences in the practical fields of **physical education** and **sport**.

### **SPORTS ANIMATION FOR CHILDREN**

**ECTS кредити: 4.0**

**Weekly hours: 2 h.l.+ 2h.s.ex.**

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department "Theory and methodology of physical education"

Faculty of Pedagogy

**Lecturer:**

Assoc. prof Nevyana Dokova, PhD

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

The academic discipline **"Sports Animation for Children"** is related to the acquisition of a wide range of knowledge and skills aimed at optimising children's motor activity. Students become thoroughly familiar with the fundamental and specific methodological principles and approaches for implementing **sports-animation activities** with children, which have a recreational, relaxing, and health-promoting character.

#### **AIM AND OBJECTIVES OF THE ACADEMIC DISCIPLINE:**

To enable students to acquire the necessary knowledge and develop methodological, practical

skills, and competences for organising and implementing various supplementary forms of **physical education and sport**.

### RESTORATIVE MASSAGE

**ECTS credits:** 2.0

**Weekly hours:** 2h. p.ex.

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department of Kinesitherapy”

Faculty of Public Health, Health Care and Sport

**Lecturer:**

Assoc. prof Mariela Filipova, PhD

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

The academic discipline "**Restorative Massage**" supports the training of students in the Master's programme by providing an upgrade of both classical and the latest possibilities for applying **massage techniques** in sports practice.

The course includes the acquisition of fundamental knowledge and practical skills. The aim of the training is for students to gain the knowledge and abilities necessary to apply their acquired competences in the practical fields of **physical education and sport**.

### OUTDOOR GAMES (GOLF, PÉTANQUE)

**ECTS кредити:** 2.0

**Weekly hours:** 2h.p.ex.

**Form of assessment:** examination

**Type of examination:** written

**Methodological guidance:**

Department “Theory and methodology of physical education”

Faculty of Pedagogy

**Lecturer:**

Chief Asst. prof Yanko Rumenov, PhD

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

The academic discipline is included as an elective in the curriculum of the Master's programme "**Sports Animation in School**". **Field games** are widely applicable, covering a broad range of participants. They represent an additional, engaging, and diverse activity, providing practitioners with strong emotional impact and psychological relief while simultaneously developing, to some extent, human conditioning and coordination abilities.

Students enrolled in the Master's programme will acquire both **practical skills** for various field games practised in different terrains and conditions, as well as **competences** related to their application and effects. The acquired practical skills will provide students with a solid foundation for their competent use in improving the **functional condition** and ensuring the **emotional relaxation** of participants.

Studying some of the most interesting and widely applicable field games (**golf, pétanque**) can also be successfully applied when working with middle-aged individuals.

The use of the **game-based teaching method** during training sessions will provide students with a significant advantage in their future professional work as **sports animators** across various fields of realisation.



## MOVEMENT GAMES

ECTS кредити: 2.0

Weekly hours: 2h.p.ex.

Form of assessment: examination

Type of examination: written

Methodological guidance:

Department "Theory and methodology of physical education"

Faculty of Pedagogy

Lecturer:

Chief Asst. prof Yanko Rumenov, PhD

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

Movement games have educational, developmental, and health-promoting significance for the all-round development of those who practise them. By combining physical and mental development into a unified process, these games serve as an irreplaceable form of learning and upbringing. They have a strong emotional impact on both children and adults. Moreover, they are widely applicable, and for many of them, there is no need for prior preparation or special equipment and facilities.

Students enrolled in the Master's programme will acquire both **practical skills** for a variety of games practised in different environments and terrains, as well as **competences** related to the application of movement games both during and outside lessons. These include understanding their **classification, characteristics, and intensity of load**, which will provide students with a solid foundation for their competent use both within and beyond the educational process, aimed at improving the **functional condition** of participants.

Learning a wide range of movement games under different conditions through practical training can also be successfully applied when working with **middle-aged individuals**.

By using games as a means of **physical education**, students will bring emotional richness to training sessions and positively influence the **physical capacity** of participants. Through this approach, they will be able to achieve the objectives and tasks set for each specific session, as well as develop plans for future activities.

The use of the **game-based teaching method** will provide students with a significant advantage in their future professional work as **sports animators** across various fields of realisation.