

UNIVERSITY OF ECONOMICS - VARNA
FACULTY OF „INFORMATICS“
DEPARTMENT „PHYSICAL EDUCATION AND SPORT“

ACCEPTED BY:

Rector:

(Prof. Dr. Plamen Iliev)

SYLLABUS

SUBJECT: “ PHYSICAL EDUCATION”;

DEGREE PROGRAMME: All degree programmes from BACHELOR`S DEGREE

YEAR OF STUDY: 1; SEMESTER: 1, 2;

TOTAL STUDENT WORKLOAD: SEMINARS (lab. exercises) 60 h.

CREDITS:

DISTRIBUTION OF WORKLOAD ACCORDING TO THE CURRICULUM

<i>TYPE OF STUDY HOURSE</i>	WORKLOAD, h.	TEACHING HOURS PER WEEK, h
CURRICULAR: incl. <ul style="list-style-type: none">• LECTURES• SEMINARS (lab. exercises)	- 60	- 2
EXTRACURRICULAR	-	-

Prepared by:

1.
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2.
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I. ANNOTATION

Discipline physical education has the task of strengthening the health of students. The exercises are intended to form the following knowledge, terms of understanding and skills:

Knowledge and understanding:

- *Formation of physical culture and sport technical skills*
- *Training and improvement of:*
 - *knowledge of the rules;*
 - *technical preparation;*
 - *tactical training*
- /for sports: volleyball, basketball, table tennis and fitness /.*

Application of knowledge and skills:

- *Improve overall physical condition;*
- *Mastering of specific motor skills;*
- *Opposition to the growing tendency to immobilize the people engaged in intellectual work;*
- *Countering the tiredness and stress.*

Ability to expand the knowledge and the formation of new skills:

- *Improvement of motor stereotype through continuous exercise*
- *Making this model an integral part of the life cycle.*
- *Improved structural coordination and teamwork on a common sporting interests.*

II. THEMATIC CONTENT

No.	TITLE OF UNIT AND SUBTOPICS	NUMBER OF HOURS		
		L	S	L.E.
1. Volleyball. Learning and consolidation			14	
1.1	Technics and technical training in volleyball		2	
1.2	Game without the ball. Posture and movements		2	
1.3	Ball game. Pass with two hands above (usually). Pass overhead		2	
1.4	Pass back (behind the head). Pass a rebound (forward, over the head, back, sideways)		2	
1.5	Serve. Types serve.		2	
1.6	Dig. Types of dig.		2	
1.7	Knowledge of the rules		2	
2. Basketball. Learning and consolidation			14	
2.1	Technics and technical training in basketball		2	
2.2	Technique of control of the ball		2	
2.3	Technique of withdrawal of the ball		2	
2.4	Passing and shooting in the basket. Shooting on location. Jump shot		2	
2.5	Technique of the game in defense		2	
2.6	Technique of the game in attack		2	
2.7	Knowledge of the rules		2	
3. Table tennis. Learning and consolidation			12	
3.1	Technique of the game. Grips		2	
3.2	Body movements in table tennis		1	
3.3	Service and return		2	
3.4	Defensive strokes		2	
3.5	Offensive strokes		2	
3.6	Game preparation		2	

3.7	Knowledge of the rules		1	
4. Fitness			10	
4.1	Methods of fitness training		1	
4.2	Purpose and characteristics of fitness equipment		1	
4.3	The major muscle groups and methodology of training		1	
4.4	Exercises for different muscle groups and body parts		2	
4.5	Complexes for individual muscle groups and body parts		2	
4.6	Aerobic and anaerobic workout in the gym. Cardio workout		2	
4.7	Preparation of a complex training program		1	
5. Modern gymnastics			10	
5.1	The different movements in the complex exercise (Exercise)		2	
5.2	Complexes of exercises with musical accompaniment		2	
5.3	Aerobic complexes		1	
5.4	Stretching complexes		1	
5.5	Elements and combinations of Bulgarian and foreign folklore		3	
5.6	Complexes for relaxation		1	
		Total:	60	

III. FORMS OF CONTROL:

No. by row	TYPE AND FORM OF CONTROL	№	extra-curricular, h.
1.	Midterm control		
		-	-
Total midterm control:			
2.	Final term control		
		-	-
Total final term control:		-	-
Total for all types of control:		-	-

IV. LITERATURE

REQUIRED (BASIC) LITERATURE:

1. Tomova, S., A. Krumova S. Stefanov. Volleyball. Textbook for the students of "Pedagogy of physical education ", Veliko Tarnovo, 2002.
2. Petrov L. Basketball. Textbook for students, Boyka, 2008.
3. Muscle and Fitness. Full course. Universe, 1995.
4. Dryanovski Y., I. Cohen. Manual exercises in table tennis, Medicine and Sports , 2003.
5. Hadziev N. Gymnastics. Textbook for students of VIF "G.Dimitrov" IIF, Sofia, 2001

RECOMMENDED (ADDITIONAL) LITERATURE:

1. Peltekov, V., R. Tsarova, V. Tsvetkov, K. Tsarov, M. Tomov, M. Smochevski. Basketball. Textbook for students of NSA, Sofia 1993.

2. Bankov P. Management of sport at leisure. Bolid Ins, S., 2007.
3. Zheliazkov Z. Development of physical qualities in volleyball, S., 1991.
4. Dimitrova G. Aerobics, S., 1989.
5. Orme L. Modern table tennis, Moscow, "Physical culture and sport", 1985
6. Skalar L., Fitness for Men, SoftPres, 2010.
7. Fitness for Women, Denise Austin D., Fitness for Women, SoftPres, 2010.
8. Dryanovski Y., Tactics modern tennis, ETSNPKFKS, 2003.