

**MEDICAL UNIVERSITY –
PLOVDIV
FACULTY OF MEDICINE**

SYLLABUS

IN

Physical education and sport

Specialty Medicine

**Approved by the Department Council on 02
June 2020**

**Confirmed by the Faculty Council - Protocol
№5/08.07.2020**

Syllabus

Discipline	Final exam/ semester	Academic hours				Academic hours in years and semesters	
		Total	Lectures	Practices	ECTS	1 st year	
Physical education						1 st sem.	2 nd sem.
		60		60		30	30

DISCIPLINE:
„Sport “

**TYPE OF DISCIPLINE ACCORDING TO THE UNIFORM STATE
REQUIREMENTS:**
Mandatory

LEVEL OF QUALIFICATION:
Master /M/

FORMS OF TRAINING:
Practices

YEAR OF TRAINING:
One year

DURATION OF TRAINING:
Two semesters

ACADEMIC HOURS:
60 practices

TECHNICAL EQUIPMENT APPLIED IN THE TRAINING:
Multimedia presentations, discussions, demonstrations of methods
and tools, solving practical tasks.

FORMS OF EVALUATION:
Yes. Exam.

EVALUATION CRITERIA:
Active participation in practical exercises, theoretical knowledge and
practical skills for the sport chosen by the students.

SEMESTER EXAM:
Yes. It is formed at the end of the second semester.

STATE EXAM:

No

LECTURER:

Habilitated lecturer from the section "Physical education and sport"

DEPARTMENT:

Physiology

SECTION:

"Physical education and sport"

ANNOTATION

Classes are held in a sport chosen by the students and include:

- initial study
- in-depth study
- consolidation and sports improvement

BASIC AIMS OF THE DISCIPLINE

Acquisition of knowledge, acquisition and improvement of motor skills and increasing the physical capacity of students

- A) To establish the level of technical and physical training of new students.
- B) To acquire the necessary theoretical knowledge and motor skills of the chosen kind of sport
- C) To develop the basic physical qualities with the means of the chosen species sport.

EXPECTED RESULTS

Upon completion of the training, students must have the following knowledge and skills:

- to know the basic principles of the theory and methodology of conducting sports activities
- to know the basic means and methods of physical education
- to be able to use the "small forms" of physical education and sport in the school regime
- to know the role of physical education and sports for maintaining and improving mental performance during the semester and session
- to know the competition rules in the chosen sport
- to acquire knowledge and skills for independent physical exercises and sports
- to know the forms of independent activities
- to know the methods for load regulation during independent activities
- to know the signs of fatigue and overfatigue in independent activities

PROGRAM FOR FITNESS CLASSES

I year, I semester

№	THEME	HOURS	DATE
1	Organizationally Class. Safety rules.	2	
2	Program for beginners. Method of progressive load. 10 exercises for muscle antagonists	4	
3	Circle training. Aerobic.	4	
4	Basic exercises for chest muscles. Bench press. Pool over with a bar. Flv with dumbbells. Incline Dumbbell Press.	2	
5	Basic exercises for back muscles. Bent Over Barbell Row. Seated Cable Row. V-Bar Pulldown. Barbell Shrug. Hyperextensions (Back Extensions)	2	
6	Basic exercises for legs Barbell Squat. Dumbbell Lunges. Leg Press. Lying Leg Curls. Leg Extensions. Standing Calf Raises	2	
7	Basic exercises for arms Close-Grip Barbell Bench Press Cable Rope Overhead Triceps Extension Triceps Pushdown Barbell Curl Dumbbell Alternate Bicep Curl Standing Biceps Cable Curl Palms-Down Wrist Curl Over A Bench	4	
8	Core exercises Crunches Reverse Crunches Barbell Side Bend Cable Crunch	2	
9	Other sports Table tennis Tennis Badminton	4	
10	Other sports Basketball Volleyball	4	
	Football		
		30	

I year, II semester

№	THEME	HOURS	DATE
1	Organizational Class. Safety rules.	2	
2	Circle training. Aerobic	4	
3	Outdoor training. Aerobic.	4	
4	Exercises for chest muscles Incline Dumbbell Press Decline Dumbbell Bench Press Decline Barbell Bench Press Dips - Chest Version	2	
5	Exercises for back muscles Bent Over Two-Dumbbell Row Reverse Grip Bent-Over Rows Close-Grip Front Lat Pulldown Dumbbell Shrug Stiff Leg Barbell Good Morning	2	
6	Exercises for legs Barbell Deadlift Dumbbell Rear Lunge Hack Squat Seated Leg Curl Leg Extensions Seated Calf Raise	2	
7	Exercises for arms Bench Dips Lying Triceps Press Standing One-Arm Dumbbell Triceps Extension Alternate Incline Dumbbell Curl Barbell Curls Lying Against An Incline Lying Cable Curl Cable Wrist Curl	4	
8	Core exercises Seated Barbell Twist Air Bike Crunch - Hands Overhead Flat Bench Lying Leg Raise	2	
9	Other sports Table tennis Tennis Badminton	4	
10	Other sports Basketball Volleyball Football	4	
		30	

PROGRAM FOR SWIMMING CLASSES

I year, I semester

	THEME	HOURS	DATE
1.	Organizationally class	2h.	
2.	Preparation exercises	6h.	
3.	Learning freestyle swimming technique - legs	6h.	
4.	Learning freestyle swimming technique - arms	6h.	
5.	Learning freestyle swimming technique - coordination	6h.	
6.	Free swimming and development of the freestyle stroke	4h.	

TOTAL: 30h.

	THEME	HOURS	DATE
1.	Breaststroke swimming technique - legs	8h.	
2.	Breaststroke swimming technique - arms	8h.	
3.	Breaststroke swimming technique - coordination	8h.	
4.	Free swimming and development of the breaststroke	6h.	

TOTAL: 30h.

EXERCISES - THESES I year, I semester

EXERCISE 1 -2 hours

Organizationally exercise

1. Familiarizing the students with the facilities and the requirements of the Department concerning the trainings of physical education
2. Introduction of the students with the basic objectives of teaching physical education

EXERCISE 2 -2 hours

Preparation exercises

1. Exercises for getting used with the water conditions
2. Beginners breathing exercises

EXERCISE 3 - 2 hours

Preparation exercises

1. How to stay over the water

2. Basic beginners swimming exercises

EXERCISE 4 - 2 hours

Preparation exercises

1. Basic breathing exercises outside the swimming pool
2. Basic breathing exercise inside the water

EXERCISE 5 - 2 hours

Freestyle swimming technique - legs

1. Beginners exercises for freestyle - legs
2. Beginners freestyle breathing techniques

EXERCISE 6 - 2 hours

Freestyle swimming technique - legs

1. Basic freestyle exercises - legs
2. Breathing development in the water

EXERCISE 7 - 2 hours

Freestyle swimming technique - legs

1. Development the coordination and technique of freestyle
2. Water games

EXERCISE 8 - 2 hours

Freestyle swimming technique - arms

1. Beginners exercises for freestyle - arms
2. Deeper development of freestyle - legs

EXERCISE 9 - 2 hours

Freestyle swimming technique - arms

1. Basic freestyle exercises - arms
2. Water games

EXERCISE 10 - 2 hours

Freestyle swimming technique - arms

1. Technique development of freestyle - arms
2. Breathing development for freestyle

EXERCISE 11 - 2 hours

Freestyle swimming technique - coordination

1. Coordinating freestyle exercises - beginners
2. Water games

EXERCISE 12 - 2 hours

Freestyle swimming technique - coordination

1. Development the freestyle technique
2. Freestyle exercises

EXERCISE 13- 2 hours

Freestyle swimming technique - coordination

1. Deeper analysis and development of freestyle
2. Water games

EXERCISE 14- 2 hours

Freestyle swimming technique - coordination

1. Free swimming
2. Water games

EXERCISE 15 - 2 hours

Freestyle swimming technique - coordination

1. Free swimming
2. Water games

PROGRAM FOR TENNIS CLASSES

I year, I semester

	THEME	HOURS	DATE
1.	Organizationally class	2h.	
2.	Learning the basic rules. Grips, ready position, movement, ways of holding the racket	4h.	
3.	Waiting position - differences Preparing for the shot	4h.	
4.	Learning of the basic Forehand shot	4h.	
5.	Learning of the basic Backhand shot	4h.	
6.	Rules. Dictionary of the tennis player	4h.	
7.	The Serve - learning the basic technique	4h.	
8.	Learning games and matches with the coach	4h.	

TOTAL: 30h.

PROGRAM FOR TENNIS CLASSES

I year, II semester

	THEME	HOURS	DATE
1.	Development of the baseline shots (forehand and backhand)	4h	
2.	Hitting the running Forehand shot, moving towards the ball, forehand drills	2h.	
3.	Hitting the running Backhand shot, moving towards the ball, backhand drills	2h.	
4.	Learning the Volleys and the Smash (overhead shot)	4h.	
5.	Mixed drills, running towards the ball, controlling the ball, recovery from the shot, changing the directions	4h.	
6.	Learning of playing points and games. Learning the tennis scoring system	4h.	
7.	Tactics	2h.	
8.	Learning games with a partner between the students Doubles games and Single games	4h.	
9.	Competition between the students, Tournament	4h	

TOTAL: 30h

EXERCISES - THESES

I year, I semester

EXERCISE #1 -2 hours

Organizationally exercise

1. Familiarizing the students with the facilities and the requirements of the Department concerning the trainings of physical education
2. Introduction of the students with the basic objectives of teaching physical education

EXERCISE #2 -2 hours

Learning the basic rules. Grips, ready position, movement

1. Teaching the rules and regulations
2. How to hold a tennis racket
3. Learning the basic grips
4. Learning the basic positions on the court

EXERCISE #3 - 2 hours

Waiting position - differences

1. Waiting positions
2. Execution of the shot
3. Preparing for the shot

EXERCISE #4 - 2 hours

Learning of the basic Forehand shot

1. Learning the basic technique of the forehand shot
2. Showing the right grip
3. Drills

EXERCISE #5 - 2 hours

Forehand shot

1. Tennis dictionary and terminology
2. Forehand from a single position (single shots)

EXERCISE #6 - 2 hours

Forehand shot

1. Forehand shot on a steady position
2. Phases of the forehand shot

EXERCISE #7 - 2 hours

Forehand shot

1. Preparation for the shot
2. Back wing and folio w-trough
3. Learning the different phases of the shot from steady position

EXERCISE #8 - 2 hours

Backhand shot

1. Showing the proper backhand grip
2. Variation of the grips
3. Ready backhand positions

EXERCISE #9 - 2 hours

Backhand shot

1. Showing the types of backhand
2. How to hold the racket with the proper backhand grip
3. Drills
4. Learning the basic rules

EXERCISE #10 - 2 hours

Backhand shot

1. Learning the two handed backhand
2. Hitting the ball from a steady position
3. Learning game

EXERCISE #11 - 2 hours

Backhand shot

1. Learning the one handed backhand shot
2. Hitting the ball from a steady position
3. Learning game
4. Tennis Rules

EXERCISE #12- 2 hours

The Serve

1. Showing the right grip
2. Types of serve

EXERCISE #13 - 2 hours

The Serve

1. Learning the basic technique
2. Serve stances
3. Serving drills

EXERCISE #14 - 2 hours

Development of the baseline game

1. How to move around the ball
2. Learning to adjust for the shot with small steps
3. How to recover position after hitting the shot
4. Drills

EXERCISE #15 - 2 hours

Learning the Volleys and the Smash

1. When and where to hit a volley shot
2. Forehand volley technique
3. How to hit a smash
4. Drills

EXERCISE #16 - 2 hours

Learning the Volleys and the Smash

1. Backhand volley basics
2. Hitting a smash
3. Volley drills

EXERCISE #17- 2 hours

Mixed drills, running towards the ball

1. Controlling the ball
2. How to position for the shot
3. Moving towards the ball and shot recovery

4. Drills with the coach

EXERCISE #18 - 2 hours

Mixed drills, running towards the ball

1. How to attack
2. How to defend
3. Going to the net
4. Drills with the coach

EXERCISE #19 - 2 hours

Development of the baseline game

1. How to move around the ball
2. Learning to adjust for the shot with small steps
3. How to recover position after hitting the shot
4. Drills

EXERCISE #20 - 2 hours

Learning the Volleys and the Smash

1. When and where to hit a volley shot
2. Forehand volley technique
3. How to hit a smash
4. Drills

EXERCISE #21 - 2 hours

Learning the Volleys and the Smash

1. Backhand volley basics
2. Hitting a smash
3. Volley drills

EXERCISE #22 - 2 hours

Mixed drills, running towards the ball

1. Controlling the ball
2. How to position for the shot
3. Moving towards the ball and shot recovery
4. Drills with the coach

EXERCISE #23 - 2 hours

Mixed drills, running towards the ball

1. How to attack
2. How to defend
3. Going to the net
4. Drills with the coach

EXERCISE #24 - 2 hours

Learning of playing points and games

1. How to play points
2. How to start a rally
3. Learning to count the score
4. Paying points and games

EXERCISE #25 - 2 hours

Learning of playing points and games

1. How to play a game, set or match
2. Simulating games
3. Rules and scoring

EXERCISE #26 - 2 hours

Tactics

1. Learning the importance of tactics
2. How to move the opponent
3. How to win a point

EXERCISE #27 - 2 hours

Learning games

1. Playing a singles match with the coach
2. Playing different games with a partner
3. Playing a doubles match with the coach

EXERCISE #28 - 2 hours

Learning games

1. Playing a match between the students
2. Mixed doubles between the students
3. Different game variations between the students

EXERCISE #29 - 2 hours

Competitions

1. How to create and organize a tennis tournament
2. Playing a variety of competitive games and matches
3. Tactics

EXERCISE #30 - 2 hours

Competitions

1. Singles tournament
2. Doubles tournament
3. Mixed doubles tournament

PROGRAM FOR FOOTBALL CLASSES

I year, I semester

№	THEME	HOURS	DATE
1.	Organizationally class.	2h.	
2.	Technique of movements without ball.	4h.	
3.	Running of the player,changing the direction of running.	4h.	
4.	Techniques with the ball.	4h.	
5.	Hitting the ball, control the ballkeeping the ball.	4h.	
6.	Straight shofstraight inside shofinside shot,outside shot.	4h.	
7.	Stopping the ball,control the ball.	4h.	
8.	Learning game.	4h.	

TOTAL: 30 h.

PROGRAM FOR FOOTBALL CLASSES

I year, II semester

№	THEME	HOURS	DATE
1.	Tactics in defense.	4h.	
2.	Individual tactic in defense	4h.	
3.	Taking the ball.	2h.	
4.	Group tactic actions in defense.	4h.	
5.	Tactic in attack.	4h.	
6.	Individual tactic in attack.	2h.	
7.	Group tactic in attack.	2h.	
8.	Simple tactical combinations in team attack.	4h.	
9.	Learning game.	4h.	

TOTAL: 30 h

EXERCISES-THESES

I year, I semester

EXERCISEM 1 - 2 hours

Organizationally exercise

1. Familiarizing students with the facilities and requirements of the Department-related training in physical education.

2. Acquaint students with the basic objectives of teaching physical education.

EXERCISE № 2- 2 hours

Technique of movements without ballk

1. Running.
2. Stopping.
3. Changing the direction of movement.

EXERCISE № 3 - 2 hours

Technique with the ball.

1. Shooting.
2. Learning game.

EXERCISE № 4 - 2 hours

Technique with the ball.

1. Straight shot.
2. Straight inside shot.

EXERCISE № 5 - 2 hours

Technique with the ball.

1. Inside shot
2. Outside shot.

EXERCISE № 6 - 2 hours

Technique with the ball.

1. Stopping the ball.
2. Control the ball.

EXERCISE №27- 2 hours

Technique with the ball.

1. Outside part of the foot.
2. Inside part of the foot.

EXERCISE №28- 2 hours

Technique with the ball.

1. Dribble.
2. Game.

EXERCISE №29- 2 hours

Technique with the ball.

1. Control the ball.
2. Game.

EXERCISE № 10 - 2 hours

Technique with the ball.

1. Shooting the ball.
2. Game.

EXERCISE № 111 - 2 hours

Technique with the ball.

1. Straight shot.
2. Game.

EXERCISE № 12 - 2 hours

Technique with the ball.

1. Straight shot, advanced technique.
2. Game.

EXERCISE № 1 3 - 2 hours

Technique with the ball.

1. Straight shot, shot with outside part of the foot.
2. Game.

EXERCISE № 1 4 - 2 hours

Technique with the ball.

1. Advanced shooting on goal.
2. Game.

EXERCISE № 1 5 - 2 hours

Learning game.

1. Tournament.

I year, II semester

EXERCISE № 1- 2 hours

Tactic in defense.

1. Passing the ball.
2. Game.

EXERCISE № 2- 2 hours

Individual tactic in defense.

1. Taking the ball.
2. Game.

EXERCISE № 3 - 2 hours

Team tactic in defense.

1. Team tactic in defense.

2. Game.

EXERCISE № 4 - 2 hours

Tactic in attack

1. Passing in attack.

2. Game.

EXERCISE № 5 - 2 hours

Individual game in attack.

1. Taking the ball.

2. Dribble.

EXERCISE No 6 - 2 hours

Team tactic in attack.

1. Forward right play.

2. Game.

EXERCISE № 7 - 2 hours

Simple tactic combinations between the strikers.

1. 1-2 passing.

2. Attack with men forward.

EXERCISE № 8 - 2 hours

Individual tactic moves in defense.

1. Zone defense.

2. Game.

EXERCISE № 9 - 2 hours

Individual tactic moves in defense.

1. Cover defense.
2. Game.

EXERCISE № 1 0 - 2 hours

Individual tactic in defense.

1. Goalkeeper tactic.
2. Game.

EXERCISE № 1 1 - 2 hours

Individual tactic in attack.

1. Getting behind opposition defense.
2. Game.

EXERCISE № 1 2 - 2 hours

Individual tactic in attack.

1. Tactic in shooting.
3. Game.

EXERCISE № 1 3 - 2 hours

Team tactic in attack.

1. Right way to attack the opposition goal.
2. Game.

EXERCISE № 1 4 - 2 hours

Individual tactic in attack.

1. Keeping the ball.

EXERCISE № 1 5 - 2 hours

Learning game.

1. Tournament.

PROGRAM FOR VOLLEYBALL CLASSES

2.

I year, I semester

№	THEME	HOURS	DATE
1.	Organizationally class.	2h.	
2.	General and special physical preparation.	4h.	
3.	Improvement in elements of the game.	4h.	
4.	Improvement in serve and reception.	4h.	
5.	Advanced studying of elements-set,serve,reception and defense.	4h.	
6.	Group tactical actions at reception of serve.	4h.	
7.	Improvement of serve-reception and direction.	4h.	
8.	Learning game with task.	4h.	

TOTAL: 30 h.

PROGRAM FOR VOLLEYBALL CLASSES

I year, II semester

№	THEME	HOURS	DATE
1.	Improvement of basic technical elements.	4 h.	
2.	Group tactical action at reception and serve.	4 h.	
3.	Improvement of elements in attack.	2 h.	
4.	Group tactical actions in attack.	4 h.	
5.	Learning of element block.	2 h.	
6.	Improvement of element attack and block.	2 h.	
7.	Group tactical action in building block.	2 h.	
8.	Technical and tactical action in attack and defense.	4 h.	
9.	Learning game with task.	4 h.	

TOTAL: 30 h.

EXERCISE-THESES

I year, I semester

EXERCISE № 1 - 2 hours

Organizationally exercise

1. Familiarizing students with the facilities and requirements of the Department-related training in physical education.
2. Acquaint students with the basic objectives of teaching physical education.

EXERCISE № 2- 2 hours

General and special physical training

1. Exercises for development of speed, bouncing and endurance.
2. Sport game.

EXERCISE № 3 - 2 hours

Improvement of elements

1. Pass with two hands up and down.
2. Serve.
3. Learning game with task.

EXERCISE № 4 - 2 hours

Improvement of serve and reception.

1. Direction of serve.
2. Reception.
3. Learning game.

EXERCISE № 5 - 2 hours

Advanced studying of element set, serve and reception.

1. Group tactical and technical actions.
2. Learning game.

EXERCISE № 6 - 2 hours

Group tactical actions in reception of serve.

1. Improvement of elements set, serve, reception.
2. Learning game.

EXERCISE № 7 - 2 hours

Improvement of serve-reception and direction.

1. Serving in different zone.
2. Reception.

EXERCISE № 8 - 2 hours

Improvement of elements.

1. Improvement in defense.
2. Learning game.

EXERCISE № 9 - 2 hours

Advanced learning of elements-set, serve, reception and defense.

1. Tactical actions in defense.
2. Learning game.

Exercise № 10 - 2 hours

Advanced learning of elements-set, serve, reception and defense.

1. Tactic in defense.
2. Learning game.

EXERCISE № 11 - 2 hours

Advanced learning of elements- set, serve, reception and defense.

1. Tactic in defense (third meter).
2. Learning game.

EXERCISE № 13 - 2hours

Group tactical actions at reception of serve.

- 1.Learning for the position in every zone.
- 2.Learning game.

EXERCISE № 13 - 2hours

Group tactical action at reception of serve.

1. Improvement of the position in different zone.
2. Learning game.

EXERCISE № 14 - 2 hours

Improvement of serve and reception.

- 1 .Technical and tactical actions.
3. Learning game.

EXERCISE № 1 5 - 2 hours

Learning game.

1. Tournament.

I year, II semester

EXERCISE№ 1 - 2 hours

Improvement of basic technical elements.

- 1 .Pass with two hands up and down. 2.Learning game.

EXERCISE№ 2- 2 hours

Improvement of basic technical elements.

- 1 .Improvement in defense. 2.Learning game.

EXERCISE № 3 - 2 hours

Improvement of basic technical elements.

1. Set, serve, reception
2. Learning game.

EXERCISE№ 4 - 2 hours

Improvement of elements in attack.

- 1.Improvement of serve.
- 2.Learning game

EXERCISE № 5 - 2 hours

Improvement of elements in attack.

- 1 .Tactic in first and second pass.
- 2.Learning game.

EXERCISE № 6 - 2 hours

Improvement of elements in attack.

- 1.Learning of attack in zone 4-3-2.
- 2.Learning game.

EXERCISE № 7 - 2 hours

Improvement of elements in attack

1. Learning of attack in zone 4-3-2.
- 2.Learning game.

EXERCISE №8 - 2 hours

Improvement of elements in attack.

1. Improvement in attack from second line.
- 2.Learning game.

EXERCISE № 9 - 2 hours

Group tactical actions in attack.

1. Group tactical actions from zone 4-3-2.
- 2.Learning game.

EXERCISE № 10 - 2 hours

Group tactical actions in attack.

1. Tactical actions from zone 1-6.

2.Learning game.

EXERCISE № 1 0 - 2 hours

Block.

1. Learning block.

2.Learning game.

EXERCISE No 12- 2 hours

Improvement of elements attack and block.

1.Technical and tactical actions of attack and block.

2.Learning game.

EXERCISE № 1 3 - 2 hours

Group tactical actions when building block.

1 .Block from zone 3-4-2.

2.Learning game.

EXERCISE № 1 4 - 2 hours

Technical and tactical action in attack and defense.

1.Group tactical and technical action in attack from zone 4-3-2 and defense in zone 5-6-1.

2.Learning game.

EXERCISE № 1 5 - 2 hours

Learning game with task.

1. Tournament.