

**MEDICAL UNIVERSITY – PLOVDIV**  
**FACULTY OF PHARMACY**

**SYLLABUS**

**IN**

**Physical education and sport**

**Approved by the Section Council on October 10<sup>th</sup>, 2024/Protocol  
№1**

**Confirmed by the Faculty Council on November 13<sup>th</sup>  
2024/Protocol № 9**

## Syllabus

Discipline	Final exam/ semester	According to the Faculty of Pharmacy curriculum of MU-Plovdiv Academic hours				ECTS	Academic hours in semester			
		Aauditorium	Lectures	Practices	Non-auditorium		I semester		II semester	
							L	P	L	P
Physical education and sport	II	60	-	60	69	4,5	0	30	0	30

**DISCIPLINE:**

Physical education and sport

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

Mandatory

**LEVEL OF QUALIFICATION:**

Master of Pharmacy /MPharm/.

**FORMS OF TRAINING:**

Practices

**YEAR OF TRAINING:**

First 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.

**ASPECTS OF EVALUATION CRITERIA:**

No.

**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:**

Faculties Department of Languages and Specialized Training Sections

**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. Fly with dumbbells. <u>Incline Dumbbell Press.</u>	2	
5	Basic exercises for back muscles. <u>Bent Over Barbell Row.</u> <u>Seated Cable Row.</u> <u>V-Bar Pulldown.</u> <u>Barbell Shrug.</u> <u>Hyperextensions (Back Extensions)</u>	2	
6	Basic exercises for legs <u>Barbell Squat.</u> <u>Dumbbell Lunges.</u> <u>Leg Press.</u> <u>Lying Leg Curls.</u> <u>Leg Extensions.</u> <u>Standing Calf Raises</u>	2	
7	Basic exercises for arms <u>Close-Grip Barbell Bench Press</u> <u>Cable Rope Overhead Triceps Extension</u> <u>Triceps Pushdown</u> <u>Barbell Curl</u> <u>Dumbbell Alternate Bicep Curl</u> <u>Standing Biceps Cable Curl</u> <u>Palms-Down Wrist Curl Over A Bench</u>	4	
8	Core exercises Crunches <u>Reverse Crunches</u> <u>Barbell Side Bend</u> <u>Cable Crunch</u>	2	
9	Other sports Table tennis Tennis Badminton	4	
10	Other sports Basketball Volleyball Football	4	
		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 <u>Incline Dumbbell Press</u> <u>Decline Dumbbell Bench Press</u> <u>Decline Barbell Bench Press</u> <u>Dips - Chest Version</u>	2	
5	Exercises for back muscles <u>Bent Over Two-Dumbbell Row</u> <u>Reverse Grip Bent-Over Rows</u> <u>Close-Grip Front Lat Pulldown</u> <u>Dumbbell Shrug</u> <u>Stiff Leg Barbell Good Morning</u>	2	
6	Exercises for legs <u>Barbell Deadlift</u> <u>Dumbbell Rear Lunge</u> <u>Hack Squat</u> <u>Seated Leg Curl</u> <u>Leg Extensions</u> <u>Seated Calf Raise</u>	2	
7	Exercises for arms <u>Bench Dips</u> <u>Lying Triceps Press</u> <u>Standing One-Arm Dumbbell Triceps Extension</u> <u>Alternate Incline Dumbbell Curl</u> <u>Barbell Curls Lying Against An Incline</u> <u>Lying Cable Curl</u> <u>Cable Wrist Curl</u>	4	
8	Core exercises <u>Seated Barbell Twist</u> <u>Air Bike</u> <u>Crunch - Hands Overhead</u> <u>Flat Bench Lying Leg Raise</u>	2	
9	Other sports Table tennis Tennis Badminton	4	
10	Other sports	4	

	Basketball Volleyball Football		
		30	

## **PROGRAM FOR SWIMMING CLASSES**

### **I year, I semester**

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

**TOTAL: 30h.**

## **PROGRAM FOR SWIMMING CLASSES**

### **I year, II semester**

	<b>THEME</b>	<b>HOURS</b>	<b>DATE</b>
<b>1.</b>	Breaststroke swimming technique - legs	<b>8h.</b>	

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 - legs
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**

	<b>THEME</b>	<b>HOURS</b>	<b>DATE</b>
<b>1.</b>	Organizationally class	<b>2h.</b>	
<b>2.</b>	Learning the basic rules. Grips, ready position, movement, ways of holding the racket	<b>4h.</b>	
<b>3.</b>	Waiting position – differences Preparing for the shot	<b>4h.</b>	
<b>4.</b>	Learning of the basic Forehand shot	<b>4h.</b>	
<b>5.</b>	Learning of the basic Backhand shot	<b>4h.</b>	
<b>6.</b>	Rules. Dictionary of the tennis player	<b>4h.</b>	
<b>7.</b>	The Serve – learning the basic technique	<b>4h.</b>	

8.	Learning games and matches with the coach	4h.	
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**TOTAL: 30h.**

## **PROGRAM FOR TENNIS CLASSES**

**I year, II semester**

	<b>THEME</b>	<b>HOURS</b>	<b>DATE</b>
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**

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

### **EXERCISE #2 -2 hours**

#### **Learning the basic rules. Grips, ready position, movement**

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

### **EXERCISE #3 - 2 hours**

#### **Waiting position – differences**

3. Waiting positions
4. Execution of the shot
5. Preparing for the shot

### **EXERCISE #4 - 2 hours**

#### **Learning of the basic Forehand shot**

3. Learning the basic technique of the forehand shot
4. Showing the right grip
5. Drills

### **EXERCISE #5 - 2 hours**

#### **Forehand shot**

3. Tennis dictionary and terminology
4. Forehand from a single position (single shots)

### **EXERCISE #6 - 2 hours**

#### **Forehand shot**

3. Forehand shot on a steady position

4. Phases of the forehand shot

**EXERCISE #7 - 2 hours**

**Forehand shot**

3. Preparation for the shot
4. Backswing and follow-through
5. Learning the different phases of the shot from steady position

**EXERCISE #8 - 2 hours**

**Backhand shot**

3. Showing the proper backhand grip
4. Variation of the grips
5. Ready backhand positions

**EXERCISE #9 - 2 hours**

**Backhand shot**

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

**EXERCISE #10 - 2 hours**

**Backhand shot**

3. Learning the two handed backhand
4. Hitting the ball from a steady position
5. Learning game

**EXERCISE #11 - 2 hours**

**Backhand shot**

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

**EXERCISE #12 - 2 hours**

**The Serve**

3. Showing the right grip
4. Types of serve

**EXERCISE #13 - 2 hours**

**The Serve**

3. Learning the basic technique
4. Serve stances
5. Serving drills

**EXERCISE #14 - 2 hours**

**Learning games and matches**

3. Learning games with the coach
4. Drills

**EXERCISE #15 - 2 hours**

**Learning games and matches**

3. Playing different games with a partner between the students
4. Playing matches between the students
5. Games and competitions

**EXERCISES – THESES  
I year, II semester**

**EXERCISE #1 - 2 hours**

**Development of the baseline shots**

1. Deeper technical analysis
2. Working on the consistency of the shots
3. Drills and games with the coach

**EXERCISE #2 - 2 hours**

**Hitting the running Forehand shot**

1. Moving towards the ball
2. Running and hitting the ball
3. Drills and exercises with the coach

**EXERCISE #3 - 2 hours**

**Hitting the running Backhand shot**

1. Moving towards the ball
2. Running and hitting the ball
3. Drills and exercises with the coach

**EXERCISE #4 - 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 #5 - 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 #6 - 2 hours**

**Learning the Volleys and the Smash**

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

**EXERCISE #7 - 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 #8 - 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 #9 - 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 #10 - 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 #11 - 2 hours**

**Tactics**

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

**EXERCISE #12 - 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 #13 - 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 #14 - 2 hours**

**Competitions**

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

**EXERCISE #15 - 2 hours**

## Competitions

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

## PROGRAM FOR VOLLEYBALL CLASSES

## PROGRAM FOR VOLLEYBALL CLASSES

### I year, II semester

<b>№</b>	<b>THEME</b>	<b>HOURS</b>	<b>DATE</b>
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.

**3. 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 № 15 - 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 № 11 - 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 № 13 - 2 hours**

## **Group tactical actions when building block.**

1. Block from zone 3-4-2.
2. Learning game.

### **EXERCISE № 14 - 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.

Confirmed by:

Assoc. prof. Dimitar Mirchev, PhD

Director of DLST