Посветени на хуманността
МЕДИЦИНСКИ УНИВЕРСИТЕТ – ПЛОВДИВ
4002 Пловдив, бул. В. Априлов № 15А

Dedicated to humanity
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APPROVED BY:

Dean:

(Prof. Maria Semerdjieva, MD, PhD)

S Y L L A B U S

IN

Physical education and sport

Specialty "**NURSING**"

Educational and qualification degree **"Bachelor"**

Professional qualification: "Nurse"

Professional field "Healthcare"

From of education: Full-time

Approved by the Department Council on February 28th 2025 Protocol № 4

Confirmed by the Faculty Council on October 8th 2025 Protocol № 6

Plovdiv, 2025

MEDICAL UNIVERCITY – PLOVDIV

FACULTY OF PUBLIC HEALTH

„Physical education and sport“

/ name of the discipline /

Faculty

Faculty of Public Health

Department

Department of languages and specialized training, section “Physical education and sport”

Professional field

7.5. Healthcare

Specialty

„Nursing”

DESCRIPTION

1. Name of the course

Physical education and sport

2. Course code

3. Course type: Mandatory / Elective / Facultative

Mandatory

4. Course Level (CSL)

Bachelor's Degree

5. Year of study

1,2,3

6. Semester/trimester

1,2,3,4,5,6

7. Number of ECTS credits

5

8. Lecturer's name

Senior lecturer K.Kanalev, assoc.prof.A.Ivanova. senior lecturer L.Tsekov.

9. Learning outcomes for the course – acquired knowledge, skills, competencies (objectives)

Successful completed students of this course:

1. Will know: They will acquire the necessary theoretical knowledge and motor skills in the chosen type of sport. Basic physical qualities will be developed through the means of the chosen sport.

2.Will be able to: to know the competition rules in the chosen sport. To acquire knowledge and skills for independent physical exercise and sport activities.

3. Will acquire the following competencies: 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 know how to use "small forms" of physical education and sport in the educational regime.

- To know the role of physical education and sport in maintaining and increasing mental performance during a semester and a session.

- To know the forms of independent activities.

- To know the methods for regulating the workout during independent activities.

- To know the signs of fatigue and overwork during independent activities.

10.Teaching Methodology:

Classroom – practical exercises in a sport chosen by the students for practice, participation in sport festivals.

11.Prerequisites (knowledge and skills from previous training) and requirements for other (concurrent) courses

No prerequisites.

12.Recommended elective program components

All components of the course are mandatory.

13.Course content

Acquisition of knowledge and skills aimed at mastering motor skills and habits. Acquisition of theoretical knowledge about a given type of sport.

13.B. Thematic content of the course and Conspectus

A) Lectures - None

B) Exercises (seminars) – practical exercises in a selected sport – 180h.

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.	4	

	10 exercises for muscle antagonists		
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. Hvperextensions (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	2	

	Deadlift Dumbbell Rear Lunge Hack Squat Seated Leg Curl Leg Extensions Seated Calf Raise		
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 Lving Cable Curl Cable Wrist Curl	4	
8	Core exercises Seated Barbell Twist Air Bike Crunch - Hands Overhead	2	
	Flat Bench Lying Leg Raise		
9	Other sports Table tennis Tennis Badminton	4	
10	Other sports Basketball Volleyball Football	4	
		30	

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,	**4h.**	

	recovery from the shot, changing the directions		
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. Backs 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

13.C. Technical support for training

Classroom classes are held in modern gyms, equipped with necessary sport equipment. For independent work, students can use all of the sport facilities of Mu-Plovdiv.

14. Bibliography (main titles)

1. Rachev, Kr. And co. Theory and methodology of Physical education and sport.S.,1987,Kanalev,K.,K.Kableshkov, Table tennis, initial training. Methodical Guide for students, Aqua Graphic, 2021.

15. Planned learning activities and teaching methods

The course includes practical exercises.

16. Evaluation methods and criteria

The course ends with an exam.

- During the session there is a exam with duration 2h.
- The final grade is formed by the mastered motor skills and theoretical knowledge for the chosen by the students sport.

17. Language of teaching

English

18. Internships/practicums

19. Prepared the description

Senior lecturer K.Kanalev – head of the section of “Physical education and sport”