Faculty: FACULTY OF TELECOMMUNICATIONS AND MANAGEMENT
Department: GENERAL ENGINEERING
Professional Field: 5.13. GENERAL ENGINEERING
Specialty: DIGITAL ENTREPRENEURSHIP AND HIGH TECHNOLOGIES
Educational-qualification degree: BACHELOR

LEARNING COURSE DESCRIPTION

1. Course title: *PHYSICAL CULTURE*
2. Course code: B.45.100.1
3. Type of the course: *Compulsory*
4. Level: *Bachelor*
5. Year of study: *Second*
6. Semester: *Fourth*
7. Number of credits: 0
8. Name of the lecturer: *Senior Lecturer Borislav Gelev, Senior Lecturer Yuliya Mincheva*
9. Course learning outcomes:

The aim of the course is to provide students with a systematic, basic knowledge in the field of the physical culture,to teach and give students systematized theoretical and practical knowledge to maintain and improve the general condition of the body. To introduce and develop knowledge and skills in the following sports: basketball, volleyball, football, badminton and table tennis.

Students who have completed their coursework must acquire:

Basic knowledge and technical skills in the studied sports.

Practical skills in the studied sports.

Competencies:Acquiring knowledge about the studied sports and building the right skills and habits.

10. Teaching methods:

The teaching methods are in practical classes.We use verbal methods – explanation and description. Methods of illustrating – displaying. Practical methods of demonstration.Sports equipment for different sports.

11. Prerequisites:

Students should have knowledge and practical skills in the discipline of "Physical Education and Sports" in Secondary Education .

12. Course contents:

The first section improves technical skills and tactical approaches in basketball. The second section improves technical skills and tactical methods in volleyball. The third section improves technical skills and tactical approaches in football.The fourth section studies techniques in table tennis and badminton.The fifth section Total Body Work – increasing the functional capabilities of the body. The sixth section - tourism.

13. Bibliography

Basic literature:

1. **Rachev Kr** "Theory and methodology of physical education NSA PRESS 2014
2. **Methodical instructions and rules on:** athletics,basketball,volleyboll,football,table tennis,badminton, "NSA PRESS ,2005-2012

Additional literature:

1. **Boyanov Vl.** "Encyclopedia of bodibilding – bodibilding methods and principles 2006

14. Assessment methods and criteria:

The course ends *without an exam.* Current control is carried out.The individual and team work of the student during the semester and during the seminars and his/her participation in sports events of the UTP are reported.

15. Language of instruction: *Bulgarian*