



Faculty: FACULTY OF TELECOMMUNICATIONS AND MANAGEMENT

Department: INFORMATION TECHNOLOGY

Professional Field: 5.3. COMMUNICATION AND COMPUTER EQUIPMENT

Specialty: Cyber security of high technologies

Educational-qualification degree: PROFESSIONAL BACHELOR

LEARNING COURSE DESCRIPTION

1. Course title: *PHYSICAL CULTURE*

2. Course code: P.18.100.1

3. Type of the course: *Compulsory*

4. Level: *professional bachelor*

5. Year of study: *First*

6. Semester: *First*

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.

Courses, using the discipline are: “Physical Education and Sports” in Secondary Education and the second semester of the course.

12. Course contents:

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

13. Bibliography

Basic literature:

1. **Rachev Kr** “Theory and methodology of physical education NSA PRESS 2014

2. **Methodical instructions and rules on:** athletics, basketball, volleyball, football, table tennis, badminton, “NSA PRESS, 2005-2012

Additional literature:

1. **Boyanov Vl.** “Encyclopedia of bodybuilding – bodybuilding 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*