

Faculty of International Economics and Administration
Department of International Economics and Politics
Professional Area: 3.3 Political Science
Major: International relations
Educational-and-qualification degree: Bachelor

COURSE DESCRIPTION

1. Course unit title: Sport
2. Course unit code: SPO 1007
3. Type of course: compulsory
4. Level of course unit: Bachelor
5. Year of study: first
6. Semester when the course unit is delivered: first, second
7. Number of ECTS credits allocated: 8
8. Name of lecturer(s): Assoc. Prof. Ivanka Kabakchieva, Assoc. Prof. Todor Todorov, PhD, Prof. Malcho Malchev, DSc, part-time lecturer Margarita Gecheva.
9. Learning outcomes of the course unit: the goal is a specialized training to acquire, improve and maintain a set of practical skills and theoretical knowledge about sport in applied professional aspect.
10. Mode of delivery: face-to-face.
11. Prerequisites and co-requisites: Students are required to have good physical abilities, motion culture and good physical health.
12. Course contents: The course aims to build and develop the basic motion qualities – strength, quickness, endurance, flexibility and agility.
13. Bibliography (recommended or required reading):
 - Малчев М. и колектив, Туризъм, алпинизъм и ориентиране. ISBN 978-954-400-583-2, с.212, изд. Фабер, В.Т., 2011
 - Маринов С., Съвременни видове туризъм. ISBN 978-954-21-0544-2, с.343, изд. Наука и икономика, В., 2011
 - Илиев И., Чонгова К., Фитнесът като индивидуална изява на съвременния човек, изд. Авангард Прима, ISBN 978-954-323-625-1, с.140, С., 2010
 - Бърдарев Д. и колектив, Туризъм, алпинизъм и ориентиране. ISBN 954-9782-59X, НСА, С, 2003
 - Кандиларов И. , Мачирски А., “Планинарство за всички “, ISBN 954-91179-3–6, С, 2005
14. Planned learning activities and teaching methods: practical exercises.
15. Assessment methods and criteria: Grading in Sport is formed through examination on the basis of mastering the practical skills and theoretical knowledge about sport in applied professional aspect. Students with attendance in 75% of the practical exercises in "Sport" are allowed to examination. With the passing of physical ability examination in "Sport", students receive 8 credits.
16. Language of instruction: Bulgarian
17. Work placement(s): none.