

Faculty of Law
Department: Security and Safety
Professional Area: National Security
Major: National Security Protection
Educational-and-qualification Degree: Bachelor

COURSE DESCRIPTION

1. Course unit title: Sports – Personal Protection, part 1
2. Course unit code: SPO 1009
3. Type of course unit: compulsory
4. Level of course unit: Bachelor
5. Year of study: first
6. Semester: first, second
7. Number of ECTS credits allocated: 6
8. Name of lecturer: Assoc. Prof. Ognyan Kachev, PhD, Assoc. Prof. Dimitar Uzunov, Assoc. Prof. Todor Todorov, PhD, Assist. Prof. Katerina Chongova
9. Learning outcomes of the course unit: specialized training to acquire, improve and maintain general physical training in order to effectively and adequately act when protecting oneself and also, in a professional and applied aspect.
10. Mode of delivery: face-to-face.
11. Prerequisites and co-requisites: Students are required to be physically fit and to have good physical culture.
12. Course contents: The course ‘Sports – Personal Protection’, part 1 (General Physical Training - GPT) develops and improves the basic motor qualities - strength, speed, endurance, agility and flexibility through movement exercise and at one place.
13. Recommended or required reading:
 - Честърман Б, Уилингъм Б., «Джудо» ,2007
 - Георгиев П., Хосе Мария Бенито Гарсия, Петров Т., Бачев В., „Полицейска лична защита”, С, 2005
 - Малчев М. и колектив, Туризм, алпинизъм и ориентиране. ISBN 978-954-400-583-2, с.212, изд.Фабер, В.Т., 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
 - Къчев О., Въведение във фитнеса, ВСУ “Черноризец Храбър”, В, 2004
 - Желязков Ц., „Основи на спортната тренировка „, Учебник, НСА Прес, С, 1998
 - Кейносуке Е., Мак Ч., „Карате техники за свободен бой”, С, 2000
 - Кук Х., « Карате», 2007
14. Planned learning activities and teaching methods: practical training
15. Assessment methods and criteria: The grade in ‘Sports-Personal Protection’ part 1 (GPT) is formed according to the degree of acquisition of competencies, skills and state of physical fitness in the practical training through continuous assessment during the 1st semester and an examination in the 2nd semester. Students who have attended 75% of lectures and practical training in ‘Sports – Personal Protection’ part 1 (GPT) during the duration of training are allowed to sit an examination. With the passing of a test battery for physical ability in ‘Sports-Personal Protection’ part 1 (GPT) students are awarded 6 credits.
16. Language of instruction: Bulgarian.
17. Work placement: