

MEDICAL UNIVERSITY – SOFIA

DEPARTMENT OF LANGUAGE TRAINING AND SPORTS

Approval:

Director of DLTS

/Prof. D. Sidzhimova, PhD/

Academic year 2023/2024

CURRICULUM OF THE SPECIALTY „PHARMACY“ FOR THE EDUCATIONAL AND QUALIFICATION MASTER’S DEGREE

Name of the discipline: SPORT	Signature	Horarium <i>60 hours</i>
Educational degree	Master	
Type of training <i>Regular</i>	Hours per week – 2 academic hours	Number of credits 5
Type of discipline <i>Mandatory</i>		
Type of course	Two semesters	
Course level	Level M /Master’s/	
Forms of assessment	Current assessment – Control-exam tests	attestation
Forms and methods of training in the course	Theoretical and practical classes/ activities	Others: participation in various sports activities

Leading teachers: Prof. Anna Bozhkova, DSc

Assistant Professor Vladimir Ivanov, PhD

DEPARTMENT OF LANGUAGE TRAINING AND SPORTS, MEDICAL UNIVERSITY - SOFIA

Address: 2 Zdrave Str.

Sofia, 2023

ANNOTATION

The **Sports** discipline is a necessary part of the students' education. It regulates physical and mental workload, improves motor skills and habits, preserves and improves their health and physical capacity.

OBJECTIVE OF THE STUDY COURSE

Building physical qualities that contribute to the successful practice of the studied specialties. Keeping physical activity in shape, improving the health status of students. Improvement of motor habits.

TASKS OF THE PROGRAM:

- To maintain a high work capacity of the students;
- To ensure comprehensive physical development and professional-applied sports training in accordance with the requirements of future specialties;
- To alternate mental with physical workload.

Horarium: 60 hours – 2 semesters of 30 hours (one semester – 15 classes of 2 academic hours).

Training period: First semester (September - January) and Second semester (February - June). For one academic year, students must complete the required number of study hours.

TOOLS, PRINCIPLES AND METHODS OF TRAINING:

A variety of physical exercises are applied for special and general physical training and game activity with a variety of mobile and sports-preparatory games.

Activity - Making progress in technical skills and the possibility of playful actions among students is a prerequisite for increasing their activity.

Clarity - Gaining knowledge about sports and building proper skills and habits.

Accessibility - The goals and tasks set when studying the basics of the included sports disciplines are tailored to the students' abilities.

Control-examination tests: At the beginning and at the end of the training, general-physical tests are conducted in order to monitor and evaluate the physical capacity of the students.

THEMATIC PLAN BY UNITS AND LESSONS:

<i>N^o</i>	<i>Theme (FIRST SEMESTER)</i>	<i>No. Hours (Exercises)</i>
1.	<i>General sports training</i>	
1.1.	<p><i>Fitness</i> Introducing students to the purpose, tasks, and nature of training, to safety measures and the conditions that must be observed when working with the devices and tools. Getting to know the methods of organization in strength training classes. General physical development exercises. Exercises with overcoming one's own weight and with overcoming external resistance.</p>	2
2.	<i>Sports games</i>	
2.1.	<p><i>Basketball</i> Brief description of the game. Actions without a ball - basketball stance and movement. Catching and passing the ball with two hands from the chest, overhead, with one hand over the shoulder from a place and on the move. Dribbling, stopping, turning, pivoting. Shooting at the basket, one-hand shooting from a place, a jump shot, penalty shot. Shooting on the move.</p>	4
	<p><i>Volleyball</i> Brief description of the game of volleyball. Volleyball stances and movements, passing the ball with two hands from above forward, over the head and over the head back. Two-handed underhand pass. Underhand servicing and overhand hitting. Drive in the direction of reinforcement. Single block. Mastering group tactical actions - meeting an initial strike and organizing an attack.</p>	4
2.2.	<p><i>Table tennis</i> Introducing students to the table, racket and ball for playing table tennis. The technique of playing without a ball, types of holding the racket. Exercises for free hitting the ball with the palm and the back of the racket. Reinforcement of forehand and reverse flat punch. Palm flat kick, reverse flat kick, forehand loop, reverse slash defense shot, palm slash defense shot.</p>	3
3.	<i>Control standards</i>	2

<i>Nº</i>	<i>Theme (SECOND SEMESTER)</i>	<i>No. Hours (Exercises)</i>
1.	<i>General sports training</i>	
1.1.	<i>Fitness</i> Familiarizing students with the purpose, tasks, nature of training, with safety measures and the conditions that must be observed when working with the devices and tools. Getting to know the methods of organization in strength training classes. General developing exercises. Exercises with overcoming one's own weight and with overcoming external resistance.	2
2.	<i>Sports games</i>	
2.1.	<i>Basketball</i> Brief description of the game. Actions without a ball - basketball stance and movement. Catching and passing the ball with two hands from the chest, overhead, with one hand over the shoulder from a place and on the move. Dribbling, stopping, turning, pivoting. Shooting at the basket, one-hand shooting from a place, a jump shot, penalty shot. Shooting on the move.	4
	<i>Volleyball</i> Brief description of the game of volleyball. Volleyball stances and movements, passing the ball with two hands from above forward, over the head and over the head back. Two-handed underhand pass. Underhand servicing and overhand hitting. Drive in the direction of reinforcement. Single block. Mastering group tactical actions - meeting an initial strike and organizing an attack.	4
2.2.	<i>Table tennis</i> Introducing students to the table, racket and ball for playing table tennis. The technique of playing without a ball, types of holding the racket. Exercises for free hitting the ball with the palm and the back of the racket. Reinforcement of forehand and reverse flat punch. Palm flat kick, reverse flat kick, forehand loop, reverse slash defense shot, palm slash defense shot.	3
3.	<i>Control and examination tests</i>	2

MODEL FOR CARRYING OUT SPORTS TRAINING:

<i>Class work №</i> <i>Training material</i>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1. Theoretical training	x														
2. Technical-tactical training		x	x	x	x	x	x	x	x	x	x	x	x		
3. Physical training		x			x	x		x	x						
4. Game preparation								x		x	x	x	x	x	
5. Control-exam tests															x

CONTROL AND EXAMINATION TESTS FOR PHYSICAL CAPABILITY

Test description and normative assessment table:

- Grip strength test of both hands** (measured with a force meter) - with the right and left hand

Right hand

Evaluation mark Sex	Excellent (6)	Very good (5)	Good (4)	Fair (3)	Poor (2)
Women	<32 kg	31-29 kg	28-26 kg	25-23 kg	>22 kg
Men	<53 kg	52-47 kg	46-43 kg	42-38 kg	>37 kg

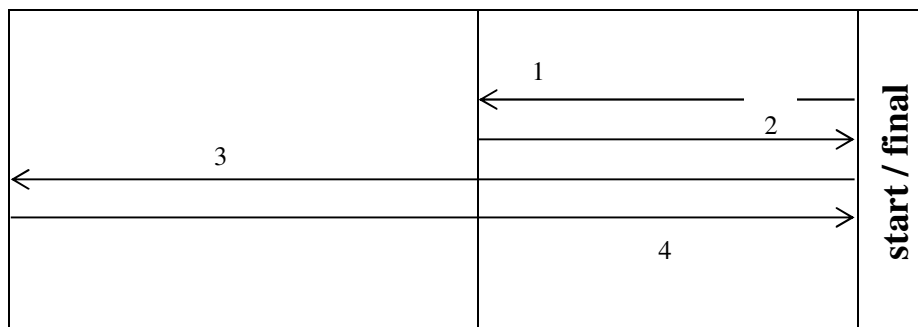
Left hand

Evaluation mark Sex	Excellent (6)	Very good (5)	Good (4)	Fair (3)	Poor (2)
Women	<31 kg	30-28 kg	27-25 kg	24-23 kg	>22 kg
Men	<51 kg	50-46 kg	45-41 kg	40-38 kg	>37 kg

- Occupying a sitting position from a supine position (for 30 seconds)**

Evaluation mark (for 30 s.) Sex	Excellent (6)	Very good (5)	Good (4)	Fair (3)	Poor (2)
Women	<26 pcs	25-23 pcs	22-20 pcs	19-18 pcs	>17 pcs
Men	<35 pcs	34-30 pcs	29-28 pcs	27-25 pcs	>24 pcs

3. Shuttle run



Evaluation mark Sex	Excellent (6)	Very good (5)	Good (4)	Fair (3)	Poor (2)
Women	>11,8 sec	11,7-12,5 sec	12,4-13,2 sec	13,1-14,1 sec	<14 sec
Men	>10,3 sec	10,2-10,9 sec	10,8-11,5 sec	11,4-12,3 sec	<12,2 sec

4. Standing long jump

Evaluation mark Sex	Excellent (6)	Very good (5)	Good (4)	Fair (3)	Poor (2)
Women	<170 cm	169-152 cm	151-142 cm	141-133 cm	>132 cm
Men	< 198 cm	197-186 cm	185-175 cm	175-162 cm	> 161 cm

5. Arm folding and unfolding in pushups

Evaluation mark (for 30 s.) Sex	Excellent (6)	Very good (5)	Good (4)	Fair (3)	Poor (2)
Women	<29 pcs	28-25 pcs	24-22 pcs	21-18 pcs	>17 pcs
Men	<44 pcs	43-37 pcs	36-30 pcs	29-25 pcs	>24 pcs

The program was prepared by:

1) Prof. Anna Bozhkova, DSc _____

2) Assis. Prof. Vladimir Ivanov, PhD _____

The program was adopted by the Department Council of DLTS on July 12, 2023.