

## COURSES IN FOREIGN LANGUAGES for ERASMUS INCOMING STUDENTS

Sofia University 2020/2021 academic year

### Department of Sport

Faculty coordinator: Assoc. Prof. Boryana Tumanova, PhD, tumanova@uni-sofia.bg

| Course code | Course title<br>(in English) | Language of instruction | Course offered to<br>BA/BS,<br>MA/MS,<br>PhD | Semester | ECTS | Number of hours |                        |                | Lecturer/s's name | Lecturer/s's E-mail     |
|-------------|------------------------------|-------------------------|--|----------|------|-----------------|------------------------|----------------|-------------------|-------------------------|
|             |                              |                         |  |          |      | Lectures        | Exercises/<br>Seminars | Practical work |                   |                         |
| SD 01       | Callanetics                  | English                 | All  | Winter   | 1    |                 | 30                     |                | Petya Hristova    | pstojanovh@uni-sofia.bg |
| SD 02       | Callanetics                  | English                 | All  | Summer   | 1    |                 | 30                     |                | Petya Hristova    | pstojanovh@uni-sofia.bg |

**Short description of the course (in the language of instruction):** Callanetics exercise programme was created by Callan Pinckney. It is a system of exercises involving frequent repetition of small muscular movements and squeezes, designed to improve muscle tone. The programme was developed to help ease a back problem the author was born with. The theory of callanetics is that the surface muscles of the body are supported by deeper muscles, but popular exercise programmes often exercise only the surface ones. According to callanetics, deeper muscles are best exercised using small but precise movements. Exercising the deeper muscles leads also to improved posture and weight loss.

**Requirements for enrollment: YES**

**If any, please describe the specific requirements:** Good health and mental condition, allowing the student to participate actively in physical activities.

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|-------------|-------------------------------|-------------------------|--|----------|------|-----------------|------------------------|----------------|-------------------|-------------------------|
|             |                               |                         |  |          |      | Lectures        | Exercises/<br>Seminars | Practical work |                   |                         |
| SD 03       | Posture corrective gymnastics | English                 | All  | Winter   | 1    |                 | 30                     |                | Petya Hristova    | pstojanovh@uni-sofia.bg |

|       |                               |         |     |        |   |  |    |  |                |                         |
|-------|-------------------------------|---------|-----|--------|---|--|----|--|----------------|-------------------------|
| SD 04 | Posture corrective gymnastics | English | All | Summer | 1 |  | 30 |  | Petya Hristova | pstojanovh@uni-sofia.bg |
|-------|-------------------------------|---------|-----|--------|---|--|----|--|----------------|-------------------------|

**Short description of the course (in the language of instruction):**

A complex of exercises for general strengthening of the musculoskeletal system and building a correct posture thus preventing the process of spinal distortions.

**Requirements for enrollment: YES**

**If any, please describe the specific requirements:** Good health and mental condition, allowing the student to participate actively in physical activities.

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|-------------|------------------------------|-------------------------|--|----------|------|-----------------|------------------------|----------------|-------------------|-------------------------|
|             |                              |                         |  |          |      | Lectures        | Exercises/<br>Seminars | Practical work |                   |                         |
| SD 05       | Stretching                   | English                 | All  | Winter   | 1    |                 | 30                     |                | Petya Hristova    | pstojanovh@uni-sofia.bg |
| SD 06       | Stretching                   | English                 | All  | Summer   | 1    |                 | 30                     |                | Petya Hristova    | pstojanovh@uni-sofia.bg |

**Short description of the course (in the language of instruction):**

A complex of exercises for general strengthening of the musculoskeletal system and building a correct posture thus preventing the process of spinal distortions.

**Requirements for enrollment: YES**

**If any, please describe the specific requirements:** Good health and mental condition, allowing the student to participate actively in physical activities.

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|-------------|------------------------------|-------------------------|--|----------|------|-----------------|------------------------|----------------|-------------------|-------------------------|
|             |                              |                         |  |          |      | Lectures        | Exercises/<br>Seminars | Practical work |                   |                         |
| SD 07       | Swimming                     | English                 | all  | Winter   | 1    |                 | 30                     |                | Bilyana Rangelova | tumanovara@uni-sofia.bg |
| SD 08       | Swimming                     | English                 | all  | Summer   | 1    |                 | 30                     |                | Bilyana Rangelova | tumanovara@uni-sofia.bg |

| <b>Short description of the course (in the language of instruction):</b> Learning of swimming styles   |                              |                         |  |          |      |                 |                        |                |                   |                         |
|--|------------------------------|-------------------------|--|----------|------|-----------------|------------------------|----------------|-------------------|-------------------------|
| <b>Requirements for enrollment: YES</b>  |                              |                         |  |          |      |                 |                        |                |                   |                         |
| <b>If any, please describe the specific requirements:</b> In general in good health condition  |                              |                         |  |          |      |                 |                        |                |                   |                         |
| Course code  | Course title<br>(in English) | Language of instruction | Course offered to<br>BA/BS,<br>MA/MS,<br>PhD | Semester | ECTS | Number of hours |                        |                | Lecturer/s's name | Lecturer/s's E-mail     |
|  |                              |                         |  |          |      | Lectures        | Exercises/<br>Seminars | Practical work |                   |                         |
| SD 09  | Track and field athletics    | English                 | All  | Winter   | 1    |                 | 30                     |                | Ivanka Karparova  | inkostova@uni-sofia.bg  |
| SD 010   | Track and field athletics    | English                 | All  | Summer   | 1    |                 | 30                     |                | Ivanka Karparova  | inkostova@uni-sofia.bg  |
| <p><b>Short description of the course (in the language of instruction):</b> Track and field athletics is one of the most popular sports worldwide. The multifarious disciplines of sport are based on natural movements - running, jumping, throwing. These are the actions that a person performs in daily lives throughout conscious lives. Competitive track and field athletics expresses the desire of the human being to reach the limit of physical ability. Running is the most practiced motor action worldwide. In athletics classes, students will have the opportunity to learn the basics of athletic disciplines. Activities usually beginning with warm-ups (30 minutes), the main part of which involves learning the athletic elements (technique of the disciplines) – 45 minutes and relaxation and stretching – 15 minutes. Some of the activities are held in a natural environment – in the park and include running for endurance, conditioning workout and stretching.</p> |                              |                         |  |          |      |                 |                        |                |                   |                         |
| <b>Requirements for enrollment: YES</b>  |                              |                         |  |          |      |                 |                        |                |                   |                         |
| <b>If any, please describe the specific requirements:</b> Good health and mental condition, allowing the student to participate actively in physical activities.   |                              |                         |  |          |      |                 |                        |                |                   |                         |
| Course code  | Course title<br>(in English) | Language of instruction | Course offered to<br>BA/BS,<br>MA/MS,<br>PhD | Semester | ECTS | Number of hours |                        |                | Lecturer/s's name | Lecturer/s's E-mail     |
|  |                              |                         |  |          |      | Lectures        | Exercises/<br>Seminars | Practical work |                   |                         |
| SD 011   | Aerobics                     | English                 | All  | Winter   | 1    |                 | 30                     |                | Petya Hristova    | pstojanovh@uni-sofia.bg |

**Short description of the course (in the language of instruction):** Aerobics is a form of physical exercise that combines rhythmic aerobic exercises with stretching and strength-training routines aimed at improving all elements of fitness (flexibility, muscular strength, and cardio-vascular system's capacity). It is performed to music and practiced in a group setting. led by an instructor. Aerobics classes are divided into different levels of intensity and complexity and have five components: warm-up (5–10 minutes), cardiovascular conditioning (25–30 minutes), muscular strength and conditioning (10–15 minutes), cool-down (5–8 minutes) and stretching and flexibility (5–8 minutes).

**Requirements for enrollment: YES**

**If any, please describe the specific requirements:** Good health and mental condition, allowing the student to participate actively in physical activities.