



**COURSES IN FOREIGN LANGUAGES for ERASMUS INCOMING STUDENTS**

2021/2022 academic year

**Department of Sport**

Faculty coordinator: Assoc. Prof. Boryana Tumanova, PhD, [tumanova@uni-sofia.bg](mailto:tumanova@uni-sofia.bg)

Course code	Course title (in English)	Language of instruction	Course offered to BA/BS, MA/MS, PhD	Semester (winter/summer)	ECTS	Workload (hours)			Lecturer/s's name	Lecturer/s's E-mail
						Lectures	Exercises/Seminars	Practical work		
SD 01	Football and futsal	English	BA/BS	winter/summer	2			30	Assoc. Prof. Georgi Ignatov, PhD Chief Assist. Nikolai Staikov, PhD	<a href="mailto:gvignatov@uni-sofia.bg">gvignatov@uni-sofia.bg</a> <a href="mailto:npstajkov@uni-sofia.bg">npstajkov@uni-sofia.bg</a>

**Short description of the course (in the language of instruction):** The program's subject is the basic training in football: theoretical and practical skills-technique, tactics, refereeing and different types and systems for organizing competitions. The hours for practical work depend on the plan of every different faculty.

**Requirements for enrollment: NO**

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SD 02	Aerobics	English	All	winter/ summer	2			30	Petya Hristova	<a href="mailto:pstojanovh@uni-sofia.bg">pstojanovh@uni-sofia.bg</a>
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**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 cardiovascular 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.

Course code	Course title (in English)	Language of instruction	Course offered to BA/BS, MA/MS, PhD	Semester (winter/ summer)	ECTS	Workload (hours)			Lecturer/s's name	Lecturer/s's E-mail
						Lectures	Exercises/ Seminars	Practical work		
SD 03	Callanetics	English	All	winter/ summer	2			30	Petya Hristova	<a href="mailto:pstojanovh@uni-sofia.bg">pstojanovh@uni-sofia.bg</a>

**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.

Course code	Course title (in English)	Language of instruction	Course offered to BA/BS,	Semester (winter/ summer)	EC TS	Workload (hours)	Lecturer/s's name	Lecturer/s's E-mail
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			<b>MA/MS, PhD</b>			<b>Lectures</b>	<b>Exercises/ Seminars</b>	<b>Practical work</b>		
SD 04	Posture corrective gymnastics	English	All	winter/ summer	2			30	Petya Hristova	<a href="mailto:pstojanovh@uni-sofia.bg">pstojanovh@uni-sofia.bg</a>

**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.

Course code	Course title (in English)	Language of instruction	Course offered to BA/BS, MA/MS, PhD	Semester (winter/ summer)	ECTS	Workload (hours)			Lecturer/s's name	Lecturer/s's E-mail
						Lectures	Exercises/ Seminars	Practical work		
SD 05	Stretching	English	All	winter/ summer	2			30	Petya Hristova	<a href="mailto:pstojanovh@uni-sofia.bg">pstojanovh@uni-sofia.bg</a>

**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.

Course code	Course title (in English)	Language of instruction	Course offered to BA/BS, MA/MS, PhD	Semester (winter/ summer)	ECTS	Workload (hours)			Lecturer/s's name	Lecturer/s's E-mail
						Lectures	Exercises/ Seminars	Practical work		

SD 06	Basketball	English	BA/BA/MA /MS/PhD	winter/ summer	2			30	<b>Assoc. Prof. Iren Peltekova. Phd</b>	<a href="mailto:peltekova@uni-sofia.bg">peltekova@uni-sofia.bg</a>
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**Short description of the course (in the language of instruction):** Basketball is an exciting and dynamic game with a constantly changing environment. At the heart of the game are natural movements such as running, walking, jumping, passing. The specific physical activity in the basketball game contributes to the physical development, comprehensive conditioning, improving the elasticity of the joints, strengthening the cardiovascular and respiratory system, also has a positive effect on the psychomotor development of the individual. The purpose of the course is to provide knowledge and form practical skills for the technique and tactics of the game. At the end of the course, each student should be able to demonstrate basic basketball skills during play.

**Requirements for enrollment: YES**

**If any, please describe the specific requirements:** Enrollment in a basketball training group is done online or directly in the gym. The schedule for the study groups is checked in advance.

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						Lectures	Exercises/ Seminars	Practical work		
SD 07	Fencing	English	All	winter/ summer	2			30	Filip Shabanski	<a href="mailto:shabanski@uni-sofia.bg">shabanski@uni-sofia.bg</a>

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

**Requirements for enrollment: NO**

Course code	Course title (in English)	Language of instruction	Course offered to BA/BS, MA/MS, PhD	Semester (winter/ summer)	ECTS	Workload (hours)			Lecturer/s's name	Lecturer/s's E-mail
						Lectures	Exercises/ Seminars	Practical work		
SD 08	Fitness	English	All	winter/ summer	2			30	Marina Nedcova	<a href="mailto:mnedkova@uni-sofia.bg">mnedkova@uni-sofia.bg</a>

**Short description of the course (in the language of instruction):** The course is intended only for women's groups.

<b>Requirements for enrollment: YES</b>										
<b>If any, please describe the specific requirements:</b> The course is intended only for women's groups.										
Course code	Course title (in English)	Language of instruction	Course offered to BA/BS, MA/MS, PhD	Semester (winter/ summer)	ECTS	Workload (hours)			Lecturer/s's name	Lecturer/s's E-mail
						Lectures	Exercises/ Seminars	Practical work		
SD 09	Fitness	English	All	winter/ summer	2			30	Stefan Miletiev	<a href="mailto:smiletiev@uni-sofia.bg">smiletiev@uni-sofia.bg</a>
<b>Short description of the course (in the language of instruction):</b> The course is intended only for men's groups.										
<b>Requirements for enrollment: YES</b>										
<b>If any, please describe the specific requirements:</b> The course is intended only for men's groups.										
Course code	Course title (in English)	Language of instruction	Course offered to BA/BS, MA/MS, PhD	Semester (winter/ summer)	ECTS	Workload (hours)			Lecturer/s's name	Lecturer/s's E-mail
						Lectures	Exercises/ Seminars	Practical work		
SD 10	Kinesitherapy	English, Bulgarian	BA/BS, MA/MS, PhD	winter/ summer	2			30	Assist. Prof. Gergana Despotova	<a href="mailto:gdespotova@uni-sofia.bg">gdespotova@uni-sofia.bg</a>
<b>Short description of the course (in the language of instruction):</b> Kinesitherapy were introduced for all students with health problems. Kinesitherapy is a therapy based on the notion of body movement ( <i>kinesis</i> means "movement", in <a href="#">Greek</a> ). Kinesitherapy is applied in almost all medical branches in numerous pathological conditions, as well as a method of prevention. Kinesitherapy is achieved therapeutic effect on: Musculoskeletal system; The nervous system of the patient; Cardiovascular system; Respiratory system. The aim of Kinesitherapy is to use all potentials of the treated patients, to achieve optimal recovery of the damaged function. Kinesitherapy includes active and passive exercises. Active exercises are divided into: active exercises with assistance, without assistance and active exercises with resistance.										
<b>Requirements for enrollment: YES/NO</b>										
<b>If any, please describe the specific requirements:</b> A medical certificate is required.										

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						Lectures	Exercises/ Seminars	Practical work		
SD 11	Swimming	English	all	winter/ summer	2			30	Bilyana Rangelova	<a href="mailto:tumanovara@uni-sofia.bg">tumanovara@uni-sofia.bg</a>
<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> General good health condition										
Course code	Course title (in English)	Language of instruction	Course offered to BA/BS, MA/MS, PhD	Semester (winter/ summer)	ECTS	Workload (hours)			Lecturer/s's name	Lecturer/s's E-mail
						Lectures	Exercises/ Seminars	Practical work		
SD 12	Sport Climbing	English	BA/BS	winter/ summer	2			30	Assoc. Prof. A. Hidzhov, PhD  T Dimtrov, PhD	hidzhov@uni-sofia.bg
<b>Short description of the course (in the language of instruction):</b>										
<b>Requirements for enrollment: NO</b>										
Course code	Course title (in English)	Language of instruction	Course offered to BA/BS, MA/MS, PhD	Semester (winter/ summer)	ECTS	Workload (hours)			Lecturer/s's name	Lecturer/s's E-mail
						Lectures	Exercises/ Seminars	Practical work		
SD 13	Tennis	English	All	winter/ summer	2			30	Evgeni Yordanov	evgenisj@uni-sofia.bg

**Short description of the course (in the language of instruction):** Practice of tennis sport. Training for overall physical fitness condition.

**Requirements for enrollment: YES**

**If any, please describe the specific requirements:** Tennis sports outfit and tennis shoes.

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						Lectures	Exercises/ Seminars	Practical work		
SD 14	Judo and martial combats	Bulgarian, English, Russian	All	winter/ summer	2			30	Prof. A. Yaneva;  Assist Prof. V. Lukanova	<a href="mailto:anji@admin.uni-sofia.bg">anji@admin.uni-sofia.bg</a>  <a href="mailto:lukanovatr@uni-sofia.bg">lukanovatr@uni-sofia.bg</a>

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

Topics related to: history and methodology of teaching judo, ju jitsu, aikido, grappling, kata, rules. Particular attention is paid to the origin, similarities and differences between judo and other martial arts, rules, techniques and more.

Темы, связанные с: историей и методологией преподавания дзюдо, джиу-джитсу, айкидо, единоборства ката знание правил.

Особое внимание уделяется происхождению, сходствам и различиям между дзюдо и другими единоборствами, правилам, техникам и многому другому.

**Requirements for enrollment: YES**

**If any, please describe the specific requirements:**

Good health, allowing the student to actively participate in the practical classes and the practical examination.

Хорошее здоровье, позволяющее студенту активно участвовать в практических занятиях и практических экзаменах.

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SD 15	Table tennis	English	BA/BS	winter/ summer	2			30	Assist.Venelina Tsvetkova, PhD	<a href="mailto:venelinac@uni-sofia.bg">venelinac@uni-sofia.bg</a>
<b>Short description of the course (in the language of instruction):</b> The program’s purpose is the basic training in table tennis: theoretical and practical skills – technique, tactics, refereeing and different types and systems for organizing competitions.										
<b>Requirements for enrollment: NO</b>										
Course code	Course title (in English)	Language of instruction	Course offered to BA/BS, MA/MS, PhD	Semester (winter/ summer)	ECTS	Workload (hours)			Lecturer/s’s name	Lecturer/s’s E-mail
						Lectures	Exercises/ Seminars	Practical work		
SD 16	Zumba Fitness	English	All	winter/ summer	2			30	Marina Nedcova	<a href="mailto:mnnedkova@uni-sofia.bg">mnnedkova@uni-sofia.bg</a>
<b>Short description of the course (in the language of instruction):</b> Zumba Fitness course is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.										
<b>Requirements for enrollment: NO</b>										
Course code	Course title (in English)	Language of instruction	Course offered to BA/BS, MA/MS, PhD	Semester (winter/ summer)	ECTS	Workload (hours)			Lecturer/s’s name	Lecturer/s’s E-mail
						Lectures	Exercises/ Seminars	Practical work		
SD 17	Cricket	English	All	winter/ summer	2			30	Marina Nedcova	<a href="mailto:mnnedkova@uni-sofia.bg">mnnedkova@uni-sofia.bg</a>
<b>Short description of the course (in the language of instruction):</b> Cricket is a game played with a bat and ball on a large field, known as ground, between two teams consisting of 11 players each. This course will help explain to an absolute beginner some of the basic rules of cricket. Rules will help you learn the basics and begin to enjoy one of the most popular sports in the world.										
<b>Requirements for enrollment: NO</b>										



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						Lectures	Exercises/ Seminars	Practical work		
SD 18	Track and Field Athletics	English	All	winter/ summer	2			30	Ivanka Karparova	<a href="mailto:inkostova@uni-sofia.bg">inkostova@uni-sofia.bg</a>
<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>										
<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.</p>										