

**COURSES IN FOREIGN LANGUAGES for ERASMUS INCOMING STUDENTS****2022/2023 academic year****Faculty:** Sports Department**Coordinator:** Assoc. Prof. Boryana Tumanova, PhD, tumanova@uni-sofia.bg**Programme:** Sport

Course code	Course title (in English)	Language of instruction	Course offered to BA/BS, MAMS, PhD	Semester (winter/ summer)	ECTS	Workload (hours)			Lecturer/s's name	Lecturer/s's E-mail
						Lectures	Seminars	Practical work		
SD 01	Aerobics	English	All	winter	1		30		Petya Hristova	pstojanovh@uni-sofia.bg
	Aerobics	English	All	summer	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 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 actively participate in physical exercises.

Course code	Course title (in English)	Language of instruction	Course offered to BA/BS, MAMS, PhD	Semester (winter/ summer)	ECTS	Workload (hours)			Lecturer/s's name	Lecturer/s's E-mail
						Lectures	Seminars	Practical work		
SD 02	Callanetics	English	All	winter	1		30		Petya Hristova	pstojanovh@uni-sofia.bg
	Callanetics	English	All	summer	1		30		Petya Hristova	pstojanovh@uni-sofia.bg

Short description of the course (in the language of instruction): Callanetics is a system of exercises involving frequent repetition of small muscular movements and squeezes, designed to improve muscle tone. The program was developed to help ease a back problem the author was born with. The surface muscles of the body are supported by deeper muscles, but popular exercise programs often exercise only the surface ones. The philosophy of callanetics is that 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 actively participate in physical exercises.

Course code	Course title (in English)	Language of instruction	Course offered to BA/BS, MAMS, PhD	Semester (winter/ summer)	ECTS	Workload (hours)			Lecturer/s's name	Lecturer/s's E-mail
						Lectures	Seminars	Practical work		
SD 03	Gymnastics for good posture	English	All	winter	1		30		Petya Hristova	pstojanovh@uni-sofia.bg
	Gymnastics for good posture	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 spinal distortions.

Requirements for enrollment: YES

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

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	Seminars	Practical work		
SD 04	Stretching	English	All	winter	1		30		Petya Hristova	pstojanovh@uni-sofia.bg
	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 stretching of all joints of the musculoskeletal system thus increasing the flexibility and mobility of the body.

Requirements for enrollment: YES

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

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	Seminars	Practical work		
SD 05	High intensity interval training	English	All	winter	1		30		Petya Hristova	pstojanovh@uni-sofia.bg
	High intensity interval training	English	All	summer	1		30		Petya Hristova	pstojanovh@uni-sofia.bg

Short description of the course (in the language of instruction): High-intensity interval training (HIIT) is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less-intense recovery periods, until too exhausted to continue. The method is not just restricted to cardio and frequently includes weights for short periods as well. The times vary, based on a participant's current fitness level. Furthermore, traditional HIIT was designed to be no longer than 20 seconds on with no more than 10 seconds off. This would bring in the anaerobic energy system. The intensity of HIIT also depends on the duration of the session.

Requirements for enrollment: YES

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

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	Seminars	Practical work		
SD 06	Low-intensity interval training	English	All	winter	1		30		Petya Hristova	pstojanovh@uni-sofia.bg
	Low-intensity interval training	English	All	summer	1		30		Petya Hristova	pstojanovh@uni-sofia.bg

Short description of the course (in the language of instruction): Low-intensity cardio is included in each of the Sweat programs. It's easy to complete and within most people's comfort zones — making it the perfect fitness style for beginners, or to help move again after some time off from exercise. Low-intensity cardio training is also referred to as low-intensity steady-state, or LISS. It's working out between 57%–63% of the maximum heart rate for a steady and sustained period — typically for 30 minutes or more. Low-intensity cardio training can also be low-impact and provides all the cardiovascular benefits of exercise without placing stress on the joints.

Requirements for enrollment: YES

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

Programme: Sport – Corrective gymnastics

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	Seminars	Practical work		
SD 07	Corrective gymnastics	English	BA/BS, MA/MS, PhD	winter	1		30		Gergana Despotova	gdespotova@uni-sofia.bg

Short description of the course: Corrective gymnastics is aimed to build proper posture, proper motor development, eliminate wrong motor habits and pathological conditions of the musculoskeletal system. Corrective gymnastics includes specially selected systematic and purposeful physical exercise. Exercises are targeted to strengthen weaker muscles and to stretch shortened muscles, also to improve foot functioning and to improve balance. When there is a chest or spinal deformity, breathing exercises are mandatory. Corrective gymnastics can be applied preventively or as a therapy if postural disorders (poor posture) and spinal deformities are already present. Exercises aim to increase muscle

strength and the range of motion and help improve the coordination of movement. Targeted exercises can be successful in correcting deformities such as dropped arches and flat feet, poor posture, scoliosis, kyphosis, lordosis, etc.

Corrective gymnastics is very important for the general strengthening of the musculoskeletal system and building a correct posture thus preventing the process of spinal deformities.

Requirements for enrollment: YES

If any, please describe the specific requirements: A medical certificate is required.

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	Seminars	Practical work		
SD 08	Posture corrective gymnastics	English	BA/BS, MA/MS, PhD	summer	1		30		Gergana Despotova	gdespotova@uni- sofia.bg

Short description of the course (in the language of instruction): Corrective gymnastics is aimed to build proper posture, proper motor development, eliminate wrong motor habits and pathological conditions of the musculoskeletal system. Corrective gymnastics includes specially selected systematic and purposeful physical exercise. Exercises are targeted to strengthen weaker muscles and to stretch shortened muscles, also to improve foot functioning and to improve balance. When there is a chest or spinal deformity, breathing exercises are mandatory. Corrective gymnastics can be applied preventively or as a therapy if postural disorders (poor posture) and spinal deformities are already present. Exercises aim to increase muscle strength and the range of motion and help improve the coordination of movement. Targeted exercises can be successful in correcting deformities such as dropped arches and flat feet, poor posture, scoliosis, kyphosis, lordosis, etc.

Corrective gymnastics is very important for the general strengthening of the musculoskeletal system and building a correct posture thus preventing the process of spinal deformities.

Requirements for enrollment: YES

If any, please describe the specific requirements: A medical certificate is required.

Programme: Football and Futsal

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	Seminars	Practical work		
SD 09	Football and futsal	English	BA/BS	winter	1			30	Assoc. prof. Georgi Ignatov PhD Chief. Assist. Nikolai Staikov PhD	gvignatov@uni- sofia.bg npstajkov@uni- sofia.bg
	Football and futsal	English	BA/BS	summer	1			30	Assoc. prof. Georgi Ignatov PhD Chief. Assist. Nikolai Staikov PhD	gvignatov@uni- sofia.bg npstajkov@uni- sofia.bg
<p>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.</p>										
<p>Requirements for enrollment: NO If any, please describe the specific requirements:</p>										

Programme: Sport – Kinesitherapy for Erasmus Incoming Students with health problems

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	Seminars	Practical work		
SD 10	Kinesitherapy for Erasmus Incoming Students with health problems	English	BA/BS, MA/MS, PhD	winter	1		30		Gergana Despotova	gdespotova@uni-sofia.bg
	Kinesitherapy for Erasmus Incoming Students with health problems	English	BA/BS, MA/MS, PhD	summer	1		30		Gergana Despotova	gdespotova@uni-sofia.bg

Short description of the course (in the language of instruction): Kinesitherapy is introduced for all Erasmus incoming students with health problems. Kinesitherapy is a therapy based on the notion of body movement. Kinesitherapy is applied in almost all medical branches in numerous pathological conditions, as well as a method of prevention. Kinesitherapy is achieved a therapeutic effect on the musculoskeletal system, the nervous system of the patient, the cardiovascular system, the respiratory system, etc. Kinesitherapy aims to use all potentials of the treated patients to achieve optimal recovery of the damaged function. Kinesitherapy includes active exercises (active exercises with assistance, without assistance, and active exercises with resistance), passive exercises, etc.

Requirements for enrollment: YES

If any, please describe the specific requirements: **A medical certificate is required!**

Programme: Sport-basketball

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	Seminars	Practical work		
SD 11	Sport-basketball	ENG	BA/BA/ MA/MS/ PhD	Winter/ summer	1		30		Assoc. Prof. Iren Peltekova. Phd; Boyana Mitreva	peltekova@uni-sofia.bg bmitreva@uni-sofia.bg
<p>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.</p> <p>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.</p>										
<p>Requirements for enrollment: YES</p> <p>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.</p>										

Programme: Fencing

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	Seminars	Practical work		
SD 12	Fencing	English	All	winter	1			30	Filip Shabanski	shabanski@uni-sofia.bg

SD 12	Fencing	English	All	summer	1			30	Filip Shabanski	shabanski@uni-sofia.bg
Short description of the course (in the language of instruction): Development of theoretical knowledge and practical skills in fencing										
Requirements for enrollment: NO										
If any, please describe the specific requirements:										

Programme: Fitness

Course code	Course title (in English)	Language of instruction	Course offered to BA/BS, MAMS, PhD	Semester (winter/ summer)	ECTS	Workload (hours)			Lecturer/s's name	Lecturer/s's E-mail
						Lectures	Seminars	Practical work		
SD 13W	Fitness	English	All	Winter/ summer	1			30	Marina Nedcova	mnedkova@uni-sofia.bg

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

Requirements for enrollment: NO

If any, please describe the specific requirements:

Course code	Course title (in English)	Language of instruction	Course offered to BA/BS, MAMS, PhD	Semester (winter/ summer)	ECTS	Workload (hours)			Lecturer/s's name	Lecturer/s's E-mail
						Lectures	Seminars	Practical work		
SD 13M	Fitness	English	All	Winter/ summer	1			30	Stefan Miletiev	smiletiev@uni-sofia.bg

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

Requirements for enrollment: NO

If any, please describe the specific requirements:

Programme: Judo and martial combats

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	Seminars	Practical work		
SD 14	Judo and martial combats	Bulgarian, English, Russian	All	Winter/ summer	1	10	2	15	Prof. A. Yaneva; Assist. V. Lukanova	anji@admin.uni-sofia.bg lukanovatr@uni-sofia.bg

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.

Programme: Swimming

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	Seminars	Practical work		
SD 15	Swimming	English	all	winter	1		30		Bilyana Rangelova	tumanovara@uni-sofia.bg

SD 15	Swimming	English	all	summer	1		30		Bilyana Rangelova	tumanovara@uni-sofia.bg
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Short description of the course (in the language of instruction): learning of swimming styles

Requirements for enrollment: YES

If any, please describe the specific requirements: in general in good health condition

Programme: Table tennis

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	Seminars	Practical work		
SD 16	Table tennis	English	BA/BS	winter	1			30	Assist.Venelin a Tsvetkova, PhD	venelinac@ uni-sofia.bg
	Table tennis	English	BA/BS	summer	1			30	Assist.Venelin a Tsvetkova, PhD	venelinac@ uni-sofia.bg

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

Requirements for enrollment: NO

If any, please describe the specific requirements:

Programme: Sport Climbing

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	Seminars	Practical work		

SD 17	Sport climbing	English	BA/BS	winter	1			30	Assoc.prof.A. Hidzhov PhD;	hidzhov@uni-sofia.bg
									T Dimdtrov PhD	tihomirbd@uni-sofia.bg
	Sport climbing	English	BA/BS	summer	1			30	Assoc.prof.A. Hidzhov PhD;	hidzhov@uni-sofia.bg
									T Dimdtrov PhD	tihomirbd@uni-sofia.bg

Short description of the course (in the language of instruction): Development of theoretical knowledge and practical skills in climbing

Requirements for enrollment: NO

If any, please describe the specific requirements:

Programme Sport- Tennis

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	Seminars	Practical work		
SD 18	Sport- Tennis	English	All	Winter/ summer	1			30	Evgeni Yordanov;	evgenisj@uni-sofia.bg ;
									Radoslav Kostadinov	radoslavbk@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

Programme: Zumba Fitness

Course code	Course title (in English)	Language of instruction	Course offered to BA/BS, MAMS, PhD	Semester (winter/ summer)	ECTS	Workload (hours)			Lecturer/s's name	Lecturer/s's E-mail
						Lectures	Seminars	Practical work		
SD 19	Zumba Fitness	English	All	Winter/ summer	1			30	Marina Nedcova	mnedkova@uni-sofia.bg
<p>Short description of the course (in the language of instruction): 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.</p>										
<p>Requirements for enrollment: NO If any, please describe the specific requirements:</p>										
Course code	Course title (in English)	Language of instruction	Course offered to BA/BS, MAMS, PhD	Semester (winter/ summer)	ECTS	Workload (hours)			Lecturer/s's name	Lecturer/s's E-mail
						Lectures	Seminars	Practical work		
SD 20	Cricket	English	All	Winter/ summer	1			30	Marina Nedcova	mnedkova@uni-sofia.bg
<p>Short description of the course (in the language of instruction): 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.</p>										
<p>Requirements for enrollment: NO If any, please describe the specific requirements:</p>										

Programme: Track and field athletics

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	Seminars	Practical work		
SD 21	Track and field athletics	English	All	winter	1		30		Ivanka Karparova	inkostova@uni-sofia.bg
	Track and field athletics	English	All	summer	1		30		Ivanka Karparova	inkostova@uni-sofia.bg

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

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.

Programme: Volleyball

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	Seminars	Practical work		
SD 22	Volleyball	English	BA/BS	winter	1			30	Chief Assist. Mina Antonova, PhD	miantonova@uni-sofia.bg

									Chief. Assist. Petar Kolev, PhD	petur@uni- sofia.bg
SD 22	Volleyball	English	BA/BS	summer	1			30	ChiefAssist. Mina Antonova, PhD ChiefAssist. Petar Kolev, PhD	gvignatov@uni- sofia.bg petur@uni- sofia.bg
<p>Short description of the course (in the language of instruction): The program's subject is the basic training in Volleyball: 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.</p>										
<p>Requirements for enrollment: NO If any, please describe the specific requirements:</p>										