

**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, MA/MS, 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, MA/MS, 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, MA/MS, 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.

ГРАФИК/ TIMETABLE

аеробика, каланетика, гимнастика за правилна стойка, стречинг, нискоинтензивна интервална тренировка, високоинтензивна интервална тренировка, отбор аеробика и мажоретки
Aerobics, Callanetics, Low-intensity interval training, High intensity interval training, Gymnastics for good posture, Stretching

щатен преподавател/ lecturer: гл. ас. Петя Христова/ Assist. Prof. Petya Hristova

академична 2022/2023 година - зимен семестър/ winter semester 2022/2023

	09.00 - 10.30	10.30 - 12.00	14.00 - 15.30	15.30 - 17.00	17.00 - 18.30	
Понеделник/ Monday	Аеробика/ Aerobics	Каланетика/ Callanetics				
Вторник/ Tuesday			нискоинтензивна интервална тренировка Low-intensity interval training	гимнастика за правилна стойка Gymnastics for good posture		
Сряда/ Wednesday						
Четвъртък / Thursday			високоинтензивна интервална тренировка High intensity interval training	Стречинг Stretching		

Заниманията се провеждат на: стадион Академик, София, кв. Редута, ул. Манастирска 1 (до зала Асикс Арена)

Trainings are held on: Academic stadium, Reduta district, 1 Manastirska str. (next to Asics Arena hall)

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.

ГРАФИК/ TIMETABLE							
КИНЕЗИТЕРАПИЯ/ Kinesitherapy							
Щатни преподаватели: гл. ас. Гергана Деспотова/ Assist. Prof. Gergana Despodova							
академична 2022/2023 година - зимен семестър/ winter semester 2022/2023							
Понеделник/ Monday				17.00-18.30			
				Г. Деспотова/ G. Despodova			
				Център по кинезитерапия Ректорат/ Center for Kinesitherapy. Rectorate			
Сряда/ Wednesday	8.30-10.00						
	Г. Деспотова/ G. Despodova						
	Център по кинезитерапия Ректорат/ Center for Kinesitherapy. Rectorate						

Занятията се провеждат: Център по кинезитерапия, Ректорат;

Address: Center for Kinesitherapy. Rectorate

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
						Lecture	Seminar	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

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

If any, please describe the specific requirements:

ГРАФИК/ ТИМЕТАБЛЕ
ФУТБОЛ/ FOOTBAL
проф. д-р Георги Игнатов и гл. ас. д-р Николай Стайков/ Prof. Georgi Ignatov, Assist. Prof. Nikolay Staykov
учебна 2022/2023 година – зимен семестър/ winter semester 2022/2023

	9.00-10.30	10.30-12.00	12.00-13.30	13.30-15.00	15.00-16.30	16.30-18.00	18.00-19.30
Понеделник/ Monday							
Вторник/ Tuesday							
Сряда/ Wednesday	Футбол/ Football	Футбол/ Football					
	гл. ас. д-р Н. Стайков/ Assist. Prof. Nikolay Staykov	гл. ас. д-р Н. Стайков/ Assist. Prof. Nikolay Staykov					
Четвъртък/ Thursday	Футбол/ Football	Футбол/ Football		Футбол/ Football	Футбол/ Football	Футбол/ Football	
	гл. ас. д-р Н. Стайков/ Assist. Prof. Nikolay Staykov	гл. ас. д-р Н. Стайков/ Assist. Prof. Nikolay Staykov		проф. д-р Г. Игнатов/ Prof. Georgi Ignatov	проф. д-р Г. Игнатов/ Prof. Georgi Ignatov	проф. д-р Г. Игнатов/ Prof. Georgi Ignatov	
Петък/ Friday	Футбол/ Football	Футбол/ Football		Футбол/ Football	Футбол/ Football		
	проф. д-р Г. Игнатов/ Prof. Georgi Ignatov	проф. д-р Г. Игнатов/ Prof. Georgi Ignatov		гл. ас. д-р Н. Стайков/ Assist. Prof. Nikolay Staykov	гл. ас. д-р Н. Стайков/ Assist. Prof. Nikolay Staykov		

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
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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!

ГРАФИК/ TIMETABLE							
КИНЕЗИТЕРАПИЯ/ Kinesitherapy							
Щатни преподаватели: гл. ас. Гергана Деспотова/ Assist. Prof. Gergana Despodova							
академична 2022/2023 година - зимен семестър/ winter semester 2022/2023							
Понеделник/ Monday		14.00-15.30	15.30-17.00				
		Г. Деспотова/ G. Despodova	Г. Деспотова/ G. Despodova				
		Център по кинезитерапия Ректорат/ Center for Kinesitherapy. Rectorate	Център по кинезитерапия Ректорат/ Center for Kinesitherapy. Rectorate				
Вторник/ Tuesday		13.00-14.30	14.30-16.00				
		Г. Деспотова/ G. Despodova	Г. Деспотова/ G. Despodova				
		Студентски град, бл. 8/ Studentski grad, block 8	Студентски град, бл. 8/ Studentski grad, block 8				

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

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.

ГРАФИК/ TIMETABLE

БАСКЕТБОЛ/ Basketball

Щатни преподаватели: проф. д-р Ирен Пелтекова; гл. ас. д-р Бояна Митрева/ Prof. Iren Peltekova, Assist. Prof. Boryana Mitreva, Assist. Prof. Borislav Peltekov

учебна 2022/2023 година - зимен семестър/ winter semester 2022/2023

	09.00-10.30	10.30-12.00	12.00-13.30	13.30-15.00	15.00-16.30	16.30-18.00
Понеделник/ Monday					Баскетбол – уч. гр. Basketball	
					Гл. ас. д-р Б. Митрева Boryana Mitreva	
Вторник/ Tuesday		Баскетбол – уч. гр. Basketball	Баскетбол – уч. гр. Basketball	Баскетбол – уч. гр. Basketball	Баскетбол – уч. гр. Basketball	
		хон. пр. Б. Пелтеков Borislav Peltekov	хон. пр. Б. Пелтеков Borislav Peltekov	хон. пр. Б. Пелтеков Borislav Peltekov	Проф. д-р И. Пелтекова Iren Peltekova	
Сряда/ Wednesday	Баскетбол – уч. гр. Basketball	Баскетбол – уч. гр. Basketball			Баскетбол – уч. гр. Basketball	
	Гл. ас. д-р Б. Митрева Boryana Mitreva	Гл. ас. д-р Б. Митрева Boryana Mitreva			Гл. ас. Б. Митрева Boryana Mitreva	
Четвъртък/ Thursday				Баскетбол – уч. гр. Basketball	Баскетбол – уч. гр. Basketball	
				Проф. д-р И. Пелтекова Iren Peltekova	Проф. д-р И. Пелтекова Iren Peltekova	
Петък/ Friday	Баскетбол – уч. гр. Basketball	Баскетбол – уч. гр. Basketball				
	Гл. ас. д-р Б. Митрева Boryana Mitreva	Гл. ас. д-р Б. Митрева Boryana Mitreva				

Занятията се провеждат на: Спортен комплекс „Академик“ – кв. Гео Милев (до зала Фестивална – с автобус №72 и № 9) в зала № 2.

Trainings are held at sports center “Academic”, hall 2, Geo Milev district (next to Festivalna hall, with bus 72, 9)_

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:

ГРАФИК/ TIMETABLE				
ФЕХТОВКА/ Fencing				
Щатни преподаватели: Гл. ас. Филип Шабански/ Assist. Prof. Filip Shabanski				
учебна 2022/2023 година - зимен семестър/ winter semester 2022/2023				
	09.30-11.00	14.00-15.30	15.30-17.00	
Понеделник/ Monday		Ф. Шабански/ Filip Shabanski	Ф. Шабански/ Filip Shabanski	
Вторник/ Tuesday		Ф. Шабански/ Filip Shabanski	Ф. Шабански/ Filip Shabanski	
Сряда/ Wednesday		Ф. Шабански/ Filip Shabanski	Ф. Шабански/ Filip Shabanski	
Петък/ Friday				

Занятията се провеждат: Стадион Академик до зала Asics Арена

Trainings are held on: Academic stadium, next to Asics Arena hall

Programme: Fitness

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 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, MA/MS, 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:										

ГРАФИК/ TIMETABLE						
Фитнес жени/ Fitness for women						
Щатни преподаватели: гл.ас. Марина Недкова; Assist. Prof. Marina Nedkova						
учебна 2022/2023 година - зимен семестър/ winter semester 2022/2023						
	09.30-11.00	11.00-12.30	12.30-14.00	14.00-15.30	15.30-17.00	17.00-18.30
Понеделник/ Monday						
Вторник/ Tuesday						
Сряда/ Wednesday	Марина Недкова/ Marina Nedkova	Марина Недкова/ Marina Nedkova				
Четвъртък/ Thursday	Марина Недкова/ Marina Nedkova	Марина Недкова/ Marina Nedkova				
Петък/ Friday						

Занятията се провеждат: Студентски град, бл. 52
Address: Studentski grad, block 52

ГРАФИК/ TIMETABLE						
ФИТНЕС МЪЖЕ/ FITNESS FOR MEN						
академична 2022/2023 година - зимен семестър/ WINTER SEMESTER 2022/2023						
Понеделник/ Monday	9:00 – 10:30 10:30 – 12:00	Доц. Милетиев, д-р/ Assoc. Prof. Stefan Miletiev				
Сряда/ Wednesday	9:00 – 10:30 10:30 – 12:00	Доц. Милетиев, д-р/ Assoc. Prof. Stefan Miletiev				
Четвъртък/ Thursday	9:00 – 10:30 10:30 – 12:00	Доц. Милетиев, д-р/ Assoc. Prof. Stefan Miletiev				

Заниманията се провеждат във Фитнес център „Милетиев“ - ул.Брегалница 70
Trainings are held at Fitness center Miletiev, 70 Bregalnitsa str.

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 методология 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.

ГРАФИК/ TIMETABLE			
ДЖУДО И БОЙНИ СПОРТОВЕ/ Judo and Martial Arts			
Щатни преподаватели: гл. ас. Валерия Луканова, д-р/ Assist. Prof. Valeriya Lukanova			
учебна 2022/2023 година - зимен семестър			
	10.00-11.30	15.00-16.30	16.30-18.00
понеделник			
ЗАБЕЛЕЖКА			

вторник		СТУДЕНТИ/ Students	ОТБОР СУ/ Team SU	<p>Екипировка - спортна или "ги" (екип за бойни изкуства), джапанки или чехли, с бяла тениска под екипа; Без твърди предмети и с прибрани коси!</p> <p>През месец октомври се прави подбор за часовете на ОТБОР СУ.</p> <p>Equipment - sports or "gi" (martial arts equipment), flip-flops or slippers, with a white T-shirt under the equipment; Without hard objects and with hair tucked away!</p> <p>In the month of October, a selection is made for the classes of the SU TEAM.</p>
сряда	СТУДЕНТИ/ Students	СТУДЕНТИ/ Students		
четвъртък	СТУДЕНТИ/ Students	СТУДЕНТИ/ Students	ОТБОР СУ/ Team SU	
петък	СТУДЕНТИ/ Students			

Занятията се провеждат:

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

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

ГРАФИК/ TIMETABLE

Плуване/ Swimming

г.л.ас. Биляна Красимилова Рангелова/ Assist. Prof. Bilyana Rangelova

учебна 2022/2023 година - зимен семестър/ winter semester 2022/2023

	7.30-09.00	09.00-10.30	10.30-12.00	12.00-13.30	12.30-14.00	14.00-15.30
Сряда/ Wednesday			Рангелова/ Rangelova	Рангелова/ Rangelova		
Четвъртък/ Thursday	Рангелова/ Rangelova	Рангелова/ Rangelova				

Занятията се провеждат: басейн "Академик" - 4 км
Trainings are held at Academic pull, 4th km.

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:

ГРАФИК/ TIMETABLE

Тенис на маса/ Table tennis						
Щатен преподавател: гл. ас. Венелина Цветкова, доктор/ Assist. Prof. Venelina Tsvetkova						
учебна 2022/2023 година - зимен семестър/ winter semester 2022/2023						
	08:00-09:30	10:15-11.45	12.15-13:45	17.00-18.30	18.30-20.00	20.00-21.30
Сряда/ Wednesday						
	Спорт: Тенис на маса/ Table tennis					
Четвъртък/ Thursday						
	Спорт: Тенис на маса/ Table tennis			Спорт: Тенис на маса/ Table tennis	Спорт: Тенис на маса/ Table tennis	Спорт: Тенис на маса/ Table tennis
Петък/ Friday						

Занятията се провеждат: зала „Тенис на маса“ в Технически университет
 Trainings are held at “Table tennis” hall at the Technical University

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; T Dimdetrov PhD	hidzhov@uni-sofia.bg tihomirbd@uni-sofia.bg

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

ГРАФИК/ TIMETABLE						
Спортно катерене/ Sport climbing						
доц. д-р Антон Хиджов и гл. ас. д-р Тихомир Димитров/ Assoc. Prof. Anton Hidzhov, Assist. Prof. Tihomir Dimitrov						
академична 2022/2023 година - зимен семестър/ winter semester 2022/2023						
	8.30-10.00	10.00-11.30	11.30-13.00	14.00-15.30	15.30-17.00	17.30-19.00
Понеделник/ Monday				Антон Хиджов/ Anton Hidzhov	Антон Хиджов/ Anton Hidzhov	
Вторник/ Tuesday				Тихомир Димитров/ Tihomir Dimitrov	Тихомир Димитров/ Tihomir Dimitrov	
Сряда/ Wednesday	Тихомир Димитров/ Tihomir Dimitrov	Тихомир Димитров/ Tihomir Dimitrov	Тихомир Димитров/ Tihomir Dimitrov			
Четвъртък/ Thursday						

Петък/ Friday						
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Заниманията се провеждат на „Стената“ – Ректорат, северно крило
 Trainings are held on “Stenata”, Rectorate, North wing

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; Radoslav Kostadinov	evgenisj@uni-sofia.bg ; 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										

ГРАФИК/ TIMETABLE

Тенис/ Tennis

Щатни преподаватели: доц. Евгени Йорданов/ Assoc. Prof. Evgeni Yordanov

гл. ас. Радослав Костадинов/ Assist. Prof. Radoslav Kostadinov

учебна 2022/2023 година - зимен семестър/ winter semester 2022/2023

	09.00-10.30	10.30- 12.00		12.00-13.30	13.30-15.00	14.00-15.00	15.00-16.00
Понеделник / Monday	Е. Йорданов/ E. Yordanov	Е. Йорданов/ E. Yordanov		Р. Костадинов/ R. Kostadinov	Р. Костадинов/ R. Kostadinov		
Вторник/ Tuesday	Преподаватели	Преподаватели					

Сряда/ Wednesday	Р. Костадинов/ R. Kostadinov	Р. Костадинов/ R. Kostadinov		Е. Йорданов/ Е. Yordanov	Е. Йорданов/ Е. Yordanov		
Четвъртък/ Thursday	Преподаватели	Преподаватели					
Петък/ Friday	Е. Йорданов/ Е. Yordanov	Е. Йорданов/ Е. Yordanov		Р. Костадинов/ R. Kostadinov	Р. Костадинов/ R. Kostadinov		

Занятията се провеждат: Студентски град, Тенис кортове – „Barocco sport“
Trainings are held at Studentski grad, Tennis courts „Barocco sport“

Programme: Cricket Fitness

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, MA/MS, 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
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.										
Requirements for enrollment: NO										
If any, please describe the specific requirements:										

ГРАФИК/ TIMETABLE

Крикет/ Cricket						
Щатни преподаватели: гл.ас. Марина Недкова/ Assist. Prof. Marina Nedkova						
учебна 2022/2023 година - летен семестър/ winter semester 2022/2023						
	07.30-09.00	09.00-10.30	10.00-11.30	11.30-13.00	13.00-14.30	14.30-16.00
Понеделник/ Monday						
Вторник/ Tuesday					Марина Недкова/ Marina Nedkova	
Сряда/ Wednesday					Марина Недкова/ Marina Nedkova	

Занятията се провеждат: 8-ми Декември №2 (Студенски град, „Бонсист“)
 Trainings are held at 2, 8-mi Dekemvri str., Studentski grad, “Bonsist”

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.

ГРАФИК/ TIMETABLE

ЛЕКА АТЛЕТИКА И КОНДИЦИОННА ПОДГОТОВКА/ Track and field athletics

академична 2022/2023 година - зимен семестър/ winter semester 2022/2023

Понеделник/ Monday				13.30 – 15.00 И. Кърпарова/ Ivanka Karparova	15.00 – 16.30 И. Кърпарова/ Ivanka Karparova	16.30 – отбор И. Кърпарова/ Ivanka Karparova
Вторник/ Tuesday						
Сряда/ Wednesday			12.30 – 14.00 И. Кърпарова/ Ivanka Karparova			
Четвъртък/ Thursday		10.30 – 12.00 И. Кърпарова/ Ivanka Karparova	12.00 – 13.30 И. Кърпарова/ Ivanka Karparova			

Заниманията се провеждат на Комплекс „Барокко спорт“, Студентски град
Trainings are held at “Barocco sport” center, Studentski grad

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 Chief. Assist. Petar Kolev, PhD	miantonova@uni- sofia.bg 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

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.

Requirements for enrollment: NO

If any, please describe the specific requirements:

ГРАФИК/ TIMETABLE						
Волейбол/ Volleyball						
Гл. ас. д-р Петър Колев и гл. ас. д-р Мина Антонова/ Assist. Prof. Petar Kolev, Assist. Prof. Mina Antonova						
академична 2022/2023 година - зимен семестър/ winter 2022/2023						
	10.00-11.30	11.30-13.00	13.00-14.30	14.30-16.00	18.00-19.30	20.30-22.00
Понеделник/ Monday	Гл. ас. Мина Антонова/ Assist. Prof. Mina Antonova	Гл. ас. Мина Антонова/ Assist. Prof. Mina Antonova	Гл. ас. Мина Антонова/ Assist. Prof. Mina Antonova			

Сряда/ Wednesday	11.00-12.30 Гл. ас. Петър Колев Assist. Prof. Petar Kolev	12.30-14.00 Гл. ас. Петър Колев Assist. Prof. Petar Kolev				
Четвъртък/ Thursday	Гл. ас. Мина Антонова/ Assist. Prof. Mina Antonova Assist. Prof. Petar Kolev	Гл. ас. Мина Антонова/ Assist. Prof. Mina Antonova	Гл. ас. Мина Антонова/ Assist. Prof. Mina Antonova			
Петък/ Friday	Гл. ас. Петър Колев Assist. Prof. Petar Kolev	Гл. ас. Петър Колев Assist. Prof. Petar Kolev	Гл. ас. Петър Колев Assist. Prof. Petar Kolev			

Заниманията се провеждат в *салон 1 на Биологически факултет; бул. „Драган Цанков“ 8*

Trainings are held at hall 1, Faculty of Biology, 8 Dragan Tsankov blvd.