




MEDICAL UNIVERSITY
“PROF. DR. PARASKEV STOYANOV” - VARNA
FACULTY OF DENTAL MEDICINE

Approved with a Protocol of № 13/19.12.2022

Approved: 
DEAN of Faculty of Dental Medicine:
/ Prof. Stefan Peev, MD, PhD, DSc/



EDUCATIONAL PROGRAMME
OF
“SPORT“

Specialty “DENTAL MEDICINE”

Educational-qualification degree “MASTER”

Professional qualification “PHYSICIAN IN DENTAL MEDICINE”

	Semester	Horarium weekly	Total horarium
Lectures			
Exercises	1, 2, 3, 4	2	120
Total	4	2	120
Monitoring and evaluation forms	Current control		Exam- II semester
Credits (ECTS)		1+1+3+3	8
Extracurricular employment			120

Lecturers: Acos. Prof. Zh. Videnova, PhD

Senior Lecturer D. Petrova

Senior Lecturer I. Tchekoeva

Senior Lecturer L. Tchobanov

Senior Lecturer G. Filipov

Senior Lecturer B. Yankov

Lecturer Y. Vasilev

Lecturer G. Dikova

Lecturer Z. Radukanova

Varna, 2022

ANNOTATION:

The physical education and sport classes for the students of the “DENTAL MEDICINE” specialty are primarily aimed at improvement of the students’ physical capacity and technical skills in the different types of practiced sports, and they are also aimed at the creation of habits for maintenance of a healthy lifestyle. The students build up lasting habits for physical activity and sports practicing.

PLAN OF TOPICS OF LEECTURES AND PRACTICAL CLASSES

No.	AEROBICS SEMINAR TOPICS	Number of teaching hours	
		L	S
1	Introduction to the aerobic gymnastics terminology and the effect of aerobic gymnastics on the comprehensive physical development.		2
2	Exercises targeted at the functions of the different analyzers and the complex perceptions, and exercises targeted at the formation and improvement of the speed-strength indicators.		2
3	Exercises targeted at the muscles of the trunk – lateral, abdominal and back muscles – performed with the help of weights or a partner.		2
4	Improvement of the physical qualities of flexibility, agility, static, dynamic and balancing endurance.		2
5	Static aerobic gymnastics – “Callanetics” style. Work on problem areas of the body.		2
6	A set of exercises targeted at the development of strength endurance, flexibility and elasticity of the muscles – “Power stretching”.		2
7	Relaxing exercises – “Pilates” style.		2
8	Fitball. Complex of exercises for lower limbs, work for balance stability.		2
9	A set of exercises with a large fitness ball for abdominal, gluteal muscles and balance.		2
10	Exercises with a large fitness ball for the shoulder girdle and back muscles, for coordination and balance.		2
11	Step aerobics. Dynamic exercises with high intensity and musicality.		2
12	A set of curative-remedial exercises targeted at contributing to the activation of the blood circulation and the fast fat burning.		2
13	A set of exercises with variable intensity performed with the help of sports equipment – steppers, elastic ropes and dumbbells.		2
14	A set of exercises with variable intensity. Circuit training with different equipment.		2
15	Practical exam.		2
	Total number of teaching hours:		30

No.	BASKETBALL SEMINAR TOPICS	Number of teaching hours	
		L	S
1	Introduction to the seminar attendance requirements and briefing on the ensurance of safety during the seminars.		2
2	Technique of passing and catching the ball.		2
3	Ball handling. Passing and catching in motion.		2
4	Dribbling and shooting at the basket from different distances.		2
5	Technical actions when playing offense. Game with two baskets.		2
6	Technical actions when playing defense.		2
7	Improvement of the technical actions with the ball. Passing and catching. Training game with one basket.		2
8	Ball handling. Improvement of passing and catching in motion.		2
9	Improvement of dribbling.		2
10	Shooting from different distances.		2
11	Technical actions when playing defense and offense. Game with two baskets.		2
12	Tactical actions when playing defense and offense.		2
13	Tactical actions during two-sided games, cuts, screens, foul shots.		2
14	Two-sided game.		2
15	Practical exam.		2
	Total number of teaching hours:		30

No.	BOXING SEMINAR TOPICS	Number of teaching hours	
		L	S
1	Studying the fighting stance and basic movements with the legs in boxing.		2
2	Studying the left and right straight punch to the head.		2
3	Consolidation and improvement of the punches and movements studied so far.		2
4	Studying the left hook to the head and the right uppercut to the trunk.		2
5	Studying the right hook to the head and the left uppercut to the trunk.		2
6	Consolidation of the left and right hook to the head and the left and right uppercut to the trunk.		2
7	Studying the defense from the studied punches by tucking of the rear hand against the jaw for protection.		2
8	Studying the left and right straight punch to the trunk.		2
9	Studying the defense from the left and right straight punch to the trunk.		2
10	Consolidation of the studied punches and movements.		2
11	Sway to the left and right side, respectively from left and right straight punch.		2
12	Studying the defense in a fighting situation in pairs.		2
13	Studying all punches in pairs.		2
14	Studying the punches on offense and on defense.		2
15	Free boxing match with a partner. Practical exam.		2
	Total number of teaching hours:		30

No.	SAILING SEMINAR TOPICS	Number of teaching hours	
		L	S
1	Circular system for reporting the world directions, units of measurement. Measuring instruments. Calculation of velocity and sailed time.		2
2	Radio technical means for surveillance of navigational instruments and location determination by visual methods.		2
3	Elements of the hydrometeorological condition of the atmosphere and the sea. Measuring instruments and units of measurement.		2
4	Sea state, parameters and sea currents. Main sources and means to receive a meteorological forecast in maritime spaces.		2
5	Main maritime transport terminology. Ship systems.		2
6	Safety measures and precautions. Rescue equipment – types.		2
7	Main pyrotechnic devices and distress signals.		2
8	Rigging equipment.		2
9	Ship ropes. Spar and sail plan.		2
10	Sea knots. Types and purpose.		2
11	Steering the ship under special conditions. Approaching and landing at a pier. Anchoring.		2
12	Types of wind. Direction. Turns.		2
13	Man overboard. Sequence of actions in the case of a man overboard.		2
14	Main international conventions in sailing.		2
15	Theoretical and practical exam.		2
	Total number of teaching hours:		30

No.	VOLLEYBALL SEMINAR TOPICS	Number of teaching hours	
		L	S
1	Introduction to the seminar attendance requirements and briefing on the ensurance of safety during the seminars.		2
2	Introduction with the history and basic rules of the game. Learning the techniques of movement in volleyball.		2
3	Study of two-handed submission from above - characteristic features. Improving the technique of movement.		2
4	Study of lower facial initial stroke. Improving the submission with two hands on top.		2
5	Study the two-handed submission from below. Improving the lower facial initial stroke.		2
6	Study of upper facial initial stroke. Improving two-handed feeding from below.		2
7	Improving the two-handed submission from below and using it as a welcome. Distribution with two hands at the top and with two hands at the bottom.		2
8	Study attack. Improving the upper facial kick. Execution in order from different zones.		2
9	Improving an attack in the direction of amplification. Study of blockade.		2
10	Improving the technique of performing blockade. Organization of actions in case of attack.		2
11	Team actions in defensive play.		2
12	Two-sided game.		2
13	Improvement of passing in groups of three and four players.		2
14	Improvement of passing after moving and landing. Directing the ball to a particular player.		2
15	Practical exam.		2
	Total number of teaching hours:		30

No.	FOLK DANCES SEMINAR TOPICS	Number of teaching hours	
		L	S
1	Introduction to the seminar attendance requirements and briefing on the ensurance of safety during the seminars.		2
2	Introduction with the peculiarities of Bulgarian folklore, the specifics of the ethnographic areas in Bulgaria and classification of Bulgarian folk dances.		2
3	Thracian ethnographic area. Pravo horo and Thracian pravo horo.		2
4	Northern ethnographic region. "Dunavsko" horo - studying two versions. "Gankino" horo.		
5	Dobrudzha ethnographic region. "Varna dance" - study of two variants. "Ryka" horo.		2
6	Shopska ethnographic area. "Daichovo" horo.		2
7	Pirin ethnographic region. "Shirto" horo.		2
8	Rhodope ethnographic region. "Karakachansko" horo and "Greek" horo.		2
9	"Elenino" horo.		2
10	"Chichovo" horo.		2
11	"Tsigansko" horo.		2
12	"Shterkolyovata" horo.		2
13	Revision of all studied folk dances.		2
14	Current control for acquired knowledge and skills in BgFD.		2
15	Analysis and evaluation of the results achieved during the semester.		2
	Total number of teaching hours:		30

No.	GENERAL PHYSICAL PREPAREDNESS SEMINAR TOPICS	Number of teaching hours	
		L	S
1	Introduction to the seminar attendance requirements and briefing on the ensurance of safety during the seminars.		2
2	Studying the correct performance of the exercises targeted at the different muscle groups.		2
3	Circular interval aerobic exercise targeted at all muscle groups.		2
4	A set of exercises including the use of weights.		2
5	Physical exercise including workout on a stepper.		2
6	Stretching exercises targeted at the improvement of the movement quality of flexibility.		
7	Physical exercises targeted at the development of the movement quality of endurance.		2
7	Physical exercise targeted at the development of explosive power.		2
8	A set of exercises using the Pilates method.		2
9	Interval training with loading of all muscle groups.		2
10	Pyramid training.		2
11	Physical exercise of the "Fat burning" type.		2
12	A set of exercises including the use of gymnastic balls targeted at the development of the coordination skills of the organism.		2
13	Exercise with aerobic exercise for the work of the heart muscle and respiratory capacity.		2
14	A complex exercise with a load on all muscle groups of the body.		2
15	Practical exam.		2
	Total number of teaching hours:		30

No.	SWIMMING SEMINAR TOPICS	Number of teaching hours	
		L	S
1	Briefing. Introduction of the students to the terms and rules for use of the swimming pool.		2
2	Legs – crawl with a moving support and without support.		2
3	Arms – crawl with a moving support.		2
4	Arms – crawl without support. Crawl with the left arm only, crawl with the right arm only.		2
5	Turn – the four phases of high turn.		2
6	Start – the five phases of the movements performed at the swimming start.		2
7	Legs – breaststroke.		2
8	Arms – breaststroke.		2
9	Breaststroke. Coordination. Movement coordination between arms and legs – breaststroke.		2
10	Legs – back crawl with and without a moving support.		2
11	Arms with a moving support. Movements with one arm only, movements with a full overlap of the arms.		2
12	Improvement of crawl.		2
13	Improvement of breaststroke.		2
14	Improvement of back crawl.		2
15	Norm fulfilment and semester certification.		2
	Total number of teaching hours:		30

No.	TENNIS SEMINAR TOPICS	Number of teaching hours	
		L	S
1	Introduction to the seminar attendance requirements and briefing on the ensurance of safety during the seminars.		2
2	Starting position and stance. Racket grips for the shots performed from the baseline.		2
3	Technique of the shots performed from the baseline-forehand (palm-first shot)-from place.		2
4	Technique of the shots performed from the baseline-backhand (reverse shot)-from place.		2
5	Acquisition of the technique of the shots performed from the baseline – forehand and backhand – from place and in motion.		2
6	Studying the technique of the shots from the air - volleys.		2
7	Mastering the technique of the shots from the air. Technique of the overhead shot (smash).		2
8	Play combinations including the shots performed from the baseline and the shots from the air with the aim of mastering the technique.		2
9	Studying the initial shot - service. Ball throwing.		2
10	Mastering the service. Performing the service at a target.		2
11	Studying special tennis shots – slice forehand and backhand, short ball, stop volley.		2
12	Studying the return.		2
13	Single play, play for points.		2
14	Play in pairs, play for points.		2
15	Practical exam.		2
	Total number of teaching hours:		30

No.	TABLE TENNIS SEMINAR TOPICS	Number of teaching hours	
		L	S
1	Introduction to the seminar attendance requirements and briefing on the ensurance of safety during the seminars.		2
2	Introduction to the game rules.		2
3	Starting position and racket grips.		2
4	Technique of performing forehand (palm-first shot).		2
5	Technique of performing backhand (reverse shot).		2
6	Acquisition of the technique of the forehand and backhand shots – from place and in motion.		2
7	Types of service (initial shot) and technique of performance.		2
8	Returning a service.		2
9	Studying special shots (topspin and slice).		2
10	Mastering the special shots.		2
11	Play combinations and tactics during a game.		2
12	Single play.		2
13	Play in pairs.		2
14	Conducting a tournament.		2
15	Practical exam.		2
	Total number of teaching hours:		30

No.	FOOTBALL SEMINAR TOPICS	Number of teaching hours	
		L	S
1	Introduction to the seminar attendance requirements and briefing on the ensurance of safety during the seminars.		2
2	Studying the performance of an inside shot on a stationary ball. Stopping the ball with the inner part of the foot.		2
3	Mastering of the straight and inside shots. Passing in pairs in place and in motion.		2
4	Studying false movements to overcome an opponent. Taking the ball. Exercise in pairs.		2
5	Studying and mastering the technique of performing shots on the ball, stopping and taking, juggling in pairs.		2
6	Studying and mastering the performance of taking the ball in pairs and in groups of three with a change of places. Taking the ball.		2
7	Tactics. Exercises with and without a change of places in pairs and in groups of three.		2
8	Tactical actions when playing defense. Placement of the players on the field. Personal and zonal coverage. Two-sided game.		2
9	Mastering elements of the technique. Two-sided game.		2
10	Handling and passing the ball in motion. Mastering the technique for stopping the ball.		2
11	Shots on a moving ball. Stopping the ball with the chest and playing with the head in pairs.		2
12	Physical preparation. Mastering technical elements. Exercises in pairs.		2
13	Performance of static positions for direct and indirect free kick. Two-sided game.		2
14	Shots in the football gate after ball handling.		2
15	Practical exam.		2
	Total number of teaching hours:		30

THE GRADE in the “Physical Education and Sport” discipline is formed on the basis of the conducted exams at the end of each semester on the type of movement activity that the student has attended.

The curriculum was affirmed at:

- Meeting of the Department of Foreign Language Teaching, Communications and Sport: **Protocol № 1 / 12.09.2022**
- Program Meeting: **Protocol №**
- Faculty Meeting: **Protocol №**

The program was prepared by:

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