

Code: 7a „General Sport Activities – 1 part”

ECTScredits: 3	Number of hours per week:
Forms of assessments: Pass / Failed	0+2+0
	Types of assessment: Pass / Failed - test/quiz
Department, providing instruction on the discipline: Department: <i>PHYSICAL EDUCATION AND SPORTS</i> <i>FACULTY OF SHIPBUILDING</i>	

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**Annotation:**

The program of General Sports Activities- swimmingassist inspecificswimmingexercises to strengthen the health status of students. By the intended curriculum exercises and gives theoretical knowledge to teach the history and development of swimming from its origin to modern conditions for practicing. Acquainted with basic swimming styles and begins with increasing and improving the style crawl. Under the system for the semester tests are provided for entry level of physical fitness. The program provides 30 hours of exercises, which are held at the swimming pool "Julian Rusev" the Marine Station.

**Main issues of the syllabus content :**

- Theoretical and methodological knowledge.
- General physical preparation.
- Special physical training.
- Technical and tactical training.
- Volitional and psychological preparation.

**Content presentation:**

Form of educational content delivery: The contents are exported to seminars.