

Code: 6a,,General Sport Activities – 1 part”

ECTScredits: 1	Number of hours per week: 0+2+0
Forms of assessments:Pass / Failed	Types of assessment: Pass / Failed - test/quiz
Department, providinginstruction on the discipline: Department: <i>PHYSICAL EDUCATION AND SPORTS</i> <i>FACULTY OF ELECTRICAL ENGINEERING</i>	

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**Annotation:**

The program ofGeneral Sports Activities- swimmingassist inspecificswimmingexercises to strengthen the health statusofstudents. By the intendedcurriculumexercisesandgives theoretical knowledgetoteach thehistory and development ofswimmingfromits originto modernconditionsforpracticing. Acquainted withbasicswimmingstylesandbegins with increasingand improving thestylecrawl. Under the systemforthe semesterestsareprovidedforentry levelofphysical fitness. The programprovides30 hoursof exercises, whichare held atthe swimmingpool"Julian Rusev" the MarineStation.

**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.