

Code: 5a,,Specialized Sport Activities – part 1

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

Lecturer: Y.Nestorov

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Annotation: The discipline is connected with swimming training by specific swimming exercises for maintain the health status of the students. The given theoretic and training potential gives students skills on swimming styles and especially freestyle stroke. There is an entrance level provided for physical capabilities of the students educated. The teaching program consists of 30 hours exercises in a swimming pool.

Main issues of the syllabus content:

- Theoretic and methodic knowledge
- Special physical training
- Technical and tactic training
- Psychological and will training.

Content presentation: Swimming pool training.