

Code: 13a „General Sport Activities – 2 part”

ECTS credits: 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 - swimming assist in specific swimming exercises and gives theoretical knowledge to strengthen health and increasing knowledge and skills for proper swimming. Particular attention is paid to the main trends in the swimming technique at different swimming styles. Perfect start and finish in different styles. Learning and improving skills for swimming in style „backstroke“. The semester system provides a theoretical test.

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.