

## **General Sport Activities (7)**

Abstract: The program of General Sports Activities - swimming assist in specific swimming exercises 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 sections of content:

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