

Faculty of Architecture
Department of Arts
Professional area: Visual Arts
Specialty: Fashion Design
Educational and qualification degree: Bachelor

LECTURE COURSE DESCRIPTION

- 1. Course unit title:** Physical culture and sport
- 2. Course unit code:** SPO1007
- 3. Type of the course unit:** compulsory
- 4. Level:** Bachelor
- 5. Year of study when the component is delivered:** first
- 6. Semester:** first
- 7. Number of ECTS credits allocated:** 3
- 8. Name of lecturer(s):** Assoc. Prof. Katya Kairyakova, Asst. Prof. Ivaylo Ivanov
- 9. Learning outcomes:** The aim of the course is to provide a healthy physical activity, recreation and conditions for maintaining good physical ability. Enriching knowledge and new motives for a healthy lifestyle through dance. The students get acquainted with the history, style, character of Bulgarian folk dances from different ethnographic areas.
- 10. Mode of delivery:** face-to-face
- 11. Prerequisites and co-requisites:** none
- 12. Course content:**
 - Folk dances from North Bulgaria
 1. Svishtovsko horo
 2. Elenino horo
 3. Daychovo horo
 4. Paydushko horo

 - Folk dances from Trakia region
 1. Pravo horo
 2. Rachenitsa
 3. Dzhinovsko horo
 4. Trite pati

 - Folk dances from Shopluk region
 1. Selsko shopsko horo
 2. Selsko shopsko horo 2 variant
 3. Graovsko horo

 - Folk dances from Dobrudzha region
 1. Talima
 2. Opas
 3. Varnenski tants

 - Folk dances from Pirin region

1. Shirto

2. Dzhanguritsa

13. Recommended or required reading and other learning resources/tools: none

14. Planned learning activities and teaching methods: seminars

15. Assessment methods and criteria: At the end of the semester students take a practical exam.

16. Language of instruction: Bulgarian