

Faculty of Law
Department: Security and Safety
Professional Area: National Security
Major: National Security Protection
Educational-and-qualification Degree: Bachelor

COURSE DESCRIPTION

1. Course unit title: Sports – Personal Protection, parts 2 and 3
2. Course unit code: SPO 1014
3. Type of course unit: compulsory, elective
4. Level of course unit: Bachelor
5. Year of study: second (third, fourth)
6. Semester when the course unit is delivered: third, fourth (fifth, sixth, seventh, eighth)
7. Number of ECTS credits allocated: 8.5
8. Name of lecturer: Assoc. Prof. Ognyan Kachev, PhD; Assoc. Prof. Dimitar Uzunov; Assoc. Prof. Petar Nedev, PhD; Assoc. Prof. Todor Todorov, PhD
9. Learning outcomes of the course unit: training is specialized in order to learn and reinforce the basics of personal protection techniques and to improve physical abilities in a professional and applied aspect.
10. Mode of delivery: face-to-face
11. Prerequisites and co-requisites: students are required to be physically fit and to have physical culture acquired during their first year of training.
12. Course contents: During the course in ‘Sports – Personal Protection’, parts 2 and 3, students learn and reinforce the personal protection techniques such as single motor actions. Students acquire competencies, habits and skills for self-maintaining and improving physical fitness in accordance with the requirements of personal protection techniques and their application in extreme situations.
13. Recommended or required reading:
 - Честърман Б, Уилингъм Б., «Джудо» ,2007
 - Георгиев П., Хосе Мария Бенито Гарсия, Петров Т., Бачев В., „Полицейска лична защита”, С, 2005
 - Илиев И., Чонгова К., Фитнесът като индивидуална изява на съвременния човек, изд. Авангард Прима, ISBN 978-954-323-625-1, с.140, С., 2010
 - Къчев О., Въведение във фитнеса, ВСУ “Черноризец Храбър”, В, 2004
 - Кейносуке Е., Мак Ч., „Карате техники за свободен бой”, С, 2000
 - Кук Х., « Карате», 2007
14. Planned learning activities and teaching methods: practical training
15. Assessment methods and criteria: The grade in ‘Sports – Personal Protection’, parts 2 and 3 is formed by the degree of mastery and application of basic personal protection techniques, the level of improvement of physical fitness through two examinations, respectively during the 4th and 8th semesters. Students are allowed to sit a test if they have attended 75% of lectures and practical training in ‘Sports – Personal Protection’, parts 2 and 3 during the training period. During the 4th semester, students are awarded 3 credits if they have passed the examination in ‘Sports – Personal Protection’, part 2 and during the 8th semester they are awarded 5.5 credits if they have passed the examination in ‘Sports – Personal Protection’, part 3 (a total of 8.5 credits for ‘Sports – Personal Protection’, parts 2 and 3 for applying and demonstrating personal protection techniques, covering the test battery for physical ability and theoretical knowledge of personal protection techniques).
16. Language of instruction: Bulgarian
17. Work placement: