

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 – Hiking, Alpinism, Orienteering and Mountain Rescue; parts 1 and 2
2. Course unit code: SPO 1015
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: the course focuses on specialized training to enhance physical abilities in a professional and applied aspect during mastering and enforcing the basics of hiking, alpinism, orienteering and mountain rescue.
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: the course in ‘Sports – Hiking, Alpinism, Orienteering and Mountain Rescue’, parts 1 and 2 teaches students to acquire and reinforce competencies, skills and technical agility in hiking, alpinism, orienteering and mountain rescue. Students learn how to restore hiking and footpath signs and to maintain ecological paths and hiking trails.
13. Recommended or required reading:
 - Малчев М. и колектив, Туризм, алпинизъм и ориентиране. ISBN 978-954-400-583-2, с.212, изд.Фабер, В.Т., 2011
 - Маринов С., Съвременни видове туризм. ISBN 978-954-21-0544-2, с.343, изд. Наука и икономика, В., 2011
 - Бърдарев Д. и колектив, Туризм, алпинизъм и ориентиране. ISBN 954-9782-59X, НСА, С, 2003
 - Кандиларов И. , Мачирски А., “Планинарство за всички “, ISBN 954-91179-3–6, С, 2005
14. Planned learning activities and teaching methods: practical training
15. Assessment methods and criteria: The grade in ‘Sports – Hiking, Alpinism, Orienteering and Mountain Rescue’, parts 1 and 2, is formed by the degree of mastery of competences, agility and skills when applying the special applied techniques of applied water sports and water rescue and the level of improvement of physical fitness through two examinations, respectively during the 4th and 8th semesters. Students are allowed to sit an examination if they have attended 75% of lectures and practical training in ‘Sports – Hiking, Alpinism, Orienteering and Mountain Rescue’. During the 4th semester, students are awarded 3 credits if they have passed the examination in ‘Sports – Hiking, Alpinism, Orienteering and Mountain Rescue’, part 1 and during the 8th semester they are awarded 5.5 credits if they have passed the examination in

‘Sports – Hiking, Alpinism, Orienteering and Mountain Rescue’, part 2 (a total of 8.5 credits for ‘Sports – Hiking, Alpinism, Orienteering and Mountain Rescue’, parts 1 and 2 for practical and theoretical skills when applying and demonstrating techniques of hiking, alpinism, orienteering and mountain rescue, covering a test battery for physical ability and for theoretical knowledge)

16. Language of instruction: Bulgarian

17. Work placement: