

**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 – Applied Water Sports and Water Rescue, parts 1 and 2
2. Course unit code: SPO 1016
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 applied water sports and water 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 – Applied Water Sports and Water Rescue’ teaches students to acquire and reinforce competencies, skills and technical agility in applied water sports and water rescue.
13. Recommended or required reading:
  - Андонов С., и кол., Водно спасяване в плавни басейни и водни паркове, НСА, С, 2005
  - Маринов С., Съвременни видове туризъм. ISBN 978-954-21-0544-2, с.343, изд. Наука и икономика, В., 2011
  - Кирилов Т., Устройство и управление на гребно-ветроходна лодка “ЯЛ-6”, МФ, В, 1990
  - Венов Д., Николов В., Подготвителни упражнения за водния спасител, МФ, С, 1991
  - Йонов Й., Формиране на готовност за действия в екстремални ситуации, С, 2003
  - Къчев О., Въведение във фитнеса, ВСУ “Черноризец Храбър”, В, 2004
14. Planned learning activities and teaching methods: practical training
15. Assessment methods and criteria: The grade in ‘Sports – Applied Water Sports and Water 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 4<sup>th</sup> and 8<sup>th</sup> semesters. Students are allowed to sit an examination if they have attended 75% of lectures and practical training in ‘Sports – Applied Water Sports and Water Rescue’. During the 4<sup>th</sup> semester, students are awarded 3 credits if they have passed the examination in ‘Sports – Applied Water Sports and Water Rescue’, part 1 and during the 8<sup>th</sup> semester they are awarded 5.5 credits if they have passed the examination in ‘Sports – Applied Water Sports and

Water Rescue', part 2 (a total of 8.5 credits for 'Sports – Applied Water Sports and Water Rescue', parts 1 and 2 for practical and theoretical knowledge when applying techniques of applied water sports and water rescue, covering a test battery for physical ability and for theoretical knowledge of applied water sports and water rescue).

16. Language of instruction: Bulgarian

17. Work placement: