

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 - Survival in Extreme Situations, parts 1 and 2
2. Course unit code: SPO 1017
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. 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 survival in extreme situations.
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 - Survival in Extreme Situations' teaches students to acquire and reinforce competencies, skills and technical agility during survival in extreme situations.
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 туризъм. ISBN 978-954-21-0544-2, с.343, изд. Наука и икономика, В., 2011
 - Илиев И., Чонгова К., Фитнесът като индивидуална изява на съвременния човек, изд. Авангард Прима, ISBN 978-954-323-625-1, с.140, С., 2010
 - Кандиларов И. , Мачирски А., "Планинарство за всички ", ISBN 954-91179-3-6, С, 2005
 - Георгиев П., „Аварийни спасителна дейност при различни условия, С., 2001, 2002
 - Тодоров Т., Основи на планинарството – I, II, III част, ISBN 954-8767-10-4, См, 2004
 - Алексиев Р., Оцеляване в бедствени ситуации, С, 2004
14. Planned learning activities and teaching methods: practical training
15. Assessment methods and criteria: The grade in 'Sports - Survival in Extreme Situations', parts 1 and 2, is formed by the degree of mastery of competences, agility and skills when applying the special applied techniques of survival in extreme situations 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 during the training period. During the 4th semester, students are awarded 3 credits if they have passed the examination in 'Sports - Survival in Extreme Situations', part 1 and during

the 8th semester they are awarded 5.5 credits if they have passed the examination in 'Sports - Survival in Extreme Situations', part 2 (a total of 8.5 credits for 'Sports - Survival in Extreme Situations', parts 1 and 2 for practical and theoretical knowledge when applying techniques for survival in extreme situations, covering a test battery for physical ability).

16. Language of instruction: Bulgarian

17. Work placement: