



Country BULGARIA	Institution Vasil Levski National Military University	Module Sport	ECTS 3.0
Service All Languages	Minimum Qualification for Lecturers		
English, Bulgarian	<ul style="list-style-type: none"> English: Common European Framework of Reference for Languages (CEFR) Level B2 or NATO STANAG 6001 Level 2. Adequate physical training and medical condition. Adequate pedagogical and psychological competences. Thorough knowledge of the topic taught. 		
Prerequisites for international participants: <ul style="list-style-type: none"> English: Common European Framework of Reference for Languages (CEFR) Level B1 or NATO STANAG Level 2. The end of the 1st year of national (military) higher education. Adequate physical and psychological preparation and good medical condition. 		Goal of the Module: <ul style="list-style-type: none"> Improving physical growth, gain in health, higher physical ability and stamina to the influence of unfavorable factors in military activities. Highly development of basic physical qualities (stamina, strength, speed, dexterity), moral-willingness and psychological stamina. Development of the self control under stress conditions. 	

Learning outcomes	Know-ledge	<ul style="list-style-type: none"> Possessing lasting theoretical knowledge, practical, organizational and methodical habits and skills in physical training
	Skills	<ul style="list-style-type: none"> Development of the self-control under stress conditions. Highly development of basic physical qualities (stamina, strength, speed, dexterity), moral-willingness and psychological stamina.
	Competences	<ul style="list-style-type: none"> Capacity to execute exercises from the Physical Training course or with other persons and to move towards the occupied districts by the friendly or allied troops without a map and/or compass (GPS). Capacity to execute different types of sport: swimming, soccer, volleyball, basketball.

Verification of learning outcomes
<ul style="list-style-type: none"> Observation: Throughout the Module students are to accomplish different exercises and norms. Test: At the end of the Module the students have to accomplish specific exercises given by the examination commission by: <ul style="list-style-type: none"> push-ups and sit-ups for 60 seconds each; 100 m run; 1000 m run;



Erasmus Module
Physical Training
Description

Vasil Levski National Military University

Doc.: ES/2018/08

Date: 14-09-2018

Origin: BG VELIKO02

Module Details		
Main Topic	Recommended WH	Details
Track-and-field athletics	10	<ul style="list-style-type: none">• 100 m run.• 1000 m run.• 3000 m run.• Relay-race 10x10 m.
Gymnastics	5	<ul style="list-style-type: none">• Complex improving exercises and Complex strength exercise.• Making pull-ups on horizontal bar.
Self-defense	5	<ul style="list-style-type: none">• Basics commands, moves, types of falling and rolling downs.• Study basic punches – straight, cross, hook and uppercut.• Study basic kicks – front, roundhouse, side and back.• specialized hand-to-hand combat
Sport games	10	<ul style="list-style-type: none">• Soccer• Volleyball• Basketball
Additional hours to increase the learning outcomes		
Self-Study	0	<ul style="list-style-type: none">• 1000 m run.• Push-ups and sit-ups.
Total	30	