



UPDATING THE "SPORT" SUBJECT CURRICULUM FOR STUDENTS IN THE SPECIALTIES "NURSE" AND "MIDWIFE" AT THE FACULTY OF PUBLIC HEALTH, MU – SOFIA

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ABSTRACT

The discipline "Sport" is a necessary part of the students' education. It regulates the physical with the mental load, improves the motor skills and habits, preserves and improves their health and physical capacity. The training of students in the discipline "Sport" should be focused on their specific professional activity, using different types of sports for stable and sustainable motor, intellectual and emotional development of the personality of the trainers.

The aim is to update the curriculum in the discipline "Sport" by including theoretical training (seminars) and additional sports disciplines (Exercises).

Tasks:

- Analysis of the current curriculum in the discipline "Sports" for students majoring in "Nurse" and "Midwife" from the Faculty of Public Health (FPH) at MU - Sofia.
- Inclusion of theoretical material with current topics and a program of activities for independent preparation in the form of seminars.
- Inclusion of additional sports disciplines with the appropriate methodology and content to the ones practiced so far.
- Expected results.

The new additions to the program will help to acquire specialized knowledge about physical exercises, application of exercises for therapeutic purposes, knowledge to practice different types of physical activity and their benefits for maintaining and developing the necessary motor skills of students to practice the professions "Nurse" and "Midwife".

Key words: sports, curriculum, students, Nurse, Midwife.

INTRODUCTION

A number of authors not only in our country but also in the world have studied the problem facing the health systems stemming from the insufficient number of medical specialists, including Nurses and Midwives. They have found that the nursing profession had lost its appeal (1).

Since 2007, at the request of the EU under the chapter "Education", the training of nurses has been conducted in faculties and the qualification programs have been transformed from semi-higher education (professional higher education) to higher education at the educational and qualification degree Bachelor (2).

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In this context, the first university structure in Bulgaria that provides training for the qualifications "Nurse" and "Midwife" under the new European legislation is the Faculty of Public Health (FPH) at MU-Sofia. During this period,

the faculty has applied flexible approaches and forms of admission for prospective students. In a short period of time the requirements increased and a complex exam in General physical training was introduced, which includes an assessment of basic motor skills, basic gymnastics and game disciplines - volleyball and basketball. This gives the students an incentive to maintain good physical and technical-tactical preparation and strive for a healthy lifestyle.

At the first years of the new program the student training in the discipline "Sport" started with 60 hours, distributed between the first and second semesters. According to the last update of the curriculum that was introduced in the academic year 2013-2014 students are trained only in several major sports - Basketball, Volleyball, Table Tennis, Fitness.

After the introduction of entrance exams with the inclusion of a complex exam in general physical training and on the basis of a performed analysis, the need for introduction of a scientific approach in the training of students in the discipline "Sport" was established. Through the analysis of the necessary motor qualities in the structure of the profesiograms of a nurse and midwife professions it was found that the essential role for more successful practice of the professions have the qualities - speed, accuracy, coordination of movements, endurance and agility (3).

The purpose of this study is to update the curriculum of the discipline "Sport" by including

theoretical preparation in the form of seminars, additional game disciplines, strength and gymnastic complexes (in practical exercises) to increase the motor skills of students.

MATERIALS AND METHODS

The training in the educational and qualification degree Bachelor in Faculty of Public Health for the specialties "Nurse" and "Midwife" is in accordance with the European requirements for 4600 hours distributed in 4 years - 3 years plus one year of practical training. In the academic year 2019-2020, additional classes are included in the discipline "Sports" for the entire period of study (during the first 3 years - I-VI semester). The total number of hours reached 180 hours, which are divided into 60 hours per year (30 hours per semester). This made it possible to update the curriculum in accordance with the knowledge and skills that students must acquire in connection with the implementation of specific for certain motor activities and sports technical actions, and to include theoretical material with topics from the Theory and methodology of physical education and sports training.

RESULTS AND DISCUSSION

The updated curriculum has the following goals and tasks: development and maintenance of optimal physical capacity of students, acquisition of knowledge, skills and habits for self-organized activities and development of physical qualities, both during their studies and in their future realization as medical specialists.

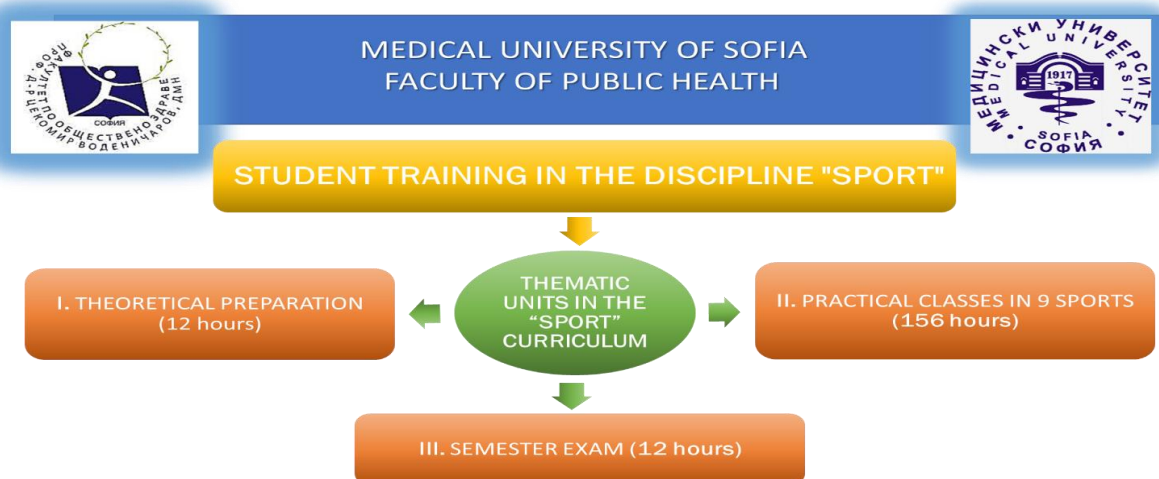


Figure 1. Thematic units and lessons in the "Sport" curriculum

Detailed presentation of the included study contents in the thematic units (**Figure 1**) of the content of the curriculum:

I. Theoretical preparation (12 hours), which takes place at the beginning of each semester, on one topic (2 hours):

1. Topic 1: Physical activity - definition, methodological requirements and general knowledge for impact on the body.
2. Topic 2: General methodological requirements and rules for conducting self-organized activities.
3. Topic 3: Characteristics and application of sports and elements of the performance technique for the development and maintenance of physical capacity.
4. Topic 4: Harmful habits and their consequences on the human physical condition.
5. Topic 5: Influence of natural hardening factors on the human body
6. Topic 6: Socialization of personality and social roles in sports activities.

II. Practical classes in sports, distributed by semesters (I-VI):

1. **Volleyball** (18 hours): I semester: Characteristics and history of the game. Initial and in-depth study of the basic techniques applied in the game; II semester: Consolidation and improvement of the basic techniques in the game studied so far. Rules studies; III semester: Volleyball tactics. Rules for organizing sports competitions and tournaments. Forming teams; IV semester: Training games and training matches between the formed teams; V-VI semester: Forming teams and internal competitions between specialties.
2. **Swimming** (18 hours): I semester: Initial study of the crawl style. Crawl legs, arms, catch-up stroke and coordination; ; II semester: Initial study of backstroke style. Backstroke legs, arms, coordination; III semester: Initial study of breaststroke style. Breaststroke legs, arms, coordination; IV semester: In-depth study of the studied swimming styles. Initial study of the butterfly style; V semester: Consolidation and improvement of the studied swimming styles. In-depth study of the butterfly style;
3. **Basketball** (18 hours): I semester: Characteristics and history of the game. Initial and in-depth study of the basic techniques applied in the game; II semester: Consolidation and improvement of the basic techniques in the game studied so far. Rules studies; III semester: Basketball tactics. Rules for organizing sports competitions and tournaments. Formation of teams; IV semester: Training games and matches between the formed teams; V-VI semester: Formation of teams and internal competitions between specialties.
4. **Fitness and cardio-fitness** (16 hours): I semester: Characteristics, history and specifics of sports disciplines. Safety and technical equipment; II семестър: Initial and in-depth study of the basic techniques in the disciplines; III semester: Consolidation and improvement of the basic technical methods in the disciplines. Types of training; IV semester: Practical training for individual muscle groups.
5. **Badminton** (18 hours): III semester: Characteristics and history of the game. Initial and in-depth study of the basic techniques applied in the game; IV semester: Consolidation and improvement of the basic techniques in the game studied so far. Rules studies; V semester: Formation of teams and internal competitions between specialties.
6. **Mountaineering and orienteering** (18 hours): I semester: Excursions with pre-selected low mountain routes. Active recreation in nature with a healing focus; II semester: Excursions with pre-selected alpine routes; III semester: Excursions with pre-selected low mountain routes. Active recreation in nature with a healing focus; IV semester: Excursions with pre-selected alpine routes; V semester: Excursions with pre-selected alpine routes, using a compass; VI semester: Excursions with pre-selected alpine routes, orientation with a compass.
7. **Basic gymnastics** (16 hours): I semester: Formation exercises and command teaching; II-III semester: Formation exercises and command teaching. Running exercises and

combinations. Coordination combinations on the ground.

8. **Track-and-field** (18 hours): II semester: Characteristics and history of the sport. Track running, sprint; III semester: Standing long jump, triple jump; IV semester: Relay games; V semester: Internal individual and group relay competitions between specialties.
9. **Table tennis** (16 hours): I semester: Characteristics and history of the game. Initial and in-depth study of the basic techniques applied in the game; II semester: Consolidation and improvement of the basic techniques in the game studied so far. Rules studies; V semester: Formation of teams and internal competitions between specialties; VI semester: Formation of teams and internal competitions between specialties.

III. **Semester exam** held at the end of each semester from I to VI, in the last lesson of the semester (2 hours). The exam includes seven tests: 1) grip strength of left and right hand (kg); 2) folding and unfolding the arms in support for 30 sec. (number); 3) straightening from the back of the head to a seat for 30 seconds (number); 4) standing long jump (cm.); 5) shuttle running on a half volleyball court - 30 metres (sec.); 6) flexibility of the upper limbs (cm.) and 7) the Ruffier test. The final grade is formed as an arithmetic mean of the students' achievements from the first six tests (according to prepared normative tables for assessment).

CONCLUSIONS

With the inclusion of theoretical training and additional sports disciplines in the curriculum of "Sports" for students majoring in "Nurse" and "Midwife" specialties, the gaps in the current

program were filled. The increased number of classes in the discipline "Sport" from the current school year and the possibility to update the program contributed to this. The updated program is aimed at acquiring specialized knowledge about physical exercises, knowledge about practicing different types of physical activity and the benefits of them for maintaining and developing the necessary motor skills of students for more effective professional activity.

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In the next stage of the National Research Program, to which the present study is related, it is envisaged to test the result of the application of the new curriculum.

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