



# *University Outdoor Sports in the Republic of Macedonia*

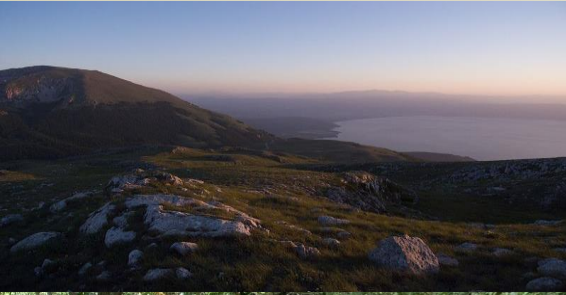
*FLV, Biljana POPESKA*

*Goce Delcev University – Stip, Macedonia*

*Faculty of Educational Sciences*



# About Republic of Macedonia



# Why SPORT at UNIVERSITY?



- ❑ Logical continuum of physical education in the educational system.
- ❑ Chance for educational impact on students.
- ❑ Creating life-long habit for active and healthy lifestyle.
- ❑ Development characteristics of students

*ontologically* – the pick of development of all motor abilities

*reality* – reported decrease of physical activity and health problems related to it.



## WHY OUTDOOR ACTIVITIES

- ✓ Health benefits – THREE DOCTORS - sun, water, fresh air.
- ✓ Use of natural resources.
- ✓ Overcoming the problem with lack of sport facilities and equipment.

# State Universities in Macedonia



St. Chyryl and Methodius - Skopje



Goce Delcev University - Stip



University St. Kliment Ohridski - Bitola



State University Tetovo - Tetovo



St. Paul the Apostle- Ohrid

# Sport activities of students at Universities in Macedonia

Hiking, crosses,  
outdoor traditional  
movement games,  
outdoor sports



I. Sport as a part of the  
curricula of the  
Faculties

II. Occasional outdoor  
sport activities



- Bike race  
- Autumn march

III. Optional outdoor  
summer and winter  
sport activities

IV. Interuniversity and  
state university  
competitions and  
leagues



- Crosses  
- State university ski race

- Ski courses (winter)  
- Beach and water sport activities



# Outdoor sport activities in the university curricula in Macedonia - Goce Delcev University - Stip

❑ Curriculum SPORT AND RECREATION – obligatory course for first year students at all Faculties

## Outdoor activities

- Hiking
- Cross running
- skating
- Traditional movement games
- Basic physical exercises



Hicking



Skating



Physical preparation

## Indoor activities

- Aerobics
- Sport games
- Table tennis
- Martial arts



Traditional games



Outdoor sports

# Outdoor sport activities in the university curricula in Macedonia - University St. Chiril and Methodius - Skopje

## Curriculum RECREATION

Elective course with  
students at some  
Faculties

Obligatory course with  
students at Faculty of Sport  
and Physical activity

### ACTIVITIES:

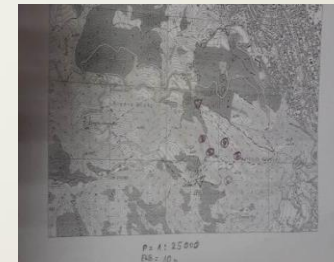
- Orienting
- mountain hiking,
- skating
- traditional games
- outdoor aerobic.



Mountain hiking

# Outdoor sport activities in the university curricula in Macedonia - University St. Chiril and Methodius - Skopje

## Curriculum RECREATION



Skating

Traditional movement  
games

Orientation with maps

Orientation in  
mountain  
with compass

Animation



# Occasional outdoor sport activities

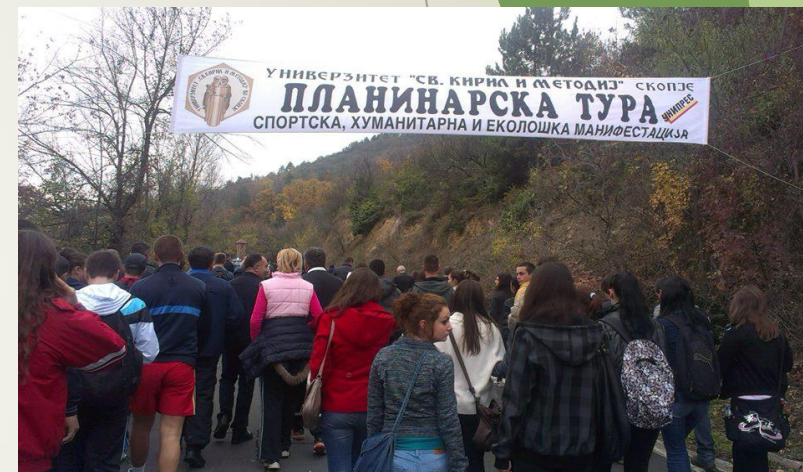
## CYCLING RACE

Anniversary of Goce Delcev  
University



## AUTUMN STUDENTS MARSH

St. Chiril and Methodius University



# Optional outdoor summer and winter sport activities

At Goce Delcev University - Stip

Ski course



Beach and water sports activities



# Interuniversity and state university competitions and leagues

*Interuniversity competitions*  
organized by the Universities

*State University competitions*  
Organized by the National University Sport  
Federation

**Универзитетски спортски центар**  
Универзитет „Гоце Делчев“ - Штип



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Универзитет „Гоце Делчев“ - Штип  
Универзитетски спортски центар  
по повод 27.МАРТ, организира:

**УНИВЕРЗИТЕТСКИ СПОРТСКИ ИГРИ**



**12** 03.2014 **КОШАРКА**  
Почеток 14:00 часот

**13** 03.2014 **ОДБОЈКА**  
Почеток 14:00 часот

**14** 03.2014 **ПИНГ-ПОНГ**  
Почеток 14:00 часот

спортска сала: „Јордан Мијалков“



# INTEREST OF STUDENTS FOR OUTDOOR ACTIVITIES

- Two different studies realized at Goce Delcev University

Outdoor activities as a part of Sport and recreation course

- Experimental program for students at Faculty of Economy - one semester
- Sport and recreation course was composed only from outdoor activities
- 46 examiners

Preferences for outdoor activities during leisure time

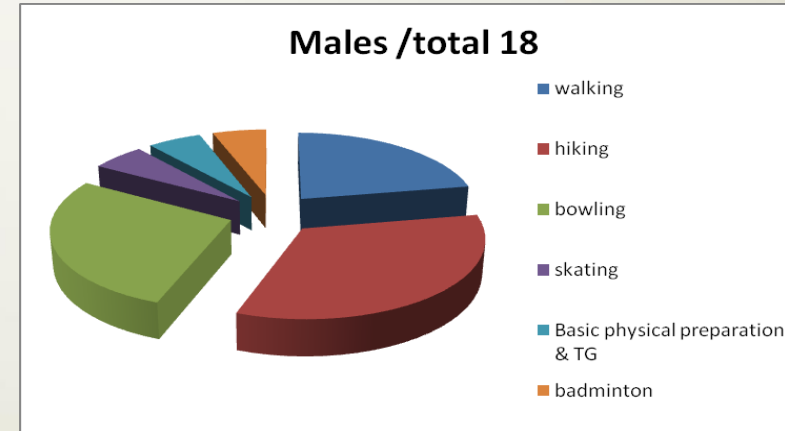
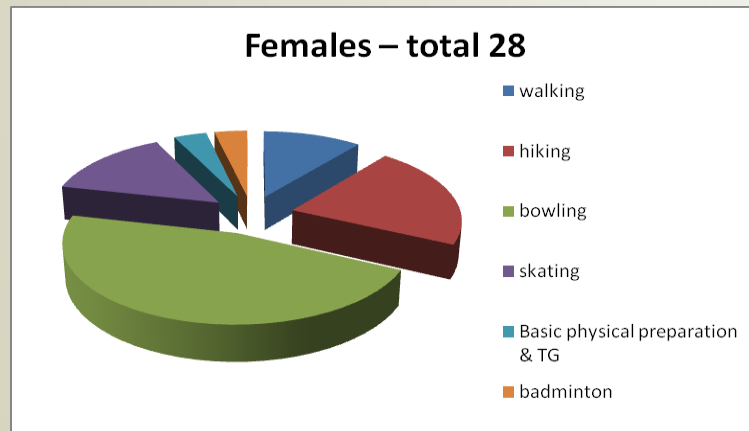
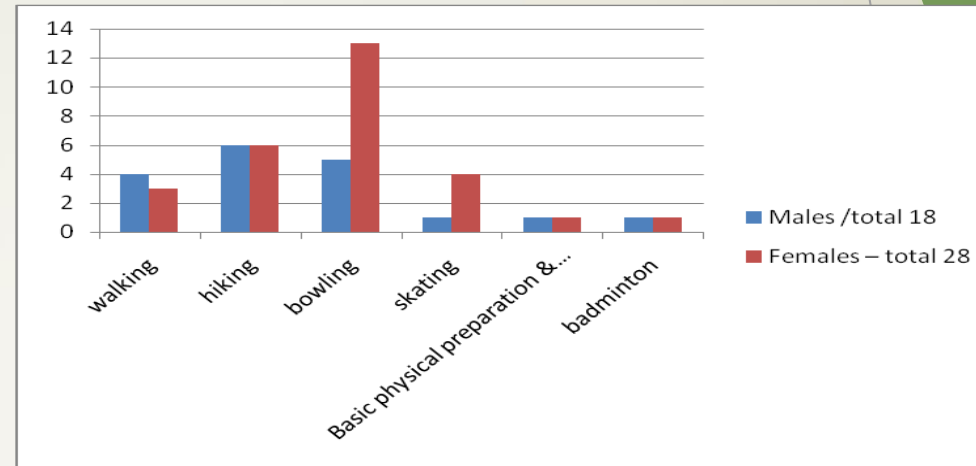
- Interest of students for enrolling in sport activities during leisure time
- Total 66 examiners

# RESULTS

## Experimental sport and recreation course

Suggested activities:

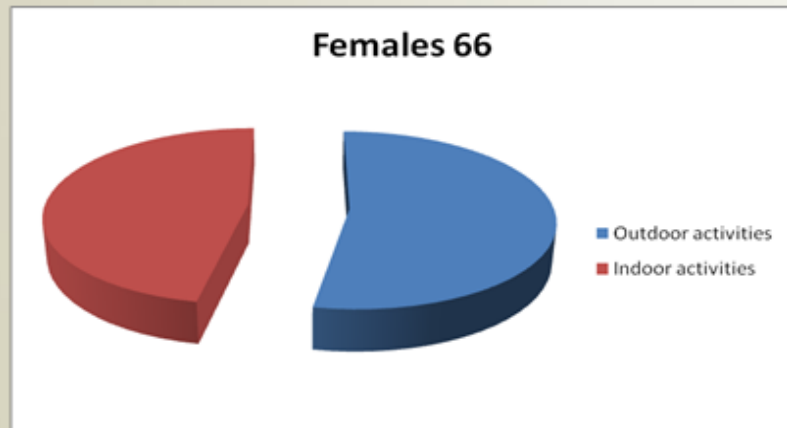
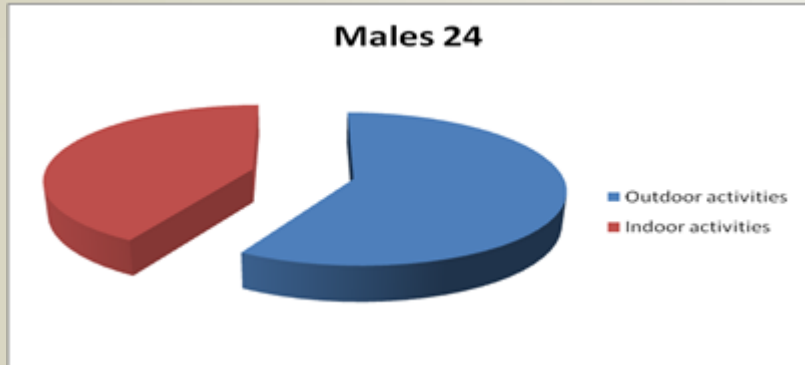
- Walking and running
- Mountain hiking
- Skating
- Basic physical exercises
- Badminton – outdoor
- Bowling - indoor



# RESULTS

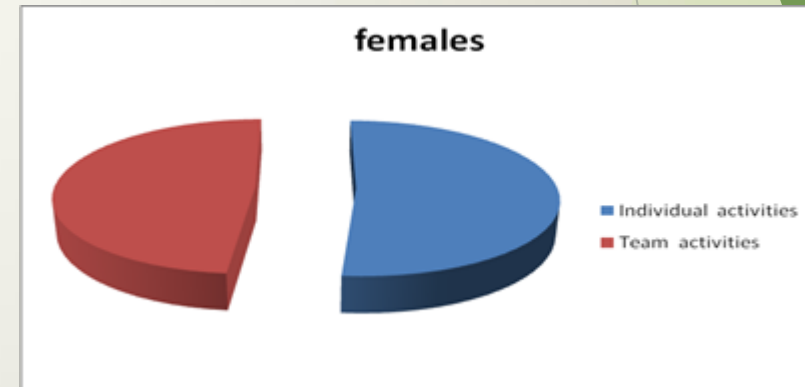
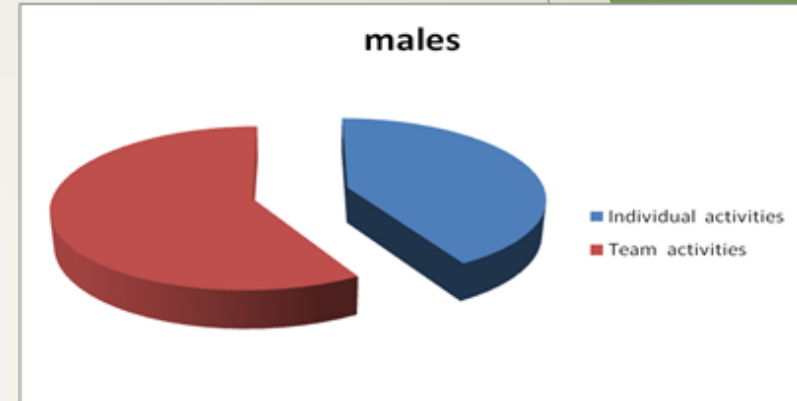
## Outdoor activities during leisure time

### Interest for outdoor/indoor activities



Outdoor: males 58%, females - 53% (**66 participants**)  
Indoor: males 42%, females - 47%

### Interest for individual/team activities

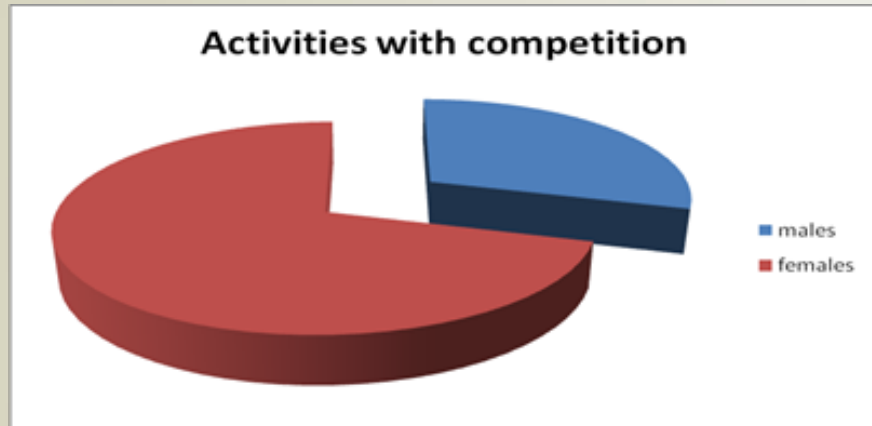


*Individual: males 42%, females 52%*  
*Team: males 58%, females 48%*

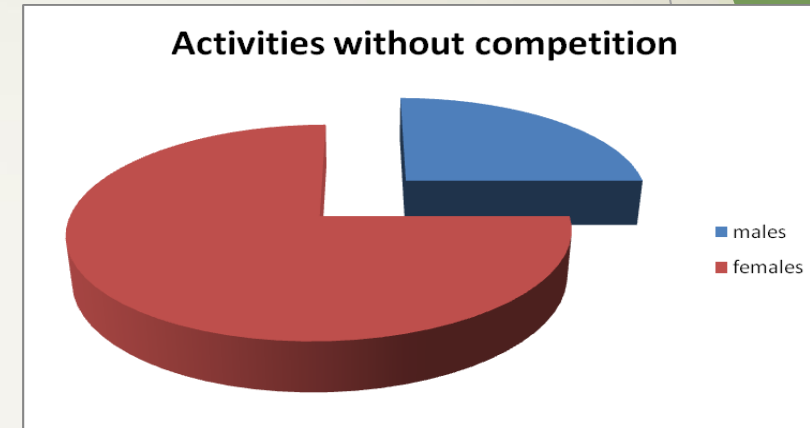
# RESULTS

## Outdoor activities during leisure time

### Interest for competitive/uncompetitive activities



Competitive: males 67%, females - 37%  
Uncompetitive: males 33%, females - 67%



Competitive: males 67%, females - 37%  
Uncompetitive: males 33%, females - 67%

#### Males

- Outdoor activities
- Team activities
- Competitive activities

#### Females:

- Outdoor activities
- Individual activities
- Uncompetitive activities

# NEXT STEPS



- Implementation of several new outdoor activities in sport and recreation curriculum – hiking every second Sunday/ orientation/ bicycling or roller blading/ grass hockey
- Designing a sport and recreation curriculum as selective course in 2<sup>th</sup>, 3<sup>th</sup>, 4<sup>th</sup> and 5<sup>th</sup> year of sport with possibility to select the preferred sport.



- Continuous with bicycle races
- Organization of Cross
- Activities related with celebration of International Day of University Sport/ International day of the students – cross races/ open aerobic day/ competition in traditional games
- Creating outdoor fitness zone



- X- Continue the good practice of organization of ski courses and summer camps for students
- Organization of courses for orientation and hiking in the mountains during the spring.





**THANK YOU FOR  
YOUR  
ATTENTION**

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