

СЪВРЕМЕННИ ТЕНДЕНЦИИ НА ФИЗИЧЕСКОТО ВЪЗПИТАНИЕ И СПОРТА



Направления:

1. *Физическото възпитание, спортът и рекреацията в образователната система*
2. *Рекреацията, анимацията и спортът в свободното време – превенция за здраве*
3. *Теория и методика на физическото възпитание и спорта*
4. *Връзка на физическото възпитание и спорта с други дейности и научни области*

ДЕСЕТА
МЕЖДУНАРОДНА
НАУЧНА КОНФЕРЕНЦИЯ

СЪВРЕМЕННИ ТЕНДЕНЦИИ
НА ФИЗИЧЕСКОТО ВЪЗПИТАНИЕ
И СПОРТА

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Редакционна колегия

проф. д-р Анжелина Янева, съставител и редактор

Елица Стоянова, коректор

Научен комитет

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Международната научна конференция *„Съвременни тенденции на физическото възпитание и спорта“* се провежда за десета поредна година под ръководството на проф. Анжелина Янева. В юбилейната конференция са представени 57 бр. доклади от 72 бр. автори от България, Казахстан, Македония, Русия и др.

Идеята за научната конференция се заражда през 2008 година, след участието на екип от преподаватели от Департамента по спорт (А. Янева, Е. Йорданов и Е. Михайлова) в няколко научни конференции, но реално се осъществява през 2009 г., под ръководството на Анжелина Янева и подкрепата на директора, по това време, на Департамента по Спорт – доц. д-р Емил Прокопов и ректорското ръководство.

Първата Международна научна конференция *„Оптимизация и иновации в учебно-тренировъчния процес“* се провежда и с подкрепата на проф. дпн Емилия Рангелова от Факултета по педагогика и проф. Димитър Гюров от Факултета за начална и предучилищна подготовка, днес Факултет по науки за образованието и изкуствата, както и със съдействието на учени от други факултетите на СУ и други Университети в България, като доайена на Теорията и методиката на физическото възпитание – проф. дпн Крум Рачев.

През годините Конференцията се провежда с финансовата помощ на Университета чрез участие по Проект по Наредба № 9, за финансиране на научната дейност на Софийския университет „Св. Климент Охридски“.

През 2011 г. наименованието на конференцията е променено на *„Съвременни тенденции на физическото възпитание и спорта“*, със следните направления:

1. *Физическото възпитание, спортът и рекреацията в образователната система;*
2. *Рекреацията, анимацията и спортът в свободното време – превенция за здраве;*
3. *Теория и методика на физическото възпитание и спорта*

Тези три направления разкриват същността, характера и смисъла на Физическото възпитание и спорта.

Направленията, обхващат дейности, които формират у личността физическа възпитаност и култура, стремеж към физическо и здравословно развитие, афинитет към физическо, психическо и емоционално съвършенство, желание за физическа подготвеност и физическа дееспособност.

През 2016 г. в резултат на повишения интерес на учени и педагози от други научни области към физическото възпитание и спорта се въведе четвърто направление: *„Връзка на физическото възпитание и спорта с други дейности и научни области“*. Това направление разкрива широкомащабността на феномена – *„Физическо възпитание и спорт“*.

Значителният интерес към конференцията през годините се потвърждава от участието на автори от над девет страни – България, Казахстан, Албания, Македония, Турция, Сърбия, Русия, Полша, Румъния и др. и публикувани над 450 доклада.

Докладите, презентирани през годините са показател, не само за високото ниво на научната конференция, но и за съпричастността към каузата на Физическото възпитание и спорта, а темите, разисквани на организираниите кръгли маси са индикатор за съществуващите проблеми, които не трябва да се отлагат.

Настъпилите промени след 1989 година създадоха условия за ликвидирането на спорта в България, в резултат на което болестите, депресията, демотивацията и жестокостта се настаниха трайно в живота на хората.

Докладите от научния форум не само отразяват състоянието и статута на спорта и нацията, но те са призив към българските държавници, отговорни към гражданите на България.

Необходима е кардинална промяна на досегашния подход към спорта и образователната система, без която е немислим напредъкът на държавата.

проф. г-р Анжелина Янева

**РЕКРЕАЦИЯТА, АНИМАЦИЯТА
И СПОРТЪТ В СВОБОДНОТО ВРЕМЕ –
ПРЕВЕНЦИЯ ЗА ЗДРАВЕ**

ФИЗИЧЕСКА АКТИВНОСТ НА СТУДЕНТИТЕ НА СЕДМИЧНО НИВО – УСЛОВИЯ И ПЕРСПЕКТИВИ В РЕПУБЛИКА МАКЕДОНИЯ С ВЪЗМОЖНОСТИ ЗА НАСЪРЧАВАНЕ НА СПОРТНИЯ ТУРИЗЪМ НА УЧИЛИЩНО РАВНИЩЕ

БИЛЯНА ПОПЕСКА, ЦВЕТАНКА РИСТОВА,
НИКОЛА ДИМИТРОВ, КИРИЛ БАРБАРЕВ

POPESKA BIJLANA, RISTOVA CVETANKA, DIMITROV NIKOLA, BARBARREV KIRIL. PHYSICAL ACTIVITY OF STUDENTS ON WEEKLY LEVEL – CONDITIONS AND PERSPECTIVES IN REPUBLIC OF MACEDONIA WITH POSSIBILITIES TO PROMOTE SPORT TOURISAM AT UNIVERSITY LEVEL

Абстракт: Едно от решенията за насърчаване на физическата активност в университетите може да бъде свързано с използването на природни ресурси чрез насърчаване на дейности на открито и спортен туризъм. Целта на тази статия е да се определи седмичното ниво на физическа активност на студентите в Университета „Гоце Делчев“ в гр. Щип, техният интерес към дейностите на открито и в тази връзка да се проучи и предложи възможността за спортни дейности и туризъм на университетско ниво. Изследването е осъществено на извадка от 200 студенти. На базата на резултатите, половината от студентите са активни 1-2 седмично и 44% се интересуват от дейности на открито. Отчитайки възможностите за открито, Република Македония предлага големи възможности за развитие на развлекателни дейности като туризъм, разходки сред природата, скално катерене, алпинизъм, парапланеризъм, планинско колоездене, сноуборд, ски. Някои от тези дейности могат успешно да се реализират в учебните програми в университетите или да се предложат като извънкласни дейности.

Abstract: One of the solutions to promote physical activity at university could be related with use of natural resources by promoting outdoor activities and sport tourism. The aim of this paper is to determine the weekly level of physical activity of students at Goce Delcev University in Stip, their interest for outdoor activities and in this regard to explore and suggest the possibility for sport tourism university level. The study was realized on a sample of 200 students. Based on the results, half of the students are active 1–2 per week and 44% are interested in outdoor activities. Regarded explored possibilities for outdoor activities, Republic of Macedonia offers great possibilities for development of recreational activities such as hiking, walks in nature, rock climbing, alpinism, paragliding, mountain biking, snowboarding, skiing. Suggested activities could be successfully implemented in university sport curricula or as extracurricular activities.

Ключови думи: физическа активност, ученици, спортен туризъм, перспективи, университет
Key Words: physical activity, students, sport tourism, perspectives, university

Introduction

Decrease of level of physical activity in the population of university students is notable in the last decade [24, 9, 17,]. It is a result of many factors including changes in life style related with beginning of academic studies, changes in nutrition habits, increased level of sedentary time and screen time

[7, 19] less leisure time and in this regard less time for physical activity during leisure [30]. This decrease is more notable for female students compared with their male colleagues to the male population of students [26, 9, 3, 6, 10, 21]. Studies finding also reported that this is closely co-related with the previously held habits for movement [9, 24].

Answering the question: *Why is physical activity important during university studies?* Several aspects are worth to be underlined. The first one is related with health benefits from regular physical activity. This benefit refers to improvement of physical abilities, mental health and emotional wellbeing. Findings from numerous studies emphasize the positive effect of PA on psychological well – being, positive social feedback [23]; decrease number of health problems [3]; greater satisfaction from quality of life that increases progressively with increase of the number of weekly frequency of engagement in physical activity. Other study reports also confirmed that initial period of commencing the studies leads to decrease of the physical activity, which results, with increase of obesity, health problems, lower self – esteem, anxiety etc [3, 7]. The second aspect is related with creation of habits for active lifestyle. Considering that, healthy habits in youth determine the quality of life in future [8] it's understandable that the university education is the last opportunity for organized and institutional influence on creation on habits for active and healthy lifestyle.

All previously mentioned emphasize the importance of regular physical activity during university studies. In this regard, the university has also a huge role in providing facilities and activities to answer to student's needs and interest for physical activity and sport [30, 20]. Considering the variety of activities, the criteria for that what the university should focus on is the preferences of students and available resources and facilities. Speaking about facilities and resources, nature and its beauties are something worth to be considered as good offer for sport. In this regard, promotion of sport tourisms could be one of the solutions how to increase the offer for sport contents that will have positive effect on PA level and health, but also a positive effect on promotion of the natural beauties and landscapes.

The relationship between sport and tourism is not new, and by far has been analyzed by many authors [4, 5, 11, 16, 18, 27, 28, 29, 31, 32, 33]. Their analyses indicate that tourism and sport are two cognate and closely interrelated social phenomena, very much like Siamese twins [22]. When it comes to experiences and tourism, active or passive participation in sports can provide tourists with extraordinary adventures and experiences [25]. But taking a step further, and promoting sports tourism into education, through various methods will ultimately lead to a legacy of quality experiences and outcomes for all students, and in the Republic of Macedonia the development of sports tourism on university level may even contribute on breaking the seasonality in

tourism in the Republic of Macedonia. The Republic of Macedonia has ideal conditions for the development of sports tourism as well as sports tourism at university level. As a mountain country, has extraordinary natural preconditions and possibilities for development of mountain biking, hiking & natural walks and skiing. Macedonia's many mountain peaks over 2500 meters and big wall-eyes around are also an attractive place for the development of paragliding, where also the many villages between the mountains offer a great location for ridings with horses. This country owns many hydrographic facilities such as springs, springs, rivers, lakes, thermal springs, where fast rivers and lakes are excellent sport activities for everyone enjoying the kayaking and swimming. With the choice of a range of sports in the Republic of Macedonia, students have the opportunity to include themselves and gain better life habits and health. Therefore, with promoting sports tourism at university level, the universities are shaping positive learning and working experience for students.

According to the available outdoor sports activities on the terrain of the Republic of Macedonia, we will divide them into following groups: a) *Individual sports*: swimming, cycling, athletics; b) *Extreme sports*: rock climbing, alpinism, paragliding, mountain biking, snowboarding, skiing and kayaking and c) *Recreational activities*: hiking, walks in nature, trails running and riding horses. Quality programs in physical activity and sport can be created in all of the above-mentioned types of sports. Beyond of developing good practices for the students, with the implementation of sports tourism at university level in students' education, while participating, the students will be able to learn more about the tourists' attractions in the Republic of Macedonia, hence the promoting of sports tourism.

Considering all above-mentioned aspects, we pointed our focused on identification of student's interest for outdoor activities and in this regard, possibilities that nature in Macedonia offers in a sense of promotion of sport tourisms. The purpose of this paper is to determine the weekly level of physical activity of students at Goce Delcev University in Stip, their interest for outdoor activities and in this regard to explore and suggest the possibility for sport tourisms on university level.

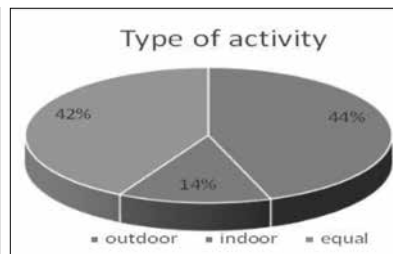
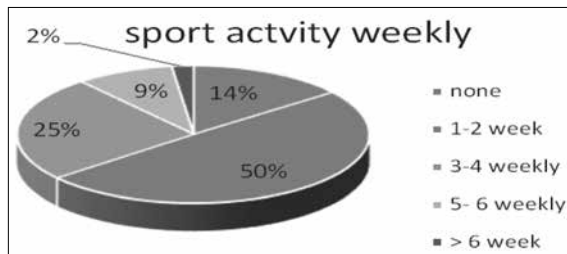
Methodology

The research was realized on a sample of 200 examiners, full time students at all four years of study at eight different faculties at Goce Delcev University in Stip in four different cities: Stip, Skopje, Radovis and Strumica. The research was conducted in the April, 2017. Closed form of questionnaire, with multiple suggested choices was applied. Beside the general questions (gender, age, year and course of study and place of living), the questioner was conducted of questions related to the weekly frequency of participation

in physical activity and preferences for sport and physical activity (team/individual, competitive – non-competitive, indoor – outdoor sport). Theoretical and comparative analyses were applied as method of research. Referent studies related with available natural resources for sport was analyzes. Different available internet bases and web pages related with facilities and offer for outdoor activities in nature were also a subject of analyses. The numeric results from the study were analyzed using frequencies (f) and percent's (%). They are also presented graphically. The qualitative information were selected and analyzed following same protocol.

Results and discussion

From the total number of participants, 93 were males and 107 were females. They were students in all years of study, but mainly at fourth year. The approximate age of the respondents was 22,5 years. One of the questions that we were interested was related with the weekly frequency of participation in physical activity, considering only those activities that last more than one hour. Results are presented graphically at Graphic 1. The greatest number of students, particularly 50% was physically active 1–2 times per week, 25% were active 3–4 times per week and 14% that they are not active at all. From the opposite side, only 2% of interviewed students declare that are PA 6 times per week. Similar results are obtained in other study [26] realized at the sample of university students from Macedonia, Slovenia and Bulgaria. According these results, 49% of Macedonian students are active 1–2 per week, while 23% declare active 3 times per week.



Graphic 1. Weekly frequency of engagement in PA Graphic 2. Type of preferred activity

The other two questions referred to type of preferred activity. Regarded the social component of the activity, students had possibility to chose between team sports; individual sports and mixed, both team and individual sports. Based on obtained results, 38% of the students prefer team sports, 36% are more interested in individual sports and the rest 26% equally want to participate in team and individual sports.

Regarding the type of activities related to place of their performance, outdoor activities are preferred by 44%, indoor activities are choice of 42% of interviewed students and the rest 14% are interested in both indoor and outdoor activities.

Based on study results, it's notable that students are interested for outdoor activities. These are encouraging information from the aspect of facilities for sport, meaning that natural resources for sport can be effectively promoted as sport environment. This gives us green light for searching opportunities and solutions that will be in a line with student's interests and preferences, will solve the problem with lack of material facilities and sport halls and in the same time will promote natural beauties and resources of the country. In this regard, already mentioned intentions to promote sport tourism will be reasonable and justified solution.

Based on study analyses and available sources of information for sport tourisms and possibilities that Macedonian nature is offering, we selected and suggested several different sport activities that can be suggested to students and developed in a frames of sport curricula at universities. Following, are presented the possibilities through some examples of where can the sports tourism be promoted through activities for the students in the Republic of Macedonia. Some of suggested activities are rock climbing, alpinism, paragliding, mountain biking, snowboarding and skiing, hiking, kayaking, and horse riding

Rock Climbing. Numerous rock mountains and canyons in Macedonia offer great possibilities for rock climbing. Some of the popular places for this sport are following: **craigs** – Zlidol, located in the hearth of mountain Galicica, Matka canyon, Kadina Cave, Demir Kapija, Mavrovo, St. Nikola in Trpejca in Ohrid, Stenje, near lake Prespa and Prilep and **walls** – Skopje Climbing Wall and SCBT Bouldering Skopje. Table 1 presents one example for place and facilities for rock climbing located in Stenje – Prespa region. The craig Stenje can be found on the coastline on Lake Prespa. This rock is suitable for climbing courses, beginners and family holiday climbing and its rock structure is from grey limestone with grades from 5b to 6c. The routes are well bolted, safe, and the approach is nice and easy hike.

In terms of promotion of tourisms in the regions where rock climbing will be promoted, following tourists attractions can be suggested: *Touristic attractions*: endemic tree "Juniperus excels" on island "Big city" in lake Prespa, "Big city" in lake Prespa, an island where the treasure of Tsar Samoul is hidden and its guarded by snakes, Lake Prespa, "Tower" a medieval fortress, "Vineyards" a settlement from Neolithic times, "Singers" a settlement and necropolis from Roman times, "Chetarica" a settlement from late antique period, old Christian church from XVI century "St Atanas", Church "St. Cyril

and Methodius" and Church "Presentation of Mary". Stenje is also suited for fishing and has one of the ecological reared apples in the country.

Table 1. Information about craig Stenje, Prespa

Sport climbing routes	12
Grades	5b + ↔ 7a +
Rope length	60m
Quick draws	10 ↔ 15
Route length	12 ↔ 18
Season	Spring, summer, autumn

Alpinism and paragliding are another two sport activities that Macedonian landscapere can offer. Related to possibilities for alpinisam following places are available: rock Demir Kapija, locality Lesnica in mountain Shar, peak Solunska Glava at mountain Jakupica, rock Ostra and Stopot at mountain Selecka, river Patisha in Skopje, locality Ploca between Stip and Radovich, Matka canyon, peak Ostri, mountain Karadzica and locality Kamen Baba in Prilep.

Paragliding is especially popular in Krusevo (the slopes of mountain Bushева, Meckin Kamen) where many European championships are held. As tourist attraction paragliding is offered and very popular at lake Ohrid and mountain Galicica in Ohrid, mountain Vodno in Skopje, Skopska Crna Gora. Other popular places for paragliding are Mavrovo and mountain Kozuf in Gevgelija.

In last decade, mountain biking is another very popular sport in last decade and ist also very attractive for students. Different trails are available. Most popular one and well-marked are in the region of Bitola, peak Pelister, mountain Baba; Mavrovo and near Skopje. Other available trails can be found in the area around mountain Malesevski and Lake Berovo, region Povardarie, mountain Galicica around Ohrid, mountain Kozuf and peak Popova Shapka on mountain Shar. Several marked and popular mountain biking trails are presented in Table 2.

Table 2. Mountain biking trails

Peak Pelister, mountain Baba
Trail "Golemo ezero" – 35 km – 6 hours – hard
Round trail "Begova tap – Big Lake – Nizhe Pole" – 45 km – 8 hours – hard
Trail "Malovisha" – 35 km – 4–5 hours – medium
Extreme trail "Kopanki" – 1,9 km – 5minutes – hard
Mavrovo
Trail "Vrbenska" – 30 km – 2–5 hours – easy to medium
Trail "Gorno rekanska" – 5 1km – 4–8 hours – medium to hard
Trail "To landscapes" – 45 km – 3–6 hours – medium
Trail "To Batkovica" – 14 km – 2–4 hours – easy to medium

Trail "Mavrovo to Kicinica through Carevac" – 12 km – 2–4 hours – easy to medium
around Skopje
Down hill trail "Vodno" – 30 km – 6 hours – medium
All mountain trail "Skopska Crna Gora" – 40 km – 4–6 hours – medium
Cross country trail to mountain lodge "Karadzica" – 80 km – 8–10 hours – medium to hard
Mariovo
Trail "The hard one" – 52 km – 6–8 hours – hard
Trail "The easy one" – 35 km – 3–4 hours – easy

Snowboarding and skiing (Nordic & Alpine) are other popular sports in Macedonia that can be offered to students and as recreational activity. They can be realized at Ski Center "Popova Shapka", Ski Center "Mavrovo", Ski Center "Krusevo", Ski Center "Kopanki" and "Ski Center Kozuf". Many ski and snowboarding trails are marked at these centers and some of them are also very popular for organization of traditional sky cups and tournaments, for example ski cup in alpine skiing at Popova Sapka, Biatlon races at Mavrovo etc. Suggested centers are popular both during winter, spring and summer season when many hiking trails are offered for recreation. Following is example of marked trails at ski center Kopanki near Bitola.

The number of rivers and lakes in Macedonia, offers a great possibilities for **kayaking**. It can be done at following places: Matka canyon and lake, river Treska and lake Kozjak, Lake Preska, Lake Ohrid, beach Potpesh at Lake Ohrid and Lake Debar. Especially popular is Matka canyon where many competitions in wild river kayaking are held.

Hiking is one of the activities that can gather many participants from many different ages and it can be easily implemented in PE curricula in schools and sport curricula at universities. It is also very popular in last few years in Macedonia. There are many hiking trails present in the terrain of the Republic of Macedonia such as the area around Skopje, mountain Galicica, region Mariovo and mountain Kozuf in Gevgelija. Many of them are marked and some of them are also organized as hicking tours offered to tourists and for recreational purposes. For example:

- Trail "Popova Shapka – peak Titov" – 12 km – 4 hours – medium
- Popova Shapka 1700 meters – Vakuf 2000 meters – peak Titov 2747 meters.

This a marked hiking trail that starts from the information board placed in the center of Popova Shapka. This trails represents a challenge for anyone who wants to reach the heights. It passes though the pastoral terrains of Vakuv, Kazani, the tour around Bakardan and the very peak. At the very top at an altitude of 2747 m there is a stone tower who is 9,30 meters high and 55 years old. From this peak, when the weather is nice, within a reach of the hand we have the entire Sharplanin massif starting from Ljuboten,

Piribreg, Chaushica through Kobilica, Karanikola, Klech, Ginibeg, the dominant Borislavec, Vratsa all the way to the top of Radika. But the view doesn't stop here, in the background there are Korab, Bistra and Krchin, left from them are Pelister and Solunska glava, and in ideal weather conditions Rila and Prokletije are seen.

Riding horses is another sport activity that can be offered as tourist attraction and recreational activity. Numerous horse trails are available. Following is example of horse riding tour:

- Tour "Galicnik – Selce – Tresonce – Peshteri" – 7 hours.

This tour with horses is with riding through the forest Susica and down to the villages Selce and Tresonce, with a panoramic view of the mountain Stogovo on the north side. On the way to the caves, the tour passes through the village Tresonce in order to feel the folklore ambient, the old village architecture, the river is passed, and after the arrival to the caves, there is rest time for barbecue and cheese degustation.

Conclusion

Study evidence confirms that a decrease of the level of physical activity at every age is a serious problem. Moreover, it is a serious problem for student's population especially at the beginning of university studies and during their university life. In this regard, universities have an important role in increasing the awareness and habits for regular physical activity and active lifestyle. Moreover, they should provide facilities for sport and PA based on students interest and preferences. Our study results confirmed that students are interested bit more for outdoor activities approximately equally with team and individual sport. Outdoor activities could be easily organized and promoted at Universities in Macedonia considering the configuration of the nature with numerous mountains and rivers that provide possibilities for different physical activities during all seasons. Republic of Macedonia offers great possibilities for development of recreational activities such as hiking, walks in nature, train running, riding horses and extreme sports like rock climbing, alpinism, paragliding, mountain biking, snowboarding, skiing and kayaking. Promotion of these activities is not just possibility for promotion of healthy and active lifestyle but also a possibility to promote tourism and tourist attractions. This underlines the role and possibilities to promote a sport tourism as a relationship between sport and tourism. Promoting sports tourism into education, through various methods will ultimately lead to a legacy of quality experiences and outcomes for all students, and in the Republic of Macedonia, the development of sports tourism on university level may even contribute on breaking the seasonality in tourism in the Republic of Macedonia. Including the universities in promotion and development of sport tourism is significant

from the aspect of joining the efforts of university sport centers as promoters of sport and physical activity and Faculty of tourisms as most competent educational institution that works in the area of tourisms. This will give possibilities to enrich the offer of universities for outdoor sports realized on different tourist destinations; to engage students in different experiences including discovering and promoting new and not well-popularized destinations; to improve practical experience of students in the sphere of sport tourisms etc.

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About the author (s)

Popeska Biljana

Faculty of educational sciences,
 Head of the University Sports Center,
 Associate Professor, Ph.D,
 E-mail: biljana.popeska@ugd.edu.mk
 Ristova Cvetanka
 Faculty of tourism and business logistics,
 Teaching assistant, M.Sc,
 E-mail: cvetanka.ristova@ugd.edu.mk

Barbareev Kiril

Faculty of educational sciences
 President of the Board of University Sports Center,
 Full Professor, Ph.D,
 E-mail: kiril.barbareev@ugd.edu.mk
 Dimitrov, V. Nikola
 Faculty of tourism and business logistics,
 Dean, Professor, Ph.D,
 E-mail: nikola.dimitrov.@ugd.edu.mk

СЪДЪРЖАНИЕ

ФИЗИЧЕСКОТО ВЪЗПИТАНИЕ, СПОРТЪТ И РЕКРЕАЦИЯ В ОБАЗОВАТЕЛНАТА СИСТЕМА

ФИЗИЧЕСКО ВЪЗПИТАНИЕ И ФИЗИЧЕСКА АКТИВНОСТ

ЗА ДЕЦА ОТ АУТИСТИЧНИЯ СПЕКТЪР

АНА БУЮКЛИЕВА 9

ПРОУЧВАНЕ МНЕНИЕТО НА СТУДЕНТИ И РАБОТОДАТЕЛИ ЗА РАЗКРИВАНЕ НА НОВИ СПОРТНИ СПЕЦИАЛНОСТИ В СУ „СВ. КЛИМЕНТ ОХРИДСКИ“

АНЖЕЛИНА ЯНЕВА 19

ПРОСЛЕДЯВАНЕ НА ПРОМЕНИТЕ НАСТЪПИЛИ В АНТРОПОМЕТРИЧНИТЕ ПОКАЗАТЕЛИ НА СТУДЕНТКИ СЛЕД

ПРИЛОЖЕН МОДЕЛ ЗА ОБУЧЕНИЕ ПО ФУТБОЛ ЗА ЖЕНИ
ВЪВ ВИСШИТЕ УЧИЛИЩА

АСЕН ГЕОРГИЕВ, ГЕОРГИ ИГНАТОВ 28

OPINIONS AND POSSIBILITIES FOR INTERVENTION IN PHYSICAL AND HEALTH OF CLASSROOM TEACHERS IN PRIMARY EDUCATION

РОПЕСКА ВИЛЈАНА & СИВЕВСКА ДЕСПИНА 39

УСТАНОВЯВАНЕ НИВОТО НА ПРИДОБИТИТЕ ЗНАНИЯ ЗА ПРАВИЛАТА ПРИ ИГРАТА БАСКЕТБОЛ 3X3 НА СТУДЕНТИ ОТ СОФИЙСКИЯ УНИВЕРСИТЕТ „СВ. КЛ. ОХРИДСКИ“

БОЯНА МИТРЕВА 48

ПРОБЛЕМИ НА ФИЗИЧЕСКОТО ВЪЗПИТАНИЕ И СПОРТА В СЪВРЕМЕННОТО БЪЛГАРСКО УЧИЛИЩЕ

ВАЛЕРИЯ ЛУКАНОВА 52

ОТНОШЕНИЕТО НА УЧЕНИЦИТЕ ОТ 5, 6 и 7 КЛАС КЪМ ВОЛЕЙБОЛНАТА ИГРА

ВИКТОРИЯ ВИКТОРОВА 56

СТУДЕНТСКИЯТ ФУТБОЛ ПРЕЗ УЧЕБНАТА 2017/2018 г.

ГЕОРГИ ИГНАТОВ, ДАНИЕЛ ДИМОВ 64

ПРОУЧВАНЕ ОТНОШЕНИЕТО НА СТУДЕНТИ ОТ ПЕДАГОГИЧЕСКИ СПЕЦИАЛНОСТИ КЪМ ЗАНИМАНИЯ С ФИЗИЧЕСКИ УПРАЖНЕНИЯ И СПОРТ ПРЕЗ СВОБОДНОТО ВРЕМЕ

ДОНКА ЖЕЛЕВА-ТЕРЗИЕВА 73

УДОВЛЕТВОРЕНОСТ ОТ КАЧЕСТВОТО НА ОБУЧЕНИЕ НА СТУДЕНТИТЕ ОТ МАГИСТЪРСКА ПРОГРАМА „МЛАДЕЖКИ ДЕЙНОСТИ И СПОРТ“

ЕЛЕОНОРА МИЛЕВА 80

ПРОБЛЕМЫ СОДЕРЖАНИЯ УЧЕБНЫХ ПРОГРАММ ПО ФИЗИЧЕСКОЙ КУЛЬТУРЕ В УЧРЕЖДЕНИЯХ ОБРАЗОВАНИЯ

ЕРГАЛИ МУХИТДИНОВ, АСЫЛХАН АБИШЕВ, ЛЯЙЛА САКАЕВА, ОРДАЛЫ АЛИБАЕВ 86

ПСИХОЛОГИЧЕСКАЯ МОТИВАЦИЯ СТУДЕНТА, ЗАНИМАЮЩЕГОСЯ ФИЗИЧЕСКОЙ КУЛЬТУРОЙ И СПОРТОМ

ЕРЛАН СЕЙСЕНБЕКОВ, АЛЕКСАНДР ФЕДОРОВ, АДИБАЙ ТАСТАНОВ, ГАЛЫМЖАН АШИМХАНОВ 95

АНАЛИЗ НА КОРЕЛАЦИОННИТЕ ЗАВИСИМОСТИ МЕЖДУ ДВИГАТЕЛНИТЕ КАЧЕСТВА НА СТУДЕНТИ ОТ ЛЕСОТЕХНИЧЕСКИЯ УНИВЕРСИТЕТ СЛЕД ПРИЛОЖЕН МОДЕЛ ЗА РАЗВИВАНЕ НА ФИЗИЧЕСКА ДЕЕСПОСОБНОСТ

ЖЕЛЯЗКО ГЕОРГИЕВ, ЙОРДАНКА ЗЛАТАРОВА 101

ИЗСЛЕДВАНЕ ДИНАМИКАТА В РАЗВИТИЕТО НА ИЗДРЪЖЛИВОСТТА И КАК ЕДНО ХОБИ
БИ МОГЛО ДА СЕ ПРЕВЪРНЕ В СТИЛ НА ЖИВОТ
ЗАЛТКО ЗАТЕВ, ВЕНЦИСЛАВ МЛАДЕНОВ 112

ФОРМИРОВАНИЕ ПРЕВЕНТИВНОЙ ПОЗИЦИИИУ БУДУЩИХ БАКАЛАВРОВ ФИЗИЧЕСКОЙ КУЛЬТУРЫ
ФЕДОТЕНКО И. А.121

ПОДБОР НА КРИТЕРИИ ЗА КОНТРОЛ И ОЦЕНКА НА ГЪВКВОВОСТТА ПРИ СТУДЕНТКИ
ЙОРДАНКА ЗАТАРОВА, ЖЕЛЯЗКО ГЕОРГИЕВ 132

ФИЗИЧЕСКО СЪСТОЯНИЕ И РАЗВИТИЕ НА СТУДЕНТИ,
ПРАКТИКУВАЩИ ВОЛЕЙБОЛ ВЪВ ВИСШЕ ТРАНСПОРТНО УЧИЛИЩЕ „ТОДОР КАБЛЕШКОВ“
МАРИНА НЕДКОВА, ДИАНА ПЕЕВА 139

ФИЗИЧЕСКО СЪСТОЯНИЕ И РАЗВИТИЕ НА СТУДЕНТИ, ПРАКТИКУВАЩИ ФИТНЕС
ВЪВ ВИСШЕ ТРАНСПОРТНО УЧИЛИЩЕ „ТОДОР КАБЛЕШКОВ“
И МЕДИЦИНСКИ КОЛЕЖ „Й. ФИЛАРЕТОВА“ СОФИЯ
МАРИНА НЕДКОВА, ДИАНА ПЕЕВА, ПЕТЯ СЛАВЧЕВА-ХИНКОВА 144

ВЪЗДЕЙСТВИЕ НА СПЕЦИАЛИЗИРАНИ СРЕДСТВА ЗА ОБУЧЕНИЕ ПО ВОЛЕЙБОЛ НА СТУДЕНТИ
ОТ СОФИЙСКИ УНИВЕРСИТЕТ „СВ. КЛИМЕНТ ОХРИДСКИ“
МИНА АНТОНОВА 150

КОМПЛЕКС ПТО КАК ОСНОВОПОЛАГАЮЩИЙ ФАКТОР
ПОВЫШЕНИЯ УРОВНЯ ЗДОРОВЬЯ ПОДРАСТАЮЩЕГО ПОКОЛЕНИЯ
ХОХЛОВА ОЛЬГА АЛЕКСЕЕВНА 157

ПОГЛЕД ВЪРХУ НАКОИ ПРОБЛЕМИ В СПОРТНО ПРОФИЛИРАНИТЕ ЗАНИМАНИЯ С АЕРОБИКА
В СОФИЙСКИ УНИВЕРСИТЕТ „СВ. КЛИМЕНТ ОХРИДСКИ“
ПЕТЯ ХРИСТОВА 161

ИЗСЛЕДВАНЕ НА ФИЗИЧЕСКАТА ГОДНОСТ НА СТУДЕНТИ, ПРАКТИКУВАЩИ ТЕНИС В СОФИЙСКИ
УНИВЕРСИТЕТ „СВ. КЛИМЕНТ ОХРИДСКИ“
РАДОСЛАВ КОСТАДИНОВ 169

ОСНОВНИ ФАКТОРИ ЗА НИСКОТО ЖЕЛЕНИЕ НА МОМИЧЕТАТА
ВЪВ ВЪЗРАСТА 13-18 ГОДИНИ ДА СЕ ЗАНИМАВАТ С ФИЗИЧЕСКИ УПРАЖНЕНИЯ И СПОРТ
ФИЛИП ШАБАНСКИ 175

РЕКРЕАЦИЯТА, АНИМАЦИЯТА И СПОРТЪТ В СВОБОДНОТО ВРЕМЕ – ПРЕВЕНЦИЯ ЗА ЗДРАВЕ

ЗАКАЛЯВАНЕ И ЗАБАВЛЕНИЕ ВЪВ ВОДАТА ПРИ ДЕЦА В ПРЕДУЧИЛИЩНА ВЪЗРАСТ
АНА БУЮКЛИЕВА 183

ФИЗИЧЕСКА АКТИВНОСТ НА СТУДЕНТИТЕ НА СЕДМИЧНО НИВО – УСЛОВИЯ И ПЕРСПЕКТИВИ
В РЕПУБЛИКА МАКЕДОНИЯ С ВЪЗМОЖНОСТИ ЗА НАСЪРЧАВАНЕ НА СПОРТНИЯ ТУРИЗЪМ
НА УЧИЛИЩНО РАВНИЩЕ
БИЛЯНА ПОПЕСКА, ЦВЕТАНКА РИСТОВА, НИКОЛА ДИМИТРОВ, КИРИЛ БАРБАРЕЕВ 190

МОЖЕ ЛИ ШЕСТМЕСЕЧНОТО БЕБЕ ДА ПРАКТИКУВА ПЛУВАНЕ?
БИЛЯНА РАНГЕЛОВА, АНЖЕЛИНА ЯНЕВА 200

ПОВИШАВАНЕ КАЧЕСТВОТО НА ЖИВОТА НА ВЪЗРАСТНИТЕ ХОРА
ЧРЕЗ УПРАЖНЕНИЯ ВЪВ ВОДНА СРЕДА
БОРЯНА ТУМАНОВА 205

ЗАТЪЛЪСТЯВАНЕТО КАТО СОЦИАЛНО ЗНАЧИМО ЗАБОЛЯВАНЕ
ГЕРГАНА ДЕСПОТОВА 208

ОЦЕНКА НА ОХРАНЕНОСТТА И СТЕПЕНТА НА ЗАТЪСТЯВАНЕ
ПРИ СТУДЕНТИ ОТ СУ „СВ. КЛИМЕНТ ОХРИДСКИ“

БЕРГАНА ДЕСПОТОВА 213

ПРОУЧВАНЕ МНЕНИЕТО НА СТУДЕНТИТЕ ОТНОСНО ЗАНИМАНИЯТА СЪС СПОРТ
ПРЕЗ СВОБОДНОТО ВРЕМЕ

ИВАЙЛО ПРОКОПОВ, НИКОЛИНА ДИМИТРОВА 218

КИНЕЗИТЕРАПИЯ В ПОСЛЕРОДОВИЯ ПЕРИОД

ЙОАНА ЛУКАНОВА 224

ФИЗИЧЕСКИ УПРАЖНЕНИЯ ПРИ КЪРМЕЩАТА ЖЕНА И НУЖНАТА ЗДРАВНА ГРИЖА

ЦВЕТА ХРИСТОВА 229

ТЕОРИЯ И МЕТОДИКА НА ФИЗИЧЕСКОТО ВЪЗПИТАНИЕ И СПОРТА

ДЖУДО КАТО ИНСТРУМЕНТ НА ФИЗИЧЕСКОТО ВЪЗПИТАНИЕ
В НАЧАЛЕН КУРС НА ОБУЧЕНИЕ В БЪЛГАРСКИТЕ УЧИЛИЩА

ВАЛЕРИЯ ЛУКАНОВА 239

НЯКОИ РЕЗУЛТАТИ ОТ МЕНИДЖМЪНТА НА МЕТОДИКА ЗА СИЛОВА ПОДГОТОВКА В СПОРТНИ
УЧИЛИЩА

ВАСИЛЕСА КАЛАЙКОВА, АНЖЕЛИНА ЯНЕВА 244

КОМПЛЕКС ОТ СЪСТЕЗАТЕЛНИ УПРАЖНЕНИЯ ПО ТЕНИС НА МАСА ПРИ 10-12-ГОДИШНИ ДЕЦА
В ТРЕНИРОВЪЧЕН МИКРОЦИКЪЛ

ВЕНЕЛИНА ЦВЕТКОВА 252

ТРЕНИРОВЪЧНА ПРОГРАМА ЗА СПЕЦИАЛИЗИРАНА ПОДГОТОВКА
НА 15–18-ГОДИШНИ ФУТБОЛНИ ВРАТАРИ

ДАНИЕЛ ДИМОВ, КРУМ ЛОВКОВ 260

ИЗБРАНИ АКЦЕНТИ ОТ РАЗВИТИЕТО НА ГИМНАСТИКАТА В БЪЛГАРИЯ

ДИМИТЪР НОВАКОВ, ЕЛЕНА ПЕТРОВА 266

ПРИЛОЖЕНИЕ НА УПРАЖНЕНИЯ ЗА СИЛА В ТРЕНИРОВКАТА ЗА ИЗДЪРЖЛИВОСТ

ИВАНКА КЪРПАРОВА 272

ВЗАИМОЗАВИСИМОСТ МЕЖДУ МАКСИМАЛНА СКОРОСТ НА БЯГАНЕ НА 20 МЕТРА С РЪСТА НА
СТУДЕНТИ ИГРАЕЦИ БАСКЕТБОЛ

ИРЕН ПЕЛТЕКОВА 280

ПРОУЧВАНЕ ВЪЗДЕЙСТВИЕТО НА НОВИ СРЕДСТВА В МЕТОДИКАТА НА КИНЕЗИТЕРАПИЯТА
ЗА ФУНКЦИОНАЛНОТО ВЪЗСТАНОВЯВАНЕ НА БОЛНИ СЛЕД МОЗЪЧЕН ИНСУЛТ

КОСТАДИН КОСТОВ, ИВЕЛИНА ДИМИТРОВА 286

СРАВНИТЕЛЕН АНАЛИЗ НА ДАННИ ОТ ИЗСЛЕДВАНЕ ПРОВЕДЕНО
С ОТБОРИТЕ ОТ ЕЛИТНАТА ЮНОШЕСКА ГРУПА U-17

КРУМ ЛОВКОВ, ДАНИЕЛ ДИМОВ 294

РЕАЛИЗИРАНЕ НА ИНДИВИДУАЛЕН ПОДХОД В ПРЕПОДАВАНЕТО НА РУСКИ ЕЗИК
В НСА „В. ЛЕВСКИ“

ЛЕЙЛА ДИМИТРОВА 299

ОСНОВНИ РАЗНОВИДНОСТИ НА СЪВРЕМЕННИЯ ШАХМАТ

ЛЕЙЛА ДИМИТРОВА, ИВАН ИВАНОВ 305

СПЕЦИФИЧНИ ОСОБЕНОСТИ В ДЕЙНОСТТА НА ПАРТНЬОРИТЕ В УЧЕБНО-ТРЕНИРОВЪЧНИЯ
ПРОЦЕС ПО СПОРТНИ ТАНЦИ

МИГЛЕНА БАХЧЕВАНОВА 313

УПРАВЛЕНИЕ НА ДИНАМИЧНАТА РАВНОВЕСНА УСТОЙЧИВОСТ
НИКОЛИНА ДИМИТРОВА, ИВАЙЛО ПРОКОПОВ, ПАТРИК ДРИД 319

НАМАЛЕНАТА ФИЗИЧЕСКА АКТИВНОСТ – РИСКОВ ФАКТОР ЗА РАЗВИТИЕ НА АТЕРОСКЛЕРОЗА
НА АРТЕРИИТЕ НА ДОЛНИТЕ КРАЙНИЦИ
НИНА СИМЕОНОВА, ГАЛЯ ГЕОРГИЕВА324

ХАРАКТЕРИСТИКА НА ПЛАЖНИЯ ВОЛЕЙБОЛ В БЪЛГАРИЯ
ПЕТЪР КОЛЕВ 331

ВРЪЗКИ И ЗАВИСИМОСТИ МЕЖДУ НИВОТО НА ФИЗИЧЕСКА ДЕЕСПОСОБНОСТ
И КООРДИНАЦИОННИТЕ СПОСОБНОСТИ ПРИ ПОДРАСТВАЩИ ВОЛЕЙБОЛИСТИ
ПЕТЪР КОЛЕВ 337

ИЗСЛЕДВАНЕ НА ТРЕНИРОВЪЧНОТО НАТОВАРВАНЕ ВЪВ ФУТБОЛА С ОПРЕДЕЛЯНЕ
НА ЛАКТАТНА КОНЦЕНТРАЦИЯ В КРЪВТА
ТАТЯНА ДЗИМБОВА, ХРИСТО НИКОЛОВ, АНГЕЛ ГЮРОВ, СТЕФАН КАПРАЛОВ 343

КОРЕЛАЦИОННИ ВРЪЗКИ НА ФИЗИЧЕСКА И ПСИХИЧЕСКА
ПОДГОТОВНОСТ ПРИ УЧЕНИЦИ ТРЕНИРАЩИ СПОРТНА СТРЕЛБА
ТЕОДОРА СИМЕОНОВА 350

ВРЪЗКА НА ФИЗИЧЕСКОТО ВЪЗПИТАНИЕ И СПОРТА С ДРУГИ ДЕЙНОСТИ И НАУЧНИ ОБЛАСТИ

СПОРЪТ КАТО СПОРТ
ЕЛИЦА СТОЯНОВА361

РОЛЪ ЗДОРОВОГО ОБРАЗА ЖИЗНИ В СОЦИАЛНО-ЕКОНОМИЧЕСКОМ РОСТЕ,
ПОЛИТИЧЕСКОЙ ЖИЗНИ ГОСУДАРСТВА
ЕРЛАН СЕЙСЕНБЕКОВ, НУРХАН ТАСТАНБЕКОВ, ЕРИК ТУГЕЛБАЕВ, ЭРИК ИСМАИЛОВ 367

РАЗВИТИЕ КРЕАТИВНОСТИ ПОДРОСТКОВ В ПРОЦЕСЕ ОБУЧЕНИЯ ИГРЕ В ШАХМАТЫ
ФЕДОТЕНКО ИННА, ЦИБУЛИНА ЮЛИЯ 376

ПСИХОЛОГИЧЕСКИЕ ЗАКОНОМЕРНОСТИ И УСЛОВИЯ ПРОФЕССИОНАЛЬНОГО РАЗВИТИЯ
И СОХРАНЕНИЯ ЗДОРОВЬЯ СУБЪЕКТОВ ВЫСШЕГО ОБРАЗОВАНИЯ
ЛАРИСА МИТИНА 384

РАЗДЕЛ И ФУНКЦИОНАЛНИ ХАРАКТЕРИСТИКИ НА ПЛАНИНИТЕ В РЕПУБЛИКА МАКЕДОНИЯ
ЗА ОТДИХ, ПЛАНИРАНЕ, СПОРТ И АКТИВНО СВОБОДНО РАЗНООБРАЗИЕ
НИКОЛА ДИМИТРОВ, БИЛЯНА ПОПЕСКА, ЦВЕТАНКА РИСТОВА 392

РОЛЯТА НА ПЕШЕХОДНИЯ ТУРИЗЪМ И КОЛОЕЗДЕНЕТО В ОБУЧЕНИЕТО ПО ИСТОРИЯ
ОЛИВЕР ЦАЦКОВ 403

СЪБИТИЙНИЯТ СПОРТЕН ТУРИЗЪМ В ЕРАТА НА ДИГИТАЛНАТА ИКОНОМИКА
ФИЛИП ШАБАНСКИ 408