

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*

ЕДИНАДЕСЕТА
МЕЖДУНАРОДНА
НАУЧНА КОНФЕРЕНЦИЯ

СЪВРЕМЕННИ ТЕНДЕНЦИИ
НА ФИЗИЧЕСКОТО ВЪЗПИТАНИЕ
И СПОРТА

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Традиционната единадесета научна конференция „Съвременни тенденции на физическото възпитание и спорта“ се провежда с финансовата подкрепа на СУ „Св. Климент Охридски“, чрез участие в проект за частично финансиране.

Независимо от факта, че Софийският университет, най-старото висше училище в България, разполага с оскъдна собствена спортна база (проблем, който е в процес на разрешаване), Департаментът по спорт осъществява както учебна и тренировъчна дейност със студентите от 16-те факултета на Университета, така и научноизследователска дейност.

В редовни занимания със спорт са обхванати над 6 000 студенти, вкл. и студенти със здравословни проблеми. Представителните отбори по различните видове спорт се класират в челните места в студентски и държавни първенства, като Софийският университет традиционно се нарежда на второ място след Национална спортна академия.

За постигнати успехи в спорта, повече от 20 години (от 1998 г.), Софийският университет награждава най-добрите си спортисти-студенти и преподаватели-треньори, а снимките и наградите са изложени на видно място в Университета през цялата година.

Усилията на преподавателите по спорт са насочени към подобряване на качеството на обучение и преподаване, прилагайки научен и педагогически подход при решаването на проблемите. Преподавателите от Департамента по спорт си поставят реални задачи за разширяване на обхвата на спортната дейност сред студентите, преподавателите, служителите и техните деца.

Както преди 90 г., така и днес, основна задача на преподавателите по спорт от Софийския университет е масово разпространение на спорта сред студентите в сътрудничество с професорите и под контрола на компетентни спортни ръководители.

Развитието на научноизследователската дейност се изразява в защитени докторски степени и повишаване в академични звания, както и подобряване на методиката на обучение и тренировка. Привлечени са в научна дейност и външни за университета спортни педагози.

В подкрепа на дейността са провеждат както настоящата конференция, така и научни семинари и конференции, тематични заседания и кръгли маси, издават се научни сборници и годишници на ДС, участва се в научни проекти, обновява се библиотечния фонд на създадената собствена библиотека за спортна и педагогическа литература.

В международния научен форум, освен специалисти – педагози по физическо възпитание и спорт от България, участват и автори от други страни като Албания, Беларус, Казахстан, Македония, Полша, Сърбия, Турция, Русия и др.

Статистиката от проведените научни конференции в началото като „Оптимизация и иновации в учебно-тренировъчния процес“ (2009–2011) и „Съвременни тенденции на физическото възпитание и спорт“ (2012–2019) е следната:

- 2009 г. – 37 участници, 32 доклада, 246 стр.
- 2010 г. – 49 участници, 40 доклада, 240 стр.;
- 2011 г. – 40 участници, 35 доклада, 247 стр.;
- 2012 г. – 78 участници, 52 доклада, 375 стр.;
- 2013 г. – 84 участници, 68 доклада, 528 стр.;
- 2014 г. – 68 участници, 61 доклада, 520 стр.;
- 2015 г. – 47 участници, 41 доклада, 312 стр.;
- 2016 г. – 53 участници, 35 доклада, 251 стр.;
- 2017 г. – 59 участници, 45 доклада, 344 стр.;
- 2018 г. – 72 участници, 57 доклада, 416 стр.;
- 2019 г. – 71 участници, 50 доклада, 408 стр.

Сборникът с публикациите от конференцията се предоставя на научния форум и участниците имат възможност да получат екземпляр.

Редакционният колектив благодари на всички участници и гости за възможността ежегодно да разменяме научни и професионални идеи.

проф. д-р Анжелина Янева

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

ВЪЗМОЖНОСТИ ЗА РАЗВИТИЕ НА СПОРТНО-РЕКРЕАЦИОННИЯ ТУРИЗЪМ НА КОЖУФ И ПЛАЧКОВИЦА

ЦВЕТАНКА РИСТОВА, БИЛЯНА ПОПЕСКА & НИКОЛА ДИМИТРОВ

CVETANKA RISTOVA, BIJANA POPESKA & NIKOLA DIMITROV. POSSIBILITIES FOR DEVELOPMENT OF SPORT-RECREATIONAL TOURISM OF KOZUF AND PLACKOVICA MOUNTAINS

Абстракт: Природата и съоръженията на открито в местна среда са признати за популярни места за спортни дейности на открито, които осигуряват много ползи за здравето и повишават нивото на физическа активност сред всички поколения. Пейзажът на Северна Македония предлага разнообразни природни ресурси, които могат да бъдат рекламирани като дестинация за спорт, отдих и спортен туризъм. Предметът на настоящия доклад е да се идентифицират възможностите за различни спортни дейности на открито и спортен туризъм, които планините Кожуф и Плачковица могат да предложат. Въз основа на нашите анализи, тези две планини имат голям потенциал за туризъм, планинско колоездене, ски, сноуборд, парапланеризъм и развитие на аеро туризма. Те също така предоставят възможности за развитие на спортен туризъм. Университетът би могъл да работи за популяризирането на това местоположение като спортна и туристическа дестинация, както и дестинация за образователни лагери и среда за учене на жизнените умения.

Ключови думи: дейности на открито, спортен туризъм, планини, Университет.

Abstract. Nature and outdoor facilities in local environments are recognized as popular places for outdoor sports activities that provide many health benefits and increase the level of physical activity among all generations. The landscape of North Macedonia offers variety of natural resources that can be promoted as destination for sport, recreation and sport tourism. The subject of this paper is to identify the opportunities for different outdoor sport activities and sport tourism that Kozuf and Plackovica Mountains can offer. Based on our analyses, these two mountains have great potential for hiking, mountain biking, skiing, snowboarding, paragliding and development of aero tourism. They also provide possibilities for development of sport tourism. University could work on promotion of these location as sport and tourist destination as well as destination for educational camps and life skills learning environment.

Key Words: outdoor activities, sport tourism, mountains, university.

Introduction

Promotion of healthy and active lifestyle is one of the main goal of physical education and sport curricula at all levels of education and also one of the main point of interest of many governmental and non-governmental institutions and public health associations. Each of previously mentioned sectors, works in their field of their expertise to promote physical activity as one of the main tools to fight against inactivity which is recognized by the World Health Organization (WHO) as one of the leading causes of death due to non-communicable disease (NCD) worldwide [21].

When promoting physical activity and healthy and lifestyle, several issues including: personal interest and motivation, available amount of time, offer of sport activities and contents, finances for participation as well as available facilities are essential. While first three (interest, motivation and time) are very individual, the following including the financial requirements, offered contents and available facilities are closely related with many other external factors. In this regard, configuration of the natural environment and possibilities of local community highly determines the offer of sport contents in one community. Many communities, schools, sport clubs and associations works on promotion of nature and local environment as arena for outdoor sport activities in order to provide health benefits and increased level of physical activity. Study evidence suggest on benefits for people being in nature [3, 19]. Summary results from numerous studies that investigate the effect of being active in nature and participating in outdoor sports suggest on positive effects toward physical health, mental health and wellbeing, education, life – long learning, active citizenship, crime reduction and anti – social behavior [4].

Considering reported benefits from being in nature and participation in outdoor activities, we put our efforts on identification of places in Republic North Macedonia that can offer facilities for different sport and recreation contents and in the same time, that can be promoted in locations for development of sport tourism. The Republic North Macedonia has variety of natural resources and locations that can be promoted as destination for sport, recreation and sport tourism. Considering our professional background and work with university students at Goce Delcev University in Stip, we limited our interest at natural resources in the area near two cities where our University has campuses. Particularly, we focus on Plackovica Mountain near Stip as University center at Goce Delcev University, Strumica and Kocani where university campuses are located and Kozuf Mountain, the closes mountain to city Gevgelija where university campus of Faculty of Tourism and business logistic is situated. The subject of this paper is identify the opportunities for different sports and outdoor activities that this two mountains offer, as well as the possibilities to implement this content in university offer for sport and recreation and on the tourist maps as places suitable for sport tourism.

Mountains in North Macedonia

The Republic of Macedonia has hidden treasures for all those who seek adventure, up to recreation with kilometers of mountain trails ideal for hiking, walking, climbing and many other sports. The mountains are basically found across all parts of the country, as a result of intense local and regional

geotectonic movements in the past, where the landscape in the Republic of North Macedonia (25713 km²) has a distinctive topography of mountains and hills. Hills dominate over 78.8% of the country, while mountains only cover 47.7% (12254,5 km²) of the total area [11], whereas together the hill-mountainous land occupies an area of 23713 km² [12]. Among the 80 mountains, 13 rises above 2000 m elevation [8], with the highest, Korab, reaching to 2753 m. Thus, the mean altitude of North Macedonia is 829 m and the average slope angle is 15.1°. The number of mountains in the Republic of North Macedonia is 80, of which 13 are high, 50 medium and 17 low mountains. The high mountains cover an area of 8194,2 km², of which the largest area is Jakupica with 1672,8 km², Osogovo is with 1167,2 km², Shar Planina with 912,8 km², etc. The average height of the high mountains is 2185 meters. The Republic of North Macedonia has over 260 characteristic peaks, 85 of which are higher than 2000 m [17].

Lilienberg (1966) classified mountains in the Republic of North Macedonia as: uplifting morpho structures mountains that are the predominant elements of the landscape in North Macedonia, i.e. the highest mountain massifs that can mostly be found in the western and central parts; there are only two from 13 mountains above 2000 m in eastern North Macedonia: Osogovo (2252 m) and Belasica (2029 m) [9]. According to its altitude, mountains in North Macedonia are divided into high mountains (2000-2753 m) with subgroup of 5 very high mountains (2500-2753 m), medium high mountains (1000-2000 m) and low mountains (below 1000 m). Lowest altitude limit for a mountain in North Macedonia is 700 m of absolute elevation and 500 m of relative altitude. Because of the geotectonic setting, mountains in western and central parts (in the West-Macedonian zone, the Pelagonian massif and the Vardar Zone) have a general NW-SE strike. In contrast, the ranges in eastern North Macedonia are E-W aligned (because of the predominant N-S extensional regime). Mountains in the western and central parts are generally composed of marbles (Jakupica, Suva Gora), limestones (Bistra, Jablanica, Galičica, Shara), granites (Pelister) or other very resistant rocks. For that reasons, these mountains usually have narrow, sharp ridges and peaks and deeply incised valleys. Mountains in eastern North Macedonia are dominantly composed of more erodible crystalline rocks (schists) and consequently, show more subdued relief, rounded ridges and peaks, and less deeply incised valleys. However, both groups of mountains were shaped during the Neogene–Pleistocene.

Possibilities and potentials for development of sport-recreational tourism at the mountains in North Macedonia

While describing the geomorphology of North Macedonia's mountains, it is fair to say that this country is a suitable place for the development of sports-recreational tourism. North Macedonia's mountains have 260 striking mountain peaks, 85 of which are more than 2000 m high [13]. Forms of sports-recreational activities that can be found on the mountains in North Macedonia are: hiking, running, mountain biking, mountaineering, paragliding, skiing and snowboarding, horse riding and many more.

Paragliding as a recreational and competitive adventure sport of flying paragliders is widespread all over the country. The mountaneous region in Skopje and Mavrovo, the beautiful view upon Ohrid Lake and the rocky region in Prilep have amazing landscapes that are certainly worth to be seen. In North Macedonia it would not be extraordinarily to see horse being used as a mean of transportation, however, only in the mountainous villages. As a recreational activity, *horse riding* offers benefits beyond simple enjoyment; physically, mentally and emotionally and in our country, this will certainly be a very different way to experience the nature and the irreplaceable beauties that have disappeared under the conquest of "civilization" of our time. Riding uphill along the valleys of the mountain Bistra, is an enjoyment with huge open views on many mountain peaks. *Mountain biking* is a great sport to practice in North Macedonia, with more than thousands of off-road and dirt tracks. Each mountain club rents out bicycles and organizes regional mountain-bike tour and smaller local tours. *Hiking* is also very developed sport in Macedonia. There are numerous hiking clubs all over the country. Places, which hikers often visit for their activities, are the mountain Jakupica, Shar Planina, Korab, Pelister, Bistra and Vodno, the mountain of Skopje. These mountains are most attractive for the hikers, and because of the expended view from the mountain tops [5]. North Macedonia's *ski and snowboard* resorts offer fine snow and mountain challenges for every taste, from beginners to professionals. The ski resorts in the country are hosts of several ski and snowboards cups that attract visitors from all the world to enjoy the magnificent mountains of snow in North Macedonia. There is almost no mountain that is not mentioned as a potential winter sports and ski center, and besides the 7 existing mountain centers (Mavrovo, Popova Shapka, Kozuf, Krusevo, Kopanki, NizhePole, Ponikva), there are still ten mountains in circulation (preliminary study, feasibility, technical project, etc.). Thus, it turns out that in North Macedonia there should be as many as 10-15 skiing or winter sports tourist centers [14]. Rock climbing is also located all over the country

in the mountains. Climbing localities are Mavrovo, Pelister, Cadina Cave, Matka, Demir Kapija and Pilav Tepe (Ploca) [20].

Despite all possibilities of development of sport-recreational tourism in the mountains of North Macedonia, in this paper we will point our focus on two particular mountains: Kozuf with its highest peak "Zelen Breg" (2171 m) and Plackovica with its highest peak "Lisec" (1752 m). These two mountains according to the detailed GIS analysis of the 3-D digital terrain model of the Republic of North Macedonia where about 40 mountains and mountain ranges stand out, Kozuf and Plackovica find themselves respectfully on the 10th and 18th place.

Kozuf Mountain

Kozuf is a mountain on the border between North Macedonia and Greece with highest peak "Zelen Breg" – 2171 meters. Other peaks higher than 2000 meters are "Pinovon" (2156 m) in Greece, "Duditsa" (2132 m), "Porta" (2112 m), "Moreto" (2102 m), "Dzena" (2065 m) in Greece, "Markovo Ezero" (2035m) and "Mala Rupa" (2004 m). Kozuf Mountain covers an area of 893 km², of which about 80% are in North Macedonia, while the remaining 20% are in the territory of the Republic of Greece. It extends in southwest-northeast direction [7]. Kozuf Mountain abounds with water potential and springs of numerous rivers. The river "Došnica" is one of the most beautiful and cleanest rivers in North Macedonia, in which trout, crab, chub, and other species exist. Kozuf Mountain is a habitat for lynxes and bears as rare and protected species. The flora is rich in various species, but the most attractive are the medicinal herbs and the tree (*Arbutus andrachne*) also known as the "naked man", protected by law. The "naked man" is an endemic species of evergreen tree whose crust is red and scaly, and which changes twice a year. It is gentle like the human skin and hence the folk name of the tree. At an altitude of 850 meters, the site "Smrdлива Voda", known for its mineral water source with a specific fragrance and medicinal properties, is used to treat diseases of the stomach and kidneys [7].

Sport-recreational activities at Kozuf Mountain Kozuf is an extremely specific mountain that stands apart from other mountains in North Macedonia because it is the first natural barrier in North Macedonia, directly exposed to the influences of the Mediterranean and continental climate waves from the Aegean Sea, and therefore is an untouched ecological nature in this region of Europe, ideal for the following sports and recreational activities: skiing, snowboarding, mountain biking, horse riding, paragliding, hiking, kayak on the river Tocinza.

1. Skiing and snowboarding: The development plan for the ski resort began in 2001, and in 2007 the Ski Kozuf opened its doors to winter sports enthusiasts. Ski Kozuf is divided into two parts – with “center” settlement and “ski slopes”, where the settlement is at an altitude of 1550 m to 1700 m, and the ski slopes are at 1500 m up to 2200 m. Ski Kozuf covers an area of 1,000 hectares, of which the covered trails cover only 65 km:

- 20 km for beginners' trails,
- 30 km for experienced skiers, and
- 10 km for professional skier trails.

The advantage of Ski Kozuf is that it offers long-distance skiing for longer-term skiing, as well as fast and safe climbing with the help of the latest cable cars and ski lifts manufactured by DOPPELMAYER – the Austrian leader in the world of cable and ski lifts. However, already in the winter season 2015/2016, Kozuf ski resort has informed the public that it is unable to carry out its core business and the resort was closed [1].

2. Hiking and mountain biking: About 20 trails are marked on the Kozuf mountain by the mountaineering club “Kozuf” in Gevgelija. Some of the trails are suitable for mountain biking as well [10].

• *Mountain lodge “Tome Shutov Krotki” – Manceva Preseka – Siglica – “Two Ears” peak (1766 m) – Pasha Cair – Ginger Chesma – Shtej – village Sermenin – Mountain lodge “Tome Shutov Krotki”*

- Type of trail: extremely hard
- Length: 32,8 km.
- Altitude: 1773 m.
- Active walking: 10 hours
- Along the trail there is water at several places (before the “Two Ears” peak, Ginger Chesma, Shtej and along the village Sermenin at several places)
- The trail is partly marked with mountain signs (red-white-red)
- This is only a mountain hiking trail.

3. Paragliding: Extreme sports club “Pelican Extreme” in Gevgelija, has registered two takeovers at Kozuf mountain [10]:

• *Stajka:* is located in the village of Sermenin, at 975 m above the southeast slope of Kozuf. It offers panoramic views of Dojran and Lake Dojran, the Valandovo region and the Kukush region. Stajka is rated as one of the best in the country, with a suitable climate and terrain and a suitable location for all disciplines of precision landing, cross-country and stunts training. The terrain is even suitable for hang gliding. Cross-country flying-XC is planned to take place in Macedonia in 2019 at Stajka. More than 3,500 competitors from around the world are expected at this championship.

• *Siglica:* is located in the village of Konsko, at 1380 m on the southeast slope of Kozuf. With the construction of the hydro system Consko, which

should be 5km long, the runway will have mild flying conditions, especially suitable for the acro flying discipline. Siglica is still under observation by the extreme sports club "Pelican Extreme" in Gevgelija.

Plackovica Mountain

Plackovica rises between the Strumica-Radovich valley in the south and the Kocani valley in the north. It is divided into two parts, east and west. The western part is lower and the highest peak is "Turtel" (1689 m). To the east lies the highest peak of this mountain, "Lisec" (1754 m). Plackovica is second mountain in area that covers 420 km² and together with the mountains Golak, Obozna, Maleshevo, Ograzden and Vlaina form a spacious common whole. Attractions on this mountain are the canyons, Berovo or Ratevsko lake, and numerous flora and fauna [2]. Due to the presence of marbles in the geological structure of this mountain, and in the area of "Turtel" peak, several caves were created. So far, five caves have been explored, the longest being the Great Cave, about 600 m long. It is a real pearl with its cave decorations and a challenge for speleologists. The smaller caves Jup, Ajduchka, Turtel and Ponor are smaller, but also rich in cave ornaments. Almost all of the caves listed are easily accessible to visitors and to them, lead marked paths. Plackovica has three mountain loungers "Vrteska", "Crkvishte" and "Dzumaya") [15].

Sport-recreational activities at Plackovica Mountain

Plackovica mountain is one of the rare mountains in the country, where it spans a magnificent panoramic view of the surrounding area, and in very clear weather and a clean atmosphere, one can see Rila to the east, part of the Thessaloniki Gulf to the south, and even Mount Olympus over 200 km. The peaks of Plackovica, especially "Lisec" in North Macedonia is one with the highest view or the farthest horizontal viewing line. Plackovica offers several possibilities for the development of sport-recreational activities such as: hiking, climbing, aero-tourism, gliding [18].

1. Hiking: The most attractive is the climb to the "Lisec" peak (1754 m). To climb this peak there are two trails, one heavier and the other lighter.

- The first trails (longer and heavier) starts at the *end of the mountain lodge "Vrteska"*.

- Length: 24 km
- Active walking: 10 hours
- Difficulty: rank 5

- Second trails *start in the village Zrnovci or Gradec. Departure in the same direction or through the valley of river Zrnovska.*

- Length: 15-20 km
- Active walking: 8-10 hours

- Difficulty: rank 3

2. Aero-tourism and gliding: The area of Plachkovica Mountain has very favorable conditions for flying and sightseeing with light sport-touring aircraft and gliders. In Stip is located one of the first air clubs, formed as far back as 1924. For its needs, this air-club uses the sports-tourist airport in Stip. The best flying season is the spring and summer months, though it is no exception to fly in the fall and winter. Usually the flights happen at the weekends. The flight can take several hours, and a longer distance can be flown. The flight costs approximately 30 hours per person.

3. Goce Delcev University of Stip, Congress Center: Goce Delcev University and the Faculty of tourism and business logistics with an international project funded by the European Union for Cross-border Cooperation between Bulgaria and Macedonia, renovated this former children's resort into a Congress Center and Center for lifelong learning and skills improvement. Today, the Center has an amphitheater, kitchen, restaurant, fireplace, congress hall and football, handball and basketball courts. At the Center, students carry out practical classes, take final and diploma exams, and organize gastronomy competitions [16].

Possibilities for sport activities with university students at Kozuf and Plackovica Mountain Presented information about the possibilities for sport, recreation and sport tourism at Kozuf and Plackovica Mountains, suggest that many options for sport activities of students are available. The existence of many hiking trails and routs at both mountains is the most accessible and less expensive options for university students. So far, several short hiking tours were organized as a part of activities within sport and recreation curriculum. They were organized on marked trails, with duration from 3–4 hours, guided by sport and recreation professors and supported by experienced mountain guides. Yet, the possibilities that these mountains are offering are much broader. Therefore, future plans and activities are pointed in affirmation of the work of mountaineering association of the university in cooperation with national mountaineering association. Their work should be oriented in marking new hiking trails that will be easy accessible for students and employs at university with different level of physical activity and experience, promoting the benefits of being in nature but also promoting the safety issues while moving and staying in nature, taking care of the environment etc. Furthermore, having in mind the integrated structure of the university and possibility to include people and experts from different profiles (teachers, ecologist, geologists, biologist, tourist promotors etc) promotion of outdoor activities in mountains can be used as a platform to organize educational camps for students that will integrate physical activity in nature, survival in nature with learning

experience from different scientific fields. The existence of learning center at Plackovica Mountain is another benefit in concept. The existence of many skiing and snowboarding trails at Kozuf Mountain is another possibility for development of winter sport at university. This would require additional efforts from people responsible for sport at university in sense of promotion of these activities and making more accessible for students, considering the required finances, but is not something that can't be done. Having the support of partner universities and sport centers from abroad as well as local ski clubs, this idea could become a reality.

Conclusion

Republic of North Macedonia has variety of natural potentials that offer many facilities for outdoor sports and activities in nature. Many of these places are unique by their beauty as well as opportunities that they offer for quality and active time in nature. Yet, because of many different factors, many of these potentials are either not discovered yet or not well promoted. This paper focuses on potentials for outdoor sport and possibilities for sport tourism at two mountains located at different parts of the country. The linking point of these two places is the University and possibility to promote outdoor health related activities for university students and teaching staff. At both analyzed mountains, we identify many opportunities for hiking, mounting biking, skiing, snowboarding as well as possibilities for organization of educational camps for students. Educational camps in nature will be one completely different perspective for students that will not just promote physical activity, but will also encourage development of personal skills for surviving and moving in nature, learning by doing, exploring different ecologic, biologic, geologic aspects of the nature as well as learning how to use it and protect it the same time. Such mix from sport, learning and personal skill development will open a new perspective of learning pedagogy that will create possibilities for rural tourism and development of new and perspective ideas for promotion of nature. Based on these opportunities, the future activities of the university is to create mix teams of professionals and experts related with different outdoor activities and promotion of alternative environments that will work on studies and projects for development of this segment. In this regard, the cooperation with different national and international organizations, partners and universities is essential in order to join the foreign experience, best practices and local potentials in effective project and strategy for active and healthy living with nature.

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СЪДЪРЖАНИЕ

ФИЗИЧЕСКОТО ВЪЗПИТАНИЕ, СПОРТЪТ И РЕКРЕАЦИЯ В ОБАЗОВАТЕЛНАТА СИСТЕМА

СПОРТНИЯТ ТУРИЗЪМ И РЕКРЕАЦИЯТА – ВЪЗМОЖНОСТ ЗА РАЗКРИВАНЕ НА СПЕЦИАЛНОСТИ В СОФИЙСКИЯ УНИВЕРСИТЕТ „СВ. КЛИМЕНТ ОХРИДСКИ“

АНЖЕЛИНА ЯНЕВА 9

ЕТАП ОТ ИЗСЛЕДВАНЕТО НА АГРЕСИЯТА И ДЕПРЕСИЯТА НА СТУДЕНТИ ОТ СОФИЙСКИЯ УНИВЕРСИТЕТ, СПОРТУВАЩИ ДЖУДО, БАСКЕТБОЛ, ФИТНЕС И ТЕНИС

АНЖЕЛИНА ЯНЕВА, ЕЛИЦА СТОЯНОВА 20

РАЗВИТИЕ НА ДОЛНИ КРАЙНИЦИ И ИЗДЪРЖЛИВОСТ ПРИ БЕБЕТАq ЗАНИМАВАЩИ СЕ С ПЛУВАНЕ

БИЛЯНА РАНГЕЛОВА 26

ИЗЛЕДВАНЕ МНЕНИЕТО НА СТУДЕНТИ ОТ СПЕЦИАЛНОСТ „ФИЗИЧЕСКО ВЪЗПИТАНИЕ И СПОРТ“ ОТНОСНО НЕОБХОДИМОСТТА ОТ ВКЛЮЧВАНЕ НА ДИСЦИПЛИНАТА „ПЛУВЕН КУРС“ В УЧЕБНАТА ИМ ПРОГРАМА

БОРЯНА ТУМАНОВА 31

УТРИННОТО РАЗДВИЖВАНЕ И ЗНАЧЕНИЕТО МУ ЗА РАЗВИВАНЕ НА ФИЗИЧЕСКИТЕ КАЧЕСТВА ПРИ ДЕЦАТА ОТ ПРЕДУЧИЛИЩНА ВЪЗРАСТ

ВИКТОРИЯ КОВЧАЗОВА 38

ПРЕДСТАВЯНЕ НА СОФИЙСКИЯ УНИВЕРСИТЕТ „СВ. КЛИМЕНТ ОХРИДСКИ“ НА НАЦИОНАЛНИТЕ СТУДЕНТСКИ УНИВЕРСИАДИ ОТ 2014 ДО 2019 г.

ГЕОРГИ ИГНАТОВ 44

МЯСТО НА ФИЗИЧЕСКОТО ВЪЗПИТАНИЕ И СПОРТА В НАЧАЛНАТА ВОЕННА ПОДГОТОВКА НА МЛАДОТО ПОКОЛЕНИЕ НА БЪЛГАРИЯ 61

ЕВГЕНИ ЙОРДАНОВ, СИМЕОН ЙОРДАНОВ 61

О НЕКОТОРЫХ АСПЕКТАХ ФОРМИРОВАНИЯ ИНФОРМАЦИОННОЙ КОМПЕТЕНТНОСТИ УЧИТЕЛЕЙ ФИЗИЧЕСКОЙ КУЛЬТУРЫ

ЕЛЕНА ТОРИНА 68

УСЛОВИЯ РЕАЛИЗАЦИИ УЧЕБНЫХ ПРОГРАММ ПО ФИЗИЧЕСКОЙ КУЛЬТУРЕ В РЕСПУБЛИКЕ КАЗАХСТАН ЕРАН СЕЙСЕНБЕКОВ, НУРХАН ТАСТАНБЕКОВ, ОРДАЛЫ АЛИБАЕВ, 74

ГАЛЫМЖАН АШИМХАНОВ 74

ПРИЛАГАНЕ НА КОМПЛЕКС ОТ УПРАЖНЕНИЯ ЗА ПОДОБРЯВАНЕ НА КАЧЕСТВОТО ГЪВКАВОСТ НА СТУДЕНТКИ ОТ ЛЕСОТЕХНИЧЕСКИЯ УНИВЕРСИТЕТ

ЖЕЛЯЗКО ГЕОРГИЕВ, ЙОРДАНКА ЗЛАТАРОВА 81

ТРУДНОСТИ ПРИ ОБУЧЕНИЕТО НА ДЕЦА ОТ НАЧАЛНА УЧИЛИЩНА ВЪЗРАСТ С ПОВИШЕНИ ДВИГАТЕЛНИ ВЪЗМОЖНОСТИ И ИЗЯВЕНА НАДАРЕНОСТ В СФЕРАТА НА СПОРТА

ИВАН СИМЕОНОВ 92

ИЗСЛЕДВАНЕ ВЛИЯНИЕТО НА РАЗЛИЧНА ДВИГАТЕЛНА ДЕЙНОСТ ВЪВ ВРЪЗКА С ОЦЕНКА НА СТАТИЧНО-ПАСИВНАТА ГЪВКАВОСТ НА СТУДЕНТКИ

ЙОРДАНКА ЗЛАТАРОВА, ЖЕЛЯЗКО ГЕОРГИЕВ, БРОНИСЛАВА РУСЕВА, ХРИСТО КОЛЕВ, ПЕТЪР ГРОЗЕВ 99

ПОДВИЖНИТЕ ИГРИ КАТО СРЕДСТВО ЗА ПОВИШАВАНЕ НА ФИЗИЧЕСКАТА ДЕЕСПОСОБНОСТ
НА УЧЕНИЦИ ОТ ВТОРИ КЛАС
КАМЕН СИМЕОНОВ 106

СЪСТОЯНИЕ НА ИЗДРЪЖЛИВОСТТА НА УЧЕНИЦИ ОТ 1 ДО 4 КЛАС
КРУМ ЛОВКОВ 113

КОНТРОЛ НА ФИЗИЧЕСКАТА ДЕЕСПОСОБНОСТ НА УЧЕНИЦИ ОТ 1 ДО 4 КЛАС
КРУМ ЛОВКОВ, ВЛАДИМИР БАХЪРОВ 117

ФИЗИЧЕСКО СЪСТОЯНИЕ И РАЗВИТИЕ НА СТУДЕНТИ, ПРАКТИКУВАЩИ КРИКЕТ ВЪВ ВИСШЕ
ТРАНСПОРТНО УЧИЛИЩЕ „ТОДОР КАБЛЕШКОВ“
МАРИНА НЕДКОВА, ДИАНА ПЕЕВА 123

ИНТЕРЕСИ НА СТУДЕНТИТЕ ОТ СОФИЙСКИЯ УНИВЕРСИТЕТ "СВ. КЛИМЕНТ ОХРИДСКИ" ЗА
ИЗУЧАВАНЕ НА СПОРТНИ ТАНЦИ
МИГЛЕНА БАХЧЕВАНОВА, ЕЛЕОНОРА МИЛЕВА 129

АНКЕТНО ПРОУЧВАНЕ ОТНОСНО МЯСТОТО НА СПОРТА 3X3 БАСКЕТБОЛ ВЪВ ВИСШИТЕ
УЧИЛИЩА В РЕПУБЛИКА АЛБАНИЯ
МИЛЕНА АЛЕКСИЕВА, СВЕТОСЛАВ СТЕФАНОВ, ЕНГЕЛ СПАХИУ 139

THE ROLE OF PHYSICAL CULTURE AND SPORTS IN THE ADAPTATION OF STUDENT YOUTH
КНОКНЛОВА OLGA 147

КЪМ ПРИНОСА НА БЪЛГАРИЯ ЗА ВЪВЕЖДАНЕ НА ШАХМАТ В УЧИЛИЩЕ
РАДИСЛАВ АТАНАСОВ 150

ПРЕДСТАВЛЕНИЯ ДЕТЕЙ О ПРАВЕ НА ФИЗИЧЕСКОЕ ВОСПИТАНИЕ
ЕСИКОВА ТАТЪЯНА 160

МОТОРИКА-САМООЦЕНКА НА СТУДЕНТИ С НАДНОРМЕНО ТЕГЛО ОТ ШУМЕНСКИ УНИВЕРСИТЕТ
ТЕОДОРА СИМЕОНОВА, МАРТИН БАЗЕЛКОВ 167

ФОРМИРОВАНИЕ КОНФЛИКТОЛОГИЧЕСКОЙ КОМПЕТЕНТНОСТИ У СТУДЕНТОВ ФАКУЛТЕТА
ФИЗИЧЕСКОЙ КУЛТУРЫ
ФЕДОТЕНКО ИННА, ШАЛАГИНОВА КСЕНИЯ 176

СТРАТЕГИИ ЗА ПОВИШАВАНЕТО НА ЖЕЛАНИЕТО НА ДЕЦАТА В УЧИЛИЩЕ ДА СЕ ЗАНИМАВАТ
СЪС СПОРТ
ФИЛИП ШАБАНСКИ, КОСТАДИН КОСТОВ 188

ПРОМЕНИ ВЪВ ФИЗИЧЕСКАТА ПОДГОТОВЕНОСТ НА СТУДЕНТИТЕ ОТ МОРСКИТЕ СПЕЦИАЛНОСТИ
ЯВОР НЕСТОРОВ, АСЯ ЦЪРОВА 193

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

СПОРТНА АНИМАЦИЯ В ПЛАНИНСКИЯ ТУРИЗЪМ ХАРАКТЕРИСТИКА НА СПОРТНИТЕ ДЕЙНОСТИ
И ФОРМИТЕ ЗА ПРАКТИКУВАНЕТО ИМ
АНТОН ХИДЖОВ 205

УЧАСТИЕ НА СТУДЕНТИТЕ ОТ УНИВЕРСИТЕТИТЕ В СПОРТНИ ДЕЙНОСТИ НА ОТКРИТО
БИЛЯНА ПОПЕСКА, ДЕСПИНА СИВЕВСКА & ЦВЕТАНКА РИСТОВА 213

ПРИЛАГАНЕ НА ГУА ША ТЕРАПИЯ ПРИ МУСКУЛНИ БОЛКИ
И ТРАВМИ НА ОПОРНО ДВИГАТЕЛНИЯ АПАРАТ
ИВАЙЛО ПРОКОПОВ 221

АНАЛИЗ НА СПОРТНО ТУРИСТИЧЕСКАТА АНИМАЦИЯ КАТО СПЕЦИФИЧНА
ДВИГАТЕЛНА И ПОЗНАВАТЕЛНА ДЕЙНОСТ В ДЕТСКИТЕ ГРАДИНИ
ИВАЙЛО ПРОКОПОВ 227

ФИЗИЧЕСКА АКТИВНОСТ ПО ВРЕМЕ НА БРЕМЕННОСТ
ЙОАНА ЛУКАНОВА, ЦВЕТА ХРИСТОВА 234

ПРИБИЩАВАЩОТО ОБРАЗОВАНИЕ И АЛТЕРНАТИВНИ ДЕЙНОСТИ
ЗА УСЪВЪРШЕНСТВАНЕ ФИНАТА МОТОРИКА НА ДЕЦА С УМСТВЕНА ИЗОСТАНАЛОСТ
КАТЕРИНА КАРАДЖОВА, ДАНКА ЩЕРЕВА 239

МОТИВАЦИЯТА НА СТУДЕНТИ С НАДНОРМЕНО ТЕЛО ЗА ЗАНИМАНИЕ СЪС СПОРТ
СТЕФАН БАЗЕАКОВ 248

ВЪЗМОЖНОСТИ ЗА РАЗВИТИЕ НА СПОРТНО-РЕКРЕАЦИОННИЯ ТУРИЗЪМ НА КОЖУФ И ПЛАНКОВИЦА
ЦВЕТАНКА РИСТОВА, БИЛЯНА ПОПЕСКА & НИКОЛА ДИМИТРОВ 253

III. ТЕОРИЯ И МЕТОДИКА НА ФИЗИЧЕСКОТО ВЪЗПИТАНИЕ И СПОРТА

АНАЛИЗ НА АНКЕТНО ПРОУЧВАНЕ ЗА СЪЗДАВАНЕ НА МЕТОДИКА ЗА ПОДГОТОВКА НА
10-11-ГОДИШНИ ФУТБОЛИСТИ
ВЛАДИМИР БАХЪРОВ 267

ОПТИМИЗИРАНЕ НА СЕЛЕКЦИЯТА ПРИ 11–12-ГОДИШНИ ХАНДБАЛИСТКИ
ГЕОРГИ СЕИЗОВ, ИВАН ЙОТОВ 275

СТРУКТУРА И СЪДЪРЖАНИЕ НА ИНДИВИДУАЛНАТА ТРЕНИРОВКА НА ФУТБОЛЕН ВРАТАР
ДАНИЕЛ ДИМОВ 282

АНАЛИЗ НА ВЪЗМОЖНОСТИТЕ ЗА ПРИЛОЖЕНИЕ НА GPS ТЕХНОЛОГИИТЕ И СОФТВЕРНИТЕ
ПРОДУКТИ В СПОРТА ОРИЕНТИРАНЕ
ИВАН СИРАКОВ, СТЕФАНИЯ БЕЛОМЪЖЕВА-ДИМИТРОВА 288

ИЗСЛЕДВАНЕ НА ЕФЕКТА ОТ ПРИЛОЖЕНИЕ НА РЕЦИПРОЧНА ИНХИБИЦИЯ НА ОКОЛОСТАВНАТА
МУСКУЛАТУРА И МЕТОД ЗА УВЕЛИЧАВАНЕ НА МУСКУЛНАТА СИЛА СЛЕД НАРАНЯВАНИЯ НА
КОЛЯННА СТАВА
ИВЕЛИНА ДИМИТРОВА, КОСТАДИН КОСТОВ 299

ИНДИВИДУАЛНИ ЗАЩИТНИ ДЕЙСТВИЯ НА СЪСТЕЗАТЕЛКИТЕ ОТ СТУДЕНТСКИТЕ БАСКЕТБОЛНИ
ОТБОРИ ПРИЛАГАНИ В СЪСТЕЗАНИЯ
ЛАРИСА КАСАРОВА 307

ИЗСЛЕДВАНЕ НА АНТРОПОМЕТРИЧНИТЕ ПОКАЗАТЕЛИ ПРИ СЪСТЕЗАТЕЛИ ПО ФУТБОЛ ОТ
ЕЛИТНАТА ГРУПА U-17
ЛЪЧЕЗАР ДИМИТРОВ, КРУМ ЛОВКОВ, ДАНИЕЛ ДИМОВ, ВЛАДИМИР БАХЪРОВ 314

ФИЗИЧЕСКО СЪСТОЯНИЕ И РАЗВИТИЕ НА СТУДЕНТИ, ПРАКТИКУВАЩИ РЪГБИ ВЪВ ВИСШЕ
ТРАНСПОРТНО УЧИЛИЩЕ „ТОДОР КАБЛЕШКОВ“ И ТРАКИЙСКИ УНИВЕРСИТЕТ – СТАРА ЗАГОРА
МАРИНА НЕДКОВА, ДИАНА ПЕЕВА, НЕЛА ГОЧЕВА 319

ПОДГОТОВКА НА ПОДРАСТВАЩИ ВОЛЕЙБОЛИСТИ В УСЛОВИЯТА НА СПОРТЕН ЛАГЕР
ПЕТЪР КОЛЕВ 325

ОПРЕДЕЛЯНЕ НА СЪСТАВ НА ТЯЛОТО, СОМАТОТИП И АНАЛИЗ НА ХРАНЕНОТО НА МЛАДИ ГИМНАСТИЦИ
ТАТЯНА ДЗИМБОВА, АЛЕКСАНДЪР МАРКОВ 331

ПРОУЧВАНЕ НА ГЛАСИТЕ НА ЛИЦА С ТРАЙНИ УВРЕЖДЕНИЯ ЗА ПРИЛАГАНЕ НА АДАПТИРАН МОДЕЛ ПО ТАНЦИ
ТЕОДОРА ИГНАТОВА 342

ПРОМЕНИ В СКОРОСТНО-СИЛОВИТЕ КАЧЕСТВА НА 9–11-ГОДИШНИ ДЕЦА ТРЕНИРАЩИ ФУТБОЛ СЛЕД ПРИЛОЖЕН МОДЕЛ ЗА ПОДГОТОВКА
ЮСУФ ГОРЕЛСКИ, ИРЕН ПЕЛТЕКОВА 349

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

МАТЕМАТИКА ОТ СВЕТА НА ФУТБОЛА
ГАБРИЕЛА КИРОВА 359

ПОДГОТОВКА НА СПОРТНИ КАДРИ ЗА НУЖДИТЕ НА ИНСТИТУЦИИТЕ ЗА СИГУРНОСТ И ОТБРАНА НА СТРАНАТА
ЕВГЕНИ ЙОРДАНОВ, СИМЕОН ЙОРДАНОВ 366

ИЗСЛЕДВАНЕ ТРЕВОЖНОСТТА НА ПРЕПОДАВАТЕЛИТЕ И СЛУЖИТЕЛИТЕ ОТ ДЕПАРТАМЕНТА ПО СПОРТ КЪМ СУ „СВ. КЛИМЕНТ ОХРИДСКИ“
ЕЛИЦА СТОЯНОВА 373

УСЪВЪРШЕНСТВАНЕ УПРАВЛЕНИЕТО ЧРЕЗ ИНОВАТИВНИ ПОДХОДИ ПРИ ПЛАНИРАНЕТО И РЕАЛИЗАЦИЯТА НА ФИНАНСОВИЯ РЕСУРС ЗА ИЗГРАЖДАНЕ И РЕИНОВАЦИЯ НА СПОРТНИТЕ БАЗИ В СЪОТВЕТСТВИЕ СЪС СЪВРЕМЕННИТЕ ИЗИСКВАНИЯ ЗА ТЯХНОТО ПОЛЗВАНЕ
ЗЛАТКО ЗЛАТЕВ, ВЕНЦИСЛАВ МЛАДЕНОВ 379

ПРОУЧВАНЕ ИНФОРМИРАННОСТТА НА СТУДЕНТИТЕ ОТ НСА „ВАСИЛ ЛЕВСКИ“ ЗА СЪВРЕМЕННИТЕ ИНФОРМАЦИОННИ СРЕДСТВА В СПОРТА
МИЛЕН ЧАЛЪКОВ 387

ОПЫТ ПСИХОЛОГИЧЕСКОГО СОПРОВОЖДЕНИЯ ЗАНЯТИЙ СПОРТОМ В ДОШКОЛЬНОМ ОБРАЗОВАТЕЛЬНОМ УЧРЕЖДЕНИИ КАК ПРАКТИКА ВОСПИТАНИЯ ЗДОРОВОГО ОБРАЗА ЖИЗНИ
НАТАЛЬЯ ЮРЬЕВНА ГАЛОЙ 395

SPORTS COMMUNITIES AS AN ELEMENT OF PROFESSIONAL TRAINING FOR YOUNG SCIENTISTS
KANDYBOVICH SERGEY, RAZINA TATYANA 400