



**9th FIEP European Congress  
7th International Scientific  
Congress "Sport, Stress, Adaptation"**

**Physical Education and Sport – Competences for Life  
9 -12 October 2014**

**National Sports Academy "Vassil Levski", Sofia, Bulgaria**

**BOOK OF ABSTRACTS**

**© SPORT & SCIENCE  
EXTRA ISSUE, 2014**

**[WWW.FIEP2014SOFIA.COM](http://WWW.FIEP2014SOFIA.COM)**

## PARTNERS



MINISTRY OF YOUTH  
AND SPORT



SOFIA  
MUNICIPALITY



BULGARIAN OLYMPIC  
COMMITTEE



FOUNDATION  
BULGARIAN  
SPORT

## SPONSORS



# EUROFOOTBALL®

www.usitcolours.bg



АГЕНЦИЯ ЗА ИЗГОДНИ ПЪТУВАНИЯ



АТОК  
www.atoc.bg



ANATOLIA  
Traditional values, progressive spirit  
www.anatolia.bg



PLANET  
TOURS  
THE BEST WAY TO TRAVEL  
www.planettours.bg

WALLTOPIA



# Fibank

First Investment Bank

**9<sup>TH</sup> FIEP EUROPEAN CONGRESS  
7<sup>TH</sup> INTERNATIONAL SCIENTIFIC CONGRESS  
„SPORT, STRESS, ADAPTATION“**

**BOOK  
OF ABSTRACTS**

**9 – 12 OCTOBER 2014  
SOFIA, BULGARIA**

**9TH FIEP EUROPEAN CONGRESS AND  
7TH INTERNATIONAL SCIENTIFIC CONGRESS  
"SPORT, STRESS, ADAPTATION"**

**9–12 October 2014**

**Sofia, Bulgaria**

**Editors of Special Issue:**

Prof. Daniela DASHEVA, DSc  
National Sports Academy "Vassil Levski"

Prof. Branislav ANTALA, PhD  
Comenius University in Bratislava, Slovakia

Assis.prof. Stefka DJOBOVA, PhD  
National Sports Academy "Vassil Levski"

Research assistant Milena KULEVA  
National Sports Academy "Vassil Levski"

**Scientific committee of the Special Issue:**

**CHAIR PERSON**

Elena NIKOLOVA, National Sports Academy, Bulgaria

**MEMBERS**

Daniela DASHEVA, National Sports Academy, Bulgaria  
Tatiana IANCHEVA, National Sports Academy, Bulgaria  
Rossitza TZAROVA, National Sports Academy, Bulgaria  
Lachezar DIMITROV, National Sports Academy, Bulgaria  
Biser TZOLOV, National Sports Academy, Bulgaria  
Zoya GORANOVA, National Sports Academy, Bulgaria  
Rumjan HRISTOV, National Sports Academy, Bulgaria  
Ognjan MILADINOV, National Sports Academy, Bulgaria  
Evgenia DIMITROVA, National Sports Academy, Bulgaria  
Apostol SLAVCHEV, National Sports Academy, Bulgaria  
Eleonora MILEVA, National Sports Academy, Bulgaria  
Kiril KOSTOV, South West University, Bulgaria  
Stojan IVANOV, South West University, Bulgaria  
Ludmil PETROV, Veliko Tarnovo University, Bulgaria  
Nadejda IORDANOVA, Shumen University, Bulgaria  
Galina DJAKOVA, Trakiya University, Bulgaria  
Anna BOJKOVA, Medical University Sofia, Bulgaria  
Veselin MARGARITOV, Plovdiv University, Bulgaria  
Angelina Ianeva, Sofia University, Bulgaria  
Stefka DJOBOVA, National Sports Academy, Bulgaria  
Milena KULEVA, National Sports Academy, Bulgaria

# CONTENTS

## ORAL SESSION

### KEYNOTE ABSTRACTS

<b>Dasheva, D., Nikolova, E.</b> SPORT FOR YOUTH AND TOP-LEVEL SPORT – CONVERGENCE AND NEW VISION.....	14
<b>Brandl-Bredenbeck, HP.</b> WHY IS IT SO DIFFICULT TO PROMOTE PHYSICAL ACTIVITY IN INACTIVE GROUPS? RESULTS FROM A CROSS-CULTURAL EUROPEAN STUDY IN A PEDAGOGICAL PERSPECTIVE.....	14
<b>Wilber, R.</b> JUNIOR ELITE ATHLETES: PHYSIOLOGICAL CHARACTERISTICS AND TRAINING CONSIDERATIONS.....	15
<b>Mengisen, W.</b> SYSTEM OF QUALITY IN SPORTS IN SCHOOL QIMS.CH: A COMPREHENSIVE AND EASY-TO-USE PRODUCT TO EXAMINE THE QUALITY OF PHYSICAL EDUCATION AT ALL LEARNING LEVELS .....	15
<b>Schaefer, U., Golding, A.</b> NAME OF THE GAME: ENCOURAGING CHILDREN TO PARTICIPATE IN ORGANIZED SPORTS.....	15
<b>Dick, F.</b> TEAMWORK WINS.....	16
<b>Hardman, K.</b> PRESENT AND FUTURE ISSUES IN PHYSICAL EDUCATION .....	16

### SYMPOSIUM ABSTRACTS

<b>Csányi, T., Welk, G., Saint-Maurice, P., Marton, O., Kaj, M., Zhu, W., Karsai, I.</b> TRAINING AND EDUCATION IN THE SPORT SECTOR – TESS.....	17
<b>Jarani, J., Spahi, A., Muca, F., Qefalia, D.</b> CURRENT LEVEL OF PA BEHAVIOR AND PHYSICAL EDUCATION OF ALBANIAN CHILDREN LIVING IN BALKAN STATES.....	17

### TRAINING AND EDUCATION IN THE SPORT SECTOR – TESS

<b>Iancheva T.</b> TALENTS DEVELOPMENT IN SPORT .....	18
<b>Tzarova, R., Tzankova, M.</b> STUDY ON THE SPECIFIC WORKABILITY OF 20-YEAR-OLD PLAYERS (WOMEN) FROM THE NATIONAL BASKETBALL TEAM OF BULGARIA.....	18
<b>Nikolov, N.</b> COMPARATIVE ANALYS OF THE TECHNICAL AND TACTICAL ACTIONS OF BULGARIAN GRECO-ROMAN WRESTLING TEAM FROM THE INTERNATIONAL WRESTLING TOURNAMENT “NIKOLA PETROV”, HELD IN 2011 AND 2014 .....	18
<b>Bonova I.</b> STUDY OF DYNAMIC CHANGES IN ALKALINE-ACID EQUILIBRIUM IN BLOOD UPON INTENSIVE RUN LOADS AT 2000 M ALTITUDE ABOVE SEA LEVEL .....	19
<b>Oronova, D.</b> RESULTS OF THE SURVEY OF INTERNATIONAL OLYMPIC SPORT FEDERATIONS AND MEMBER NATIONAL ROWING FEDERATIONS ON THE STATUS OF WOMEN’S PARTICIPATION .....	19
<b>Osmani, A., Mamaj, D.</b> DIFFERENCES IN THE RELATIONS OF ACTIVE BODY MASS AND PASSIVE BODY MASS BETWEEN FOOTBALL AND BASKETBALL PLAYERS .....	20
<b>Sedyankov, M.</b> ALTERNATIVE OPTIONS OF DOWNHILL SKI RUN “STREIF” IN KITZBUHEL .....	20
<b>Ünlü, Y. H., Grigorov, B.</b> EXERCISE PROGRAMS WHICH APPLIED ON PERFORMANCE DANCERS OF EFFECT ON VERTICAL JUMP PERFORMANCE .....	21
<b>Manojlovic, N.</b> THE BASES OF STANDARDIZATION OF TRAINING PROCESS IN SPORT.....	22
<b>Vasickova, J., Neumannova, K., Dostalova, J., Svozil, Z.</b> INCLUSION OF RESPIRATORY MUSCLE TRAINING IN THE TRAINING OF YOUTH FIN SWIMMERS .....	22
<b>Lyudmilova, I., Dimitrova, D.</b> CHARACTERISTICS OF NEW RULES AND REGULATION FOR	

FUNCTIONAL CLASSIFICATION OF IPC SHOOTING ATHLETES WITH PHYSICAL IMPAIRMENTS .....	23
<b>Can, I., Cihan, H.</b> THE INVESTIGATIONS OF THE RELATIONSHIP BETWEEN SPRINT AND JUMP PERFORMANCE WITH MAXIMAL STRENGTH IN THE FULL SQUAT MOVEMENT .....	23

## MEDICO-BIOLOGICAL ASPECTS OF SPORT – MED

<b>Djarova-Daniels, T.</b> GENETIC TRAITS, POWER-ALLELE DOMINANT MODELS AND PHYSICAL PERFORMANCE IN SPORT.....	24
<b>Mitrev, G., Tasheva, R., Petrova, B.</b> Q-ANGLE APPROBATION OF DIAGNOSTIC POTENTIALITIES IN BASKETBALL PLAYERS.....	24
<b>Somlev, P., Uzunova, G., Atanasov, E., Petrov, L.</b> STANDARD ERROR OF MEASUREMENT AND RELIABILITY OF YO-YO INTERMITTENT RECOVERY TEST .....	25
<b>Videv, E., Petrov, L.</b> A STUDY OF SOME OF THE PSYCHO-PHYSIOLOGICAL ABILITIES IN STUNTMEN IN EXTREME CONDITIONS .....	25
<b>Uzunova, G., Pavlova, E., Somlev, P., Andreeva, L., Petrov, L., Kotev, V.</b> COMPARISON OF PREDICTED VO <sub>2MAX</sub> IN VOLLEYBALL AND FOOTBALL PLAYERS FROM MARGARIA AEROBIC STEP TEST .....	26
<b>Michailov, M. Pentcheva, B., Bonova, I., Boyanov, D., Jeynov, B., Mateev, G., Stefanova, D.</b> HIGH PEAK OXYGEN CONSUMPTION IN ROCK CLIMBING? .....	26
<b>Budde, H., Wegner, M.</b> EXERCISE AND PSYCHOSOCIAL STRESS IN SCHOOL SPORTS .....	27
<b>Janevik-Ivanovska, E., Sterjova, M., Popeska, B.</b> PERFORMANCE-ENHANCING DRUGS: NEW REALITY IN SPORT AND A REAL SHOWGROUND FOR PHARMACISTS .....	27
<b>Mugandani, S., Watson, G., Djarova-Daniels, T.</b> POWER ALLELE DOMINANT MODEL OF AMPD1 AND ACE GENES AND PHYSICAL CHARACTERISTICS OF ZULU SOUTH AFRICAN RUGBY, SOCCER AND CRICKET PLAYERS .....	28
<b>Gateva, M., Tarnichkova, M., Ivanov, N., Andonov, K., Stefanova, D., Mateev, G., Tzvetkov, S.</b> VO <sub>2MAX</sub> OF HIGH LEVEL ATHLETES IN THE GYMNASTICS DISCIPLINES .....	28
<b>Kalinski, M. I.</b> SIGNAL TRANSDUCTION SYSTEM AND EXERCISE .....	29

## PE AND SPORT IN THE EDUCATIONAL SYSTEM – PE1

<b>Herrmann C., Gerlach, E., Krebs, A., Seelig, H.</b> EVALUATION OF BASIC MOTOR COMPETENCIES IN PRIMARY SCHOOL – DEVELOPMENT OF A TESTING INSTRUMENT.....	29
<b>Scheuer, C., Bund, A., Becker, W.</b> MOBAQ-LUX8: A COMPETENCE-ORIENTED TEST BATTERY FOR 8 YEAR-OLD LUXEMBOURGISH STUDENTS.....	29
<b>Gerlach, E., Leyener, S., Herrmann, C., Puhse, U.</b> IMPLEMENTATION IN PHYSICAL EDUCATION AND THE QUALITY OF TEACHING. FINDINGS FROM THE BASEL IMPEQT-STUDY ON DETERMINANTS OF MOTOR BASIC QUALIFICATIONS.....	30
<b>Lleixa, T., Sebastiani, E. M.</b> THE CONTRIBUTION OF PHYSICAL EDUCATION TO THE ACQUISITION OF KEY COMPETENCES .....	30
<b>Ivaschenko, S. N.</b> IMPACT OF INNOVATIVE TECHNOLOGIES, USED BY TEACHERS OF PHYSICAL EDUCATION, ON THE LEVEL OF MOTOR ACTIVITY FOR PUPILS IN UKRAINIAN SCHOOLS .....	31
<b>Kucuk Kilic, S., Cihan, H.</b> AN ANALYSIS OF METACOGNITIVE LEARNING STRATEGIES AND ACADEMIC SELF-EFFICACY OF PRE-SERVICE PHYSICAL EDUCATION TEACHERS AND THEIR ATTITUDES TOWARDS THE PROFESSION OF TEACHING .....	32
<b>Nakamura, H.</b> CONNECTING SCHOOL SPORTS WITH LOCAL COMMUNITY: CHALLENGE OF JAPANESE PE ACTIVITY COORDINATOR .....	32
<b>Holzweg, M.</b> GENDER ASPECTS IN MOTOR TESTING - ASSESSING THE TEST FAIRNESS OF THE GERMAN MOTOR TEST (DMT 6-18) BY APPLYING DIF ANALYSES.....	33
<b>Nxumalo, S., Beetge, R.</b> SPORT PARTICIPATION AMONG FEMALE STUDENTS AT UNIVERSITY OF ZULULAND KWADLANGEZWA CAMPUS .....	33

<b>Cazzoli, S., Gatto, S.</b> PHYSICAL EDUCATION AND LIFE SKILLS FOR LIFE COMPETENCE.....	34
<b>Sugino, T., Mimura, Y.</b> USING SPORTS TO NURTURE KONJYO (GUTS) IN POPULAR JAPANESE CARTOONS: HISTORICAL AND MODERN VIEWS .....	34
<b>Cobo, C., Barcena, M.</b> FROM SCRAP TO STREET. REPAIRING OF ABANDONED BICYCLES TO BE USED BY UNIVERSITY OF CANTABRIA STUDENTS. A PROPOSAL MEANT TO FOSTER PHYSICAL ACTIVITY AMONG THE COLLEGE COMMUNITY ACCORDING TO SUSTAINABLE MEANS OF TRANSPORT .....	35

### **SPORTS PSYCHOLOGY – PSY**

<b>Ringland, A.</b> PSYCHOLOGICAL PREPARATION FOR THE PARALYMPIC LONDON GAMES, 2012 .....	35
<b>Mileva, E.</b> ATTITUDE OF STUDENTS FROM THE NATIONAL SPORTS ACADEMY TO FOOTBALL HOOLIGANISM.....	36
<b>Dimitrova, B.</b> ANTI-STRESS HEALTH PREVENTION THROUGH AQUASPINING .....	36
<b>Mohammed, H. H. M.</b> ATTITUDES TOWARD PHYSICAL ACTIVITY AMONG PREPARATORY YEAR MALE STUDENTS .....	36
<b>Domuschieva-Rogleva G., Yancheva, M., Varneva, M.</b> SELF-MOTIVATION, SELF-EFFICACY AND SELF-CONTROL WITH SAMBO ATHLETES.....	37
<b>Ivancheva V.</b> PECULIARITIES OF MOTIVATION FOR ATHLETES IN SPORT SHOOTING.....	37
<b>Mohammadzadeh, H., Heydari, M.</b> EFFECT OF MOTIVATIONAL MUSIC AND VIDEO AND COMPETITIVENESS FEATURES ON THE SPRINT PERFORMANCE OF YOUNG FEMALES.....	38
<b>Ivanov, I., Iancheva, T., Gencheva, N., Gencheva, A.</b> MOTIVATION AND ATTITUDES OF FOOTBALL AND VOLLEYBALL FANS .....	38
<b>Elloumi, A.</b> EFFECT OF GENDER AND TYPE OF BODY PRACTICES ON ANXIETY AND SELF-ESTEEM .....	39
<b>Keskin, N., Kucuk Kilic, S., Oncu, E.</b> AN ANALYSIS OF SELF-ESTEEM AND SOCIAL APPEARANCE ANXIETY OF PHYSICAL EDUCATION AND SPORTS ACADEMY STUDENTS .....	39
<b>Nemček, D., Kručanica, L.</b> DOES REGULAR SPORT PARTICIPATION PLAY ROLE IN SUBJECTIVE ASSESSMENT OF HEALTH IN PEOPLE WITH HEARING IMPAIRMENTS? .....	39
<b>Nesheva, I., Georgiev, M., Fenerova, D.</b> RESEARCH PSYCHOLOGICAL TESTS OF WOMEN WITH NORMAL PREGNANCIES INCLUDED IN THE PROGRAM „EXERCISES FOR PSYCHOLOGICAL TREATMENT“ .....	40
<b>Zsheliaskova-Koynova, Zsh.</b> PSYCHOMETRIC CHARACTERISTICS OF THE TEST FOR STUDYING GAME ANTICIPATION IN HANDBALL PLAYERS .....	40

### **SPORTS TRAINING FOR YOUTH ATHLETES – STYA**

<b>Mathunjwa, ML, Ngcobo, M., Mugandani, SC., Djarova-Danails, T.</b> PHYSICAL, ANTHROPOMETRICAL, AND PHYSIOLOGICAL PROFILES OF EXPERIENCED JUNIOR MALE AND FEMALE SOUTH AFRICAN TAEKWONDO ATHLETES .....	41
<b>Todorov, D.</b> ANALYZING OF THE TACTICAL REPRODUCING, THROUGH VISUALIZATION, AFTER INSPECTION OF THE SLALOM TRACK OF CHILDREN AGED FROM 10 – 15 YEARS.....	42
<b>Klaus, A., Bradshaw, R., Young, W., O'Brien, B., Zois, J.</b> SHORT RALLIES IN ELITE JUNIOR TENNIS - KEY TO SUCCESS .....	42
<b>Ivanova, V., Gantcheva, G.</b> RESEARCH FLEXIBILITY FOR 10-12 YEAR OLDS, DEALING WITH RHYTHMIC GYMNASTICS .....	42
<b>Brestnichki, G.</b> COMPARING COORDINATION ABILITIES DEVELOPMENT AT 10 – 11 YEARS OLD FEMALE BASKETBALL PLAYERS, PRIORITY WORKING ON THEIR CONDITIONAL ABILITIES AND ANOTHER GROUP PRIORITY WORKING ON THEIR COORDINATION ABILITIES .....	43
<b>Borukova, M.</b> FACTOR STRUCTURE AND KEY FACTORS OF PHYSICAL DEVELOPMENT AND SPECIFIC PERFORMANCE OF ADOLESCENT BASKETBALL PLAYERS (12–19).....	43
<b>Tesanović, G., Jakovljević, V., Bošnjak, G.</b> THE RELATIONSHIP BETWEEN MORPHOLOGICAL CHARACTERISTICS AND SPEED IN CHILDREN.....	44

<b>Jakovljević, V., Bošnjak, G., Tešanović, G.</b> THE EFFECTS OF THE RUNNING PROGRAM ON BODY COMPOSITION .....	44
<b>Cihan, H.</b> THE EFFECTS OF THE DYNAMIC GAME RULE ON WORK INTENSITY IN SMALL-SIDED GAMES .....	45
<b>Tzarov, K., Borukova, M.</b> ANALYSIS AND ASSESSMENT OF THE PHYSICAL DEVELOPMENT AND THE SPECIFIC PREPAREDNESS OF 17-YEARS-OLD BASKETBALL PLAYERS OF "CHAMPION`2006" .....	45
<b>Jovanović S., Tešanović, G., Dragosavljević, P.</b> SOME CHANGES OF MOTORICAL ABILITIES IN JAZZ-BALLET DANCERS USING SPECIFIC EXERCISES FOR JUMPERS IN ATHLETICS.....	46
<b>Malcev, M.</b> DETERMINING THE MOTOR SKILLS DIFFERENCES AMONG STUDENTS MALE AND FEMALE 12 YEARS OF AGE.....	46
<b>Puzović V., Karaleić, S., Savić, Z., Andjelković, I., Milenković, V., Karadenizli, I.</b> MOTOR AND FUNCTIONAL ABILITIES OF CHILDREN AFTER 16 WEEKS OF DIVING TRAININGS .....	47

## MEDICO-BIOLOGICAL ASPECTS OF SPORT – MED 2

<b>Vasiljeva, L. F.</b> APPLIED KINESIOLOGY AS A NEW METHOD FOR STABILIZATION OF THE MUSCULOSKELETAL SYSTEM IN SPORTS .....	47
<b>Dimitrov, H. Tasheva, R.</b> MEASUREMENT OF SCAPULAR UPWARD ROTATION IN PAINFUL SHOULDERS AS A DIAGNOSTIC METHOD .....	48
<b>Tasheva, R., Kolev, K.</b> DETAILING FUNCTIONAL DIAGNOSTIC IN LUMBAR LORDOSIS THROUGH HAMSTRING LENGTH TEST .....	48
<b>Bizheva Ts., Kantchev, D., Grigorova-Petrova, K.</b> PHYSIOTHERAPY FOR WOMEN WATER POLO PLAYERS WITH IMPINGEMENT SYNDROME .....	49
<b>Dimitrova, Ev.</b> EFFICACY OF DIFFERENT MANUAL THERAPY TECHNIQUES IN ATHLETES WITH HAMSTRING STRAIN .....	49
<b>Gotova, Zh.</b> CHINESE TRADITIONAL METHODS OF TREATMENT THE ACUTE LOW BACK PAIN IN GYMNASTS .....	50
<b>Popova G., Tasheva, R.</b> APPLICATION OF MULLIGAN'S MOBILIZATION WITH MOVEMENT TECHNIQUES IN PATIENTS AFTER DISTAL RADIAL FRACTURE .....	50
<b>Klimova V.K., Posohov, A.V., Shimokhina, M.V.</b> HIPPO THERAPY AND DIABETES.....	51
<b>Ivanova I., Gencheva, N.</b> HIPPO THERAPY FOR PEOPLE WITH MS .....	51

## SOCIAL ASPECTS OF SPORT AND PHYSICAL EDUCATION – SOC

<b>Zorba, E.</b> PERSPECTIVES OF SPORT FOR ALL AROUND THE WORLD AND TAFISA.....	51
<b>Zivanović, N., Pavlović, P., Randjelović, N., Pirsl, D., Zivković, D.</b> SPORT, SPORTS IDOLS AND IDOLATRY .....	52
<b>Borgogni, A., Elisa, T.</b> CHILDREN'S RIGHTS IN SPORT .....	52
<b>Angelova-Igova, B., Naydenova, Y.</b> THE MODEL OF THE SPORTSWOMAN AND SIMON DE BEAUVOIR'S FEMINIST .....	53
<b>Sandu, P., Rus, D., Cherecheş, R M., Brînză, C., Baba, C., Lau, J., van de Goor, I.</b> LEADERSHIP AND DRIVING FORCES IN LOCAL HEALTH ENHANCING PHYSICAL ACTIVITY (HEPA) POLICY DEVELOPMENT IN ROMANIA .....	53
<b>Bakalova, S., Gevrenova, M.</b> HISTORY OF THE NSA "VASIL LEVSKI" – ISSUES AND SOLUTIONS (1982-2013) .....	54
<b>Gevrenova, M.</b> REMINISCENCE ABOUT THE SWISS TEACHERS IN GYMNASTICS .....	54
<b>Pavlović, P. D. , Zivanović, N., Pantelić-Babic, K.M., Pavlovic, D.</b> "SERBIAN SOKOL" IN DETROIT (MICHIGAN).....	54
<b>Deryabin, M.</b> SEMANTIC FEATURES OF THE SPORTS SPACE AND TIME .....	55
<b>Fratric, F., Gajić.</b> DEVELOPMENT OF UNIVERSITY DIAGNOSTIC CENTRE AS A REACTION TO THE TRANSITIONAL ECONOMIC CHALLENGES .....	55



## PE AND SPORT IN THE EDUCATIONAL SYSTEM – PE2

<b>Azeem, K.</b> EFFECT OF LOW TO HIGH INTENSITY OF RESISTANCE TRAINING COURSE IN ENHANCING UPPER BODY STRENGTH OF COLLEGE MALES .....	56
<b>Naumovski, A.</b> COMPARATIVE OVERVIEW OF THE MANIFEST AND LATENT VARIABLE EXACT APPLICATION IN KINESIOLOGY STUDIES .....	56
<b>Kostova, N., Tosheva, I.</b> STRESS SOURCES AND LEVEL OF PERCEIVED STRESS WITH PHYSICAL EDUCATION AND SPORT TEACHERS .....	57
<b>Yonkova, R.</b> THE LANGUAGE AS A STIMULA FOR PERSONAL IDENTITY .....	57
<b>Peneva, B.</b> NECESSITY OF NEW PARADIGM FOR THE BULGARIAN SCHOOL PHYSICAL EDUCATION .....	58
<b>Masarykova, D.</b> SCHOOL REFORMS AND THEIR INFLUENCE ON PE CURRICULUM DEVELOPMENT IN SLOVAKIA .....	58
<b>Popeska, B., Janevik-Ivanovska, E., Barbareev, K., Jovanova-Mitkovska, S.</b> SPORT AND RECREATION ACTIVITIES AT THE UNIVERSITY “GOCE DELCEV”, STIP, REPUBLIC OF MACEDONIA – DIFFERENCES IN STUDENTS OPINIONS FOR ITS REALIZATION DEPENDING FROM CERTAIN SOCIO – DEMOGRAPHIC CHARACTERISTICS .....	59

## TESTING AND INNOVATIONS IN SPORT AND PHYSICAL EDUCATION – TISPE

<b>Adamakis, M., Zounhia, K.</b> COMPARING THE VALIDITY AND OUTPUT OF THE GARMIN FORERUNNER 310XT AND RUNKEEPER ANDROID APPLICATION IN AN URBAN ENVIRONMENT .....	59
<b>Filipov, K.</b> INNOVATION BIOTECHNOLOGY (BIOMEDIS) FOR HEALTH PREVENTION IN SPORT AND DAILY LIFE .....	60
<b>Doncheva, L., Koleva-Ivanova, D.</b> EXTERNAL TESTING OF INTERNET BASED TEACHING TOOL (TESS) .....	60
<b>Hristov, R.</b> MONITORING OF ROWING PERFORMANCE USING IMU (INERTIAL MEASUREMENT UNIT) .....	61
<b>Slavova V., Mileva, E.</b> ASSESSMENT OF BLENDED LEARNING COURSE IN SPECIFIC EDUCATIONAL CONTEXT .....	61

## POSTER SESSION

### PE AND SPORT IN THE EDUCATIONAL SYSTEM – PE

<b>Olosová G., Zapletalová, L.</b> EFFECTS OF DIFFERENT APPROACHES TO TEACHING BASKETBALL ON GAME PERFORMANCE, SKILLS AND UNDERSTANDING .....	62
<b>Yasuyuki, N.</b> STUDY INTO COMPETENCY DEVELOPMENT OF NOVICE TEACHERS IN PE CLASSES .....	62
<b>Colella D., Piccinno, A., Trigiani, M., Epifani, S., Simonetti, C.</b> DECLINE OF PHYSICAL ACTIVITY LEVEL FROM CHILDHOOD TO ADOLESCENCE .....	63
<b>Aleksić D., Aleksić-Veljковиć, A., Jezdimirović, T., Lilić, L., Milenković, V., Stanković]ana, S., Dolga, M.</b> EXAMINATION OF EFFECTS OF ARTYSTIC GYMNASTICS ON REPETITIVE STRENGTH OF 3TH & 4TH GRADE GIRLS OF ELEMENTARY SCHOOLS .....	63
<b>Neuls F., Vasickova, J., Svozil, Z.</b> SELF-PERCEIVED FITNESS OF PUPILS AND ITS IMPACT ON ATTITUDE TOWARD PHYSICAL EDUCATION LESSONS .....	63
<b>Zrnzević, N., Stakić, M.</b> WORD AND MOVEMENT IN THE FUNCTION OF AESTHETIC AND PHYSICAL EDUCATION .....	64
<b>Tzeneva, E.</b> THE PRINCIPLE OF DEMONSTRATIVENESS AND THE APPLICATION OF PEDAGOGICAL MOVIE IN SPORT EDUCATION .....	64
<b>Avramov, E.</b> ANALYSIS OF THE OFFENSIVE GAMEPLAY DURING THE YOUTH SCHOOL HANDBALL GAMES (GRADES 11-12) .....	65
<b>Mavrudieva, N, Alexandrova, V.</b> IMPACT METHODOLOGIES FOR PHYSICAL EDUCATION AND SPORT ON THE PHYSICAL CAPABILITY OF CHILDREN WITH VISUAL IMPAIRMENTS .....	65
<b>Mieziene, B., Emeljanovas, A., Venckunas, T., Volbekiene, V.</b> SECULAR TRENDS IN HEALTH-RELATED PHYSICAL FITNESS IN LITHUANIAN 11-YEAR-OLD CHILDREN BETWEEN 1992, 2002 AND 2012 .....	66

<b>Emeljanovas, A., Mieziene, B., Tumynaitė, L., Vitalija, P.</b> EFFECTS OF "HOPSPORT BRAIN BREAKS" PROGRAM FOR PHYSICAL FITNESS AND PASSIVITY IN A PRIMARY SCHOOL.....	66
<b>Ponomarev, G. N. , Gorelov, A.A.</b> ABOUT THE SCIENTIFIC SCHOOLING OF THE FUTURE SPECIALISTS IN PHYSICAL EDUCATION AND SPORT .....	67
<b>Petkov, K., Marinov, T., Shalev, A.</b> THE IMPACT OF A SPECIALIZED TRAINING ON THE STRUCTURE OF THE SURVIVAL PREPAREDNESS OF 11-12 YEARS OLD PUPILS.....	67
<b>Milanović, I., Radisavljević Janić, S., Mirkov, D.</b> ASSESSMENT OF PHYSICAL FITNESS LEVEL OF SERBIAN SCHOOLCHILDREN: EVALUATION OF CRITERION REFERENCE STANDARDS .....	68
<b>Gorelov A.A., Kondakov, V.L., Ponomarev, G.N.</b> THE PROBLEM OF FUNCTIONING KINESIO-HEALTH TECHNOLOGIES IN THE EDUCATIONAL SPACE OF MODERN HIGH SCHOOL .....	68
<b>Naidenova K., Nikolova, E.</b> PRELIMINARY STUDY ON SOME CHARACTERISTICS OF TRAINING IN FOOTBALL AT AN EARLY SCHOOL AGE.....	69
<b>Longer, M.</b> THE PHYSIOLOGICAL EXERTION IN STUDENTS DURING THE APPLICATION OF F6 TEST OF FUNCTIONAL ABILITIES DURING PHYSICAL AND HEALTH EDUCATION LESSON .....	69
<b>Prskalo, I., Badrić, M., Kvesić, I.</b> ORGANISATIONAL FORMS OF WORK IN PHYSICAL AND HEALTH EDUCATION AND CURRICULAR DIFFERENCES IN SOME EUROPEAN COUNTRIES .....	70
<b>Barber, L., Rogers, M.</b> PRIMARY SCHOOL PHYSICAL EDUCATION COORDINATORS PERCEPTIONS ON HOW PREPARED THEY ARE TO COORDINATE PE AND SCHOOL SPORT.....	70
<b>Ružbarská, I.</b> COORDINATION ABILITIES AND BODY MASS INDEX IN THE CONTEXT OF MOTOR COMPETENCE DEVELOPMENT IN PRIMARY SCHOOL CHILDREN.....	70
<b>Chovanová, E.</b> HYPERKINETICS DISORDERS CORRECTION AT YOUNGER SCHOOL AGE CHILDREN BY PHYSICAL ACTIVITY PROGRAM DANCE DANCE REVOLUTION – STEP MANIA.....	71
<b>Popova, S., Grigorova, M.</b> LEVEL OF PHYSICAL ACTIVITY OF STUDENTS FROM "ANGEL KANCHEV" UNIVERSITY OF RUSE.....	71
<b>Jones, V., Barrow, S.</b> 5X60 EXTRA-CURRICULAR ACTIVITIES – AN INVESTIGATION INTO THE IMPACT OF AN INITIATIVE TO ENCOURAGE GIRLS' PARTICIPATION IN PHYSICAL ACTIVITY (PA) IN SOUTH WALES .....	72
<b>Serbes, Ş., Cengiz, C., Güler, M.</b> MIDDLE SCHOOL STUDENT'S VIEWS ABOUT PHYSICAL EDUCATION LESSON EVALUATION PROCESS .....	72
<b>Masnjak, M., Lakovnik, V., Horvat, V.</b> A COMPARISON OF ATTITUDES TOWARD PHYSICAL ACTIVITY BETWEEN FUTURE PRIMARY SCHOOL TEACHERS AND FUTURE PRESCHOOL TEACHERS .....	73
<b>Stanković, V., Popović, D.</b> DIFFERENCES IN MOTORIC SKILLS OF SCHOOLBOYS REGARDING THE CHRONOLOGICAL AGE .....	73
<b>Nancheva, D., Lazarova, K.</b> AN INVESTIGATION OF THE RELATIONSHIP OF PARENTS FOR EDUCATIONAL NEEDS OF CHILDREN WITH SEN.....	74
<b>Vidranski, T., Tomac, Z., Farkaš, D.</b> INDICATORS OF KINANTROPHOLOGIC CHARACTERISTICS IN STUDENTS WITH COCHLEAR IMPLANTS IN INDIVIDUALIZED PE CLASS PROGRAM CREATION .....	74
<b>Rastovski, D., Vidranski, T., Cvitanović, M.</b> METHODICAL DIFFICULTIES IN PHYSICAL EDUCATION CLASS FOR PUPILS WITH SPECIAL EDUCATIONAL NEEDS .....	74
<b>Toshkova-Asenova, M.</b> PEDAGOGICAL STAFF'S ATTITUDE TO PHYSICAL EDUCATION FOR CHILDREN WITH SPECIAL EDUCATIONAL NEEDS .....	75
<b>Hardman, J., Pitchford, A.</b> LIGHTS, CAMERA, ACTION! TRAINEE TEACHERS IN THE SPOTLIGHT: INCLUDING DISABLED LEARNERS IN MAINSTREAM PE .....	75
<b>Petkova, P., Lazarova, K., Hristov, P.</b> CHILDREN'S ATHLETICS AND ITS PLACE IN SCHOOL PHYSICAL EDUCATION IN BULGARIAN.....	76
<b>Sobyanin F., Bogachova, E., Nikiforov, A., Poklad, N.</b> RESEARCH OF THE PHYSICAL ACTIVITY AND «JADŽENT» TECHNIQUE .....	76
<b>Stakić M., Zrnzević, N.</b> MOTOR AND BREATHING EXERCISES AS A FACTOR OF PUPILS' ADAPTATION TO LEARNING PRIMARY READING AND WRITING .....	77

## TRAINING AND EDUCATION IN THE SPORT SECTOR – TESS

<b>Kiuchukov, I., Yanev, I.</b> APPLICATION OF MOVEMENT VISUALIZATION MODELS DURING THE STUDY OF GYMNASTIC EXERCISES .....	77
<b>Kurtovic, N., Savova, N.</b> RESPONSE TO THE STIMULUS IN KUMITE – PERFORMANCE RELATIONSHIP IN SPORT KARATE .....	77
<b>Takov, M.</b> THE INFLUENCE OF SPECIALIZED ALTITUDE MEZOCYCLE ON ADAPTATION POSSIBILITIES ON TOP LEVEL YOUNG BOXING ATHLETES .....	78
<b>Ivanov, V.</b> SURVEY ON THE AGE DYNAMICS OF SOME OF THE BEST TENNIS PLAYERS IN THE WORLD AND IN BULGARIA .....	78
<b>Stoyanova, N., Andonov, S.</b> ANALYSIS OF THE RESULTS IN LIFESAVING WORLD CHAMPIONSHIPS – EGIPT, 2010 AND AUSTRALIA, 2012 .....	79
<b>Dimitrova, B., Petrova, M., Tankusheva, N.</b> METHODOLOGICAL CLASSIFICATION OF EXERCISE OF BEAM....	79
<b>Velcheva, D.</b> STRUCTURAL ANALYSIS OF THE COMBINATIONS OF EXERCISES WITH HOOP APPARATUS IN RHYTHMIC GYMNASTICS .....	80
<b>Kurtev, Z.</b> EYOF 2013 POMMEL HORSE: SUBMITTED ELEMENTS AND THEIR COMMITMENT WITH THE BASIC ELEMENTS OF APPARATUS .....	80
<b>Gutев, G., Nyagin, P., Dimova, I., Guteva, H.</b> ANALYSIS OF HURDLE CLEARANCE STRIDE TECHNICAL WEAKNESSES AT THE BEGGING AND IN THE END OF RACE DISTANCE IN THE DISCIPLINE 110 M HURDLE RUNNING .....	80
<b>Karapetrova, R.</b> ANTHROPOMETRICAL CHARACTERISTICS OF SHOT PUT THROWERS.....	81
<b>Georgieva, V.</b> TRACKING OF ANTHROPOMETRIC PARAMETERS OF ALPINE SKIERS IN THE PERIOD SINCE 1995 UNTIL 2014.....	81
<b>Andonov, K., Gateva, M.</b> DETERMINATION AND COMPARISON OF THE ENERGETIC ZONE OF WORK DURING THE COMPETITIVE INDIVIDUAL ROUTINE IN RHYTHMIC AND COMPETITIVE ROUTINE IN AESTHETIC GROUP GYMNASTICS.....	82
<b>Kissiov, K., Slavchev, A.</b> RESEARCH STUDY ON DIFFICULTY OF MOUNTAIN RUNNING TRACKS .....	82
<b>Angelov, V., Grigorov, B., Ünlü, Y.H.</b> APPLICATION OF THE CONTRASTING APPROACH TO THE DEVELOPMENT OF THE FLEXIBILITY IN BULGARIAN FOLK DANCE LESSONS .....	82
<b>Zagorski D., Gikova M., Penov, R.</b> MORPHOLOGICAL CHARACTERISTICS OF PROFESSIONAL SHOTOKAN KARATE ATHLETES AS A FORM OF SPECIFIC ADAPTATION .....	83
<b>Gadev, M.</b> INTERRELATION BETWEEN THE SPORTS RESULT WITH MAIN FACTORS OF PERFORMANCE OF ELITE SPRINTERS .....	83
<b>Kotev, V.</b> INFLUENCE OF THE COMPLEX WORKOUT BEACH VOLLEYBALL ON SPECIFIC PERFORMANCE COMPETITORS .....	84
<b>Pedev, T.</b> “5 PEAKS FOR 24 HOURS”	
<b>Iljin, I., Khaustov, S., Kolev, N.</b> THE INDIVIDUALITY OF THE PREPARATION OF WEIGHT-LIFTERS.....	84
<b>Zhelyazkov, S., Panayotov, N.</b> MONITORING OF THE PHYSIOLOGICAL SIGNS DURING ALPINE TREK IN DIMODAR HYMAN – HIMALAYAS .....	85
<b>Gospodarski, N., Hristov, R., Andonov, H.</b> CHANGES INTO KINEMATIC CHARACTERISTICS OF THE STROKE DURING ROWING WITH DIFFERENT STROKE RATE .....	85
<b>Albert, E., Albert, M.</b> THE ROLE OF QIGONG TO DEVELOP SPECIFIC PERFORMANCE JUDO .....	86
<b>Bachev, V.</b> METROLOGICAL ASPECTS OF RANKING IN THE OLYMPIC ROWING REGATTA – SYDNEY 2000 .....	86
<b>Iossifov, R.</b> FREESTYLE SPRINTERS IN THE DIFFERENT EVENTS .....	87
<b>Kostov, Z.</b> COMPARATIVE MOVEMENT CONTENT ANALYSIS OF CHA-CHA-CHA COMPETITIVE DANCE PROGRAMS OF THE ELITE DANCE COUPLES IN WDSF AND WDC_AL.....	87
<b>Almoslim, H.</b> INFLUNCE OF ANAEROBIC TRAINING ON SELECTED FITNESS PARAMETERS OF MALES .....	88
<b>Iliev, I.</b> SOME SPECIFICS OF THE TECHNICAL-TACTICAL TRAINING OF WRESTLERS .....	88
<b>Zahariev, L., Pandov, A.</b> ANAEROBIC POWER IN SHORT-TRACK SKATERS – A PILOT STUDY .....	88
<b>Tsonev, Ts., Ocheva, G., Georgiev, N.</b> ANALYSIS OF THE INTERNATIONAL FESTIVAL IN TABLE TENNIS – ALBENA, 2013 AND 2014 .....	89

<b>Otcheva, G.</b> ANALYSIS OF TRAINING METHODS “MULTIBALL TRAINING” IN THE MODERN TABLE TENNIS .....	90
<b>MEDICO-BIOLOGICAL ASPECTS OF SPORT – MED</b>	
<b>Grueva-Pancheva, T.</b> DYNAMIC POSTURAL CONTROL IN PATIENTS AFTER ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION .....	90
<b>Valtchev, V.</b> INCREASED FOOT SKIN MOISTURE IS A RISK FACTOR FOR OCCURRENCE OF ONYCHOMYCOSIS IN PROFESSIONAL SOCCER PLAYERS .....	91
<b>Angelov, A., Goranova, Z.</b> PHYSICAL ACTIVITY COMPLEX PROGRAM IN CASES WITH SHORTENING OF THE HAMSTRING .....	91
<b>Ivanova, S., Goranova, Z.</b> PHYSICAL ACTIVITY AND GASTROINTESTINAL TRACT IN SPORTING PEOPLE (REVIEWED THEORETICAL STUDY).....	92
<b>Gencheva, N., Chalgazhieva, D.</b> CHANGES IN COMMUNICATION SKILLS IN CHILDREN WITH AUTISTIC SPECTRUM DISORDES AFTER THERAPEUTIC RIDING SESSIONS .....	92
<b>Lubenova, D.</b> INFLUENCE OF HYDROKINESITHERAPY IN THE TREATMENT OF LUMBAR DISC DISEASE IN THE CHRONIC PERIOD.....	93
<b>Dimitrova A., Lubenova, D., Grigороva-Petrova, Kr., Beizat, A.</b> STUDY ON THE EFFECT OF KINESITHERAPY ON MOTOR ACTIVITY IN PATIENTS WITH PARKINSON’S DISEASE .....	93
<b>Grigороva-Petrova Kr., Lubenova, D., Dimitrova, A.</b> PULMONARY FUNCTION – POSSIBILITY OF INFLUENCE FOR IN-HOSPITAL ACUTE STROKE PATIENTS.....	94
<b>Ilinova, B.</b> MORPHOLOGICAL CHARACTERISTICS OF SHORT TRACK COMPETITORS.....	94
<b>Vasileva, D., Lubenova, D., Mihova, M.</b> POSTURAL CONTROL AND BALANCE REACTIONS IN PATIENTS WITH ISCHEMIC STROKE IN THE CHRONIC PERIOD .....	94
<b>Popova, N.</b> INJURY INCIDENCE AMONG NON-PROFESSIONAL BULGARIAN FOLK DANCERS.....	95
<b>Tomova, T., Goranova, Z.</b> PREMENSTRUAL SYNDROME AND KINESITHERAPY .....	95
<b>Markovska, G.</b> INFLUENCE OF PHYSIOTHERAPY ON ENDURANCE OF CHILDREN WITH POOR POSTURE .....	96
<b>Sazdova, L.</b> KINESIOTAPING CONCEPTION IN THE COMPLEX PHYSIOTHERAPY OF SHOULDER PAIN SYNDROMES .....	96
<b>Stefanova, D.</b> MEDIO-LATERAL STABILITY WITH COMMUNITY-DWELLING PHYSICALLY ACTIVE AND INACTIVE OLDER WOMEN - A CROSS-SECTIONAL STUDY .....	97
<b>Makaveev, R., Andreeva, L., Alexandrova, A., Nikolov, N., Chamishki, D., Petrov, L.</b> LACTATE DYNAMICS IN WRESTLING TRAINING MATCH.....	97
<b>Panayotov, V., Petkov, K.</b> A PLACEBO EFFECT OF A LOW-CALORIE DIET? .....	98
<b>Zaharieva, D., Chervencova, L.</b> EFFECT OF SEAS APPROACH ON STATIC MUSCLES STRENGTH IN CHILDREN OF PRIMARY SCHOOL AGE.....	98
<b>Goranova, Z., Dyanko, V., Grozev, J.</b> CONTROL ON SPORTS PERFORMANCE BY DINT OF EXPRESS-COMPLEX TEST IN APPLIED KINESIOLOGY .....	99
<b>Popov, N., Grueva-Pancheva, T.</b> FUNCTIONAL EVALUATION IN PATIENT AFTER ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION.....	99
<b>Nikolova, M., Rankov, Kr., Boyanov, D., Shopov, S., Dasheva, D.</b> SLEEP QUALITY OF A GROUP STAYING IN ANTARCTICA – OBJECTIVE AND SUBJECTIVE MEASUREMENTS.....	100
<b>Chervencova L., Stefanova, D.</b> DYNAMIC STABILITY IN HEALTHY YOUNGER ADULTS WHO HAVE LEARNED TO PRACTICE PANEURHYTHMY.....	100
<b>Angelcheva, M., Dimitrova, D., Ljudmilova, I.</b> FEATURES OF SOMATIC DEVELOPMENT OF BULGARIAN CHILDREN DEPRIVED OF PARENTAL CARE RECEIVING INSTITUTIONAL CARE.....	101
<b>Petrov, L., Chanev, S., Alexandrova, A., Zaekov, N.</b> USE OF SALIVARY ALPHA-AMILASE AS A MARKER OF THE COMPETITIVE STRESS IN HANDBALL.....	101
<b>Miloshova, E.</b> CARDIORESPIRATORY ENDURANCE OF BULGARIAN FENCERS.....	102
<b>Andonova, T.</b> GLOBAL SELF-ESTEEM, PHYSICAL SELF-ESTEEM AND BODY MASS INDEX IN EARLY ADOLESCENTS.....	102

<b>Tsvetkova, V.</b> ANALYSIS OF THE INITIAL SELECTION AND MOTIVATION OF CHILDREN TO PARTICIPATE IN ORGANIZED TABLE TENNIS TRAINING IN SC "SVILOSA" .....	103
<b>Katevska, Y., Popova-Dobрева, D.</b> KINESITHERAPY IN WOMEN WITH DYSMENORRHEA .....	103
<b>Zaekov N., Nikolov, N., Petrov, L., Ilinova, B., Alexandrova, A.</b> NUTRITIONAL INTAKE, BIOCHEMICAL AND ANTHROPOMETRIC CHANGES IN BULGARIAN WRESTLING ATHLETES .....	103
<b>Atanassov, R., Kuzermanova, N., Markov, E.</b> INFLUENCE OF CHESS ON PSYCHOLOGICAL CONDITION OF PSYCHIATRIC PATIENTS .....	104
<b>Kolev, N., Kasabie, E.</b> INNOVATIONS IN THE RECOVERY OF HIGHLY QUALIFIED RUGBY PLAYERS IN RUGBY 7.....	105
<b>Karaleic S., Puzovic, V., Milenkovic, V., Savic, Z., Andjelkovic, I.</b> PULMONARY FUNCTIONS IN CHILDREN WITH POSTURAL SPINE DEFORMITIES.....	105
<b>Nikulin, I., Voronkov, A., Sobyenin, F., Terentyeva, O.</b> THE TECHNIQUE OF THE DEVELOPMENT OF PHYSICAL ABILITIES FOR MEN AND WOMEN AGED 25-35 USING FUNCTIONAL LOOPS TRX SUSPENSION TRAINING.....	105
<b>Gikova M., Zagorski, D., Tishinov, O.</b> A RELATIONSHIP BETWEEN SOME KINEMATIC CHARACTERISTICS AND POSTUROLOGY PARAMETERS IN SHOTOKAN – KARATE ATHLETES.....	106

### **SPORTS PSYCHOLOGY – PSY**

<b>Tosheva, I.</b> INFLUENCE OF SELF-EFFICACY ON THE BURNOUT WITH PHYSICAL EDUCATION AND SPORT TEACHERS .....	107
<b>Vonsovich, K.</b> COMPARISON OF LEVEL VOLUNTARY REGULATION OF ACTIVITY OF STUDENT-ATHLETES.....	107
<b>Bahchevanova, M., Mutafova-Zaberska, J.</b> COMMUNICATION STYLES BETWEEN PARTNERS IN COMPETITIVE DANCESPORT COUPLES.....	107
<b>Yancheva M., Domuschieva-Rogleva, G.</b> INTERDEPENDENCE OF THE LEVEL OF PERCEIVED STRESS AND PRE-COMPETITIVE ANXIETY WITH SAMBO ATHLETES.....	108
<b>Gigova, I., Gigov, A.</b> FACTOR STRUCTURE OF THE MAIN MENTAL ABILITIES OF 10-15 AGED GIRLS PRACTICING SCHOOL TENNIS.....	108
<b>Tsareva, Y.</b> MINIMALIZATION OF THE EMOTIONAL STRESS BY MANUAL WELLNESS ACTIVITIES AND RITUALIZATION.....	109
<b>Dimitrov, V.</b> IMPACT OF THE PSYCHOGENIC AND IDEOMOTOR TRAINING ON THE PHYSICAL FITNESS OF FENCING COMPETITORS.....	109
<b>Asenov, A., Georgiev, M.</b> INFLUENCE OF THE EMOTIONAL INTELLIGENCE ON THE PRE COMPETITIVE ANXIETY WITH ATHLETES PRACTICING TAEKWONDO.....	110
<b>Georgiev, M., Asenov, A.</b> TYPOLOGICAL CHARACTERISTICS AND PRE COMPETITIVE ANXIETY WITH ATHLETES PRACTICING TAEKWONDO .....	110
<b>Bozhilov, G., Kotev, V.</b> INTELLECTUAL POTENTIAL AND COMPETITIVE REALIZATION IN BEACH VOLLEYBALL .....	110
<b>Kaynak, K.</b> THE INVESTIGATION OF ANXIETY LEVELS OF SUB-ELITE VOLEYBALL PLAYERS.....	111
<b>Lazarova, T.</b> SELF-LEADERSHIP A NEW APPROACH FOR LEADERS AND TEAMS IN SPORT .....	111
<b>Lefterov, E., Dimitrov, V., Georgiev, M.</b> RISK PROPENSITY AND THE INDIVIDUAL BOXING STYLE.....	112

### **SOCIAL ASPECTS OF SPORT AND PHYSICAL EDUCATION – SOC**

<b>Akçakoyun, F., Demirel, M., Mutlu, V.</b> DETERMINATION OF COACHES' LEADERSHIP BEHAVIORS IN TERMS OF ATHLETES OPINIONS.....	112
<b>Dimitrov, V., Mladenov, S.</b> SPECIAL FEATURES OF MANAGEMENT OF THE TOURNAMENT FROM THE CHAIN „TRACIAN ROCKS“ .....	112
<b>Slavchev, I.</b> CONTEMPORARY MEANS OF COMMUNICATION AND E-LEARNING IN THE EDUCATION PROCESS OF SPORT MANAGEMENT.....	113
<b>Samur, S.</b> THE INDUSTRIAL TRANSFORMATION AND INSTITUTIONALIZATION OF SOCCER IN SPORTS.....	113
<b>Dimitrova, L.</b> CHESS PLAYERS AND EVENTS DEVELOPMENT .....	114

<b>Aksoy, A.</b> SHERBORNE DEVELOPMENTAL MOVEMENT .....	114
<b>Dimitrova-Denkova, A., Leftrov, E.</b> THE VIOLENCE IN THE SPORTS .....	115
<b>Tomić, D., Prskalo, I.</b> PHILOSOPHY AND ESTABLISHING KINESIOLOGY .....	115
<b>Nikolova, M., Goranova, Z., Arslan, D., Yuzara, M.</b> THE PEOPLE WITH DISABILITIES IMPROVING THE QUALITY OF LIFE THROUGH SWIMMING .....	116
<b>Hristova, V., Dimitrova, M.</b> THE SITTING VOLLEYBALL AS MEANS OF ADAPTATION AND A HEALING METHOD FOR PEOPLE WITH DISABILITIES .....	116
<b>Kutincheva P., Dimitrova, B., Tzareva, Y.</b> THE NEED TO IMPLEMENT EU DIRECTIVES FOR STAFF CERTIFICATION IN SPA & WELLNESS & THALASSO TOURISM .....	116
<b>Yarali, S.S.</b> THE ACUTE EFFECT OF DIFFERENT STATIC STRECHING PROTOCOLS APPLIED TO FOLK DANCERS ON SOME PERFORMANS LEVELS .....	117
<b>Djobova, S.</b> VSPORT+ SEVEN STEP MODEL APPROACH TO THE BULGARIAN SPORT SECTOR .....	117
<b>Damyanova, R., Eftimov, I.</b> THE POPULARITY OF GOLF AMONG ACADEMICS YOUTH.....	117
<b>Vladova, I.</b> OLYMPIC EDUCATION AND ITS PLACE IN THE BULGARIAN SCHOOL .....	118
<b>Antonov, A.</b> MORAL STANDARDS GOVERNING THE ETHICS OF MODERN SPORT MODEL .....	118
<b>Stanchev, N.</b> PEDAGOGICAL NATURE OF THE WRESTLING COACH ACTIVITY .....	119
<b>Tsekova, S., Radoyska, S., Dimitrov, L.</b> STUDY THE STATUS OF WOMEN AND GIRL'S FOOTBALL IN THE REPUBLIC OF BULGARIA.....	119
<b>Penov, R., Stanchev, N.</b> HISTORICAL OVERVIEW AND DEVELOPMENT OF SHOTOKAN KARATE IN BULGARIA .....	120
<b>Mavrudiev, S., Mladenov, S.</b> SURVEY OF THE EFFICIENCY OF VOLLEYBALL CLUB "MINYOR" – PERNIK IN PREPARATION OF PERSPECTIVE VOLLEYBALL PLAYERS.....	120
<b>Dimitrova, E.</b> MAPPING THE SPORTS VOCABULARY OF THE SECOND LANGUAGE .....	120
<b>Cengiz, C.</b> DEVELOPMENT OF TURKISH LUNCHTIME ENJOYMENT OF ACTIVITY AND PLAY QUESTIONNAIRE: SOCIAL-ECOLOGICAL PERSPECTIVE.....	121
<b>Halawani, H.</b> BARRIERS TO PARTICIPATION IN PHYSICAL ACTIVITY /EXERCISE FOR STUDENTS WITH PHYSICAL DISABILITIES.....	121
<b>Kosteva, B., Zgurovski, U.</b> MANAGEMENT OF A SPORT EVENT FOR ADAPTED SKIING.....	122
<b>İmamoğlu, M., Bostanci, Ö., Kabadayi, M., İmamoğlu, R.</b> ANALYSIS OF MATCH RESULTS IN 2012-2013 SEASON IN TURKISH SPOR TOTO SUPER LEAGUE ACCORDING TO SOME VARIABLES .....	122

## TESTING AND INNOVATIONS IN SPORT AND PHYSICAL EDUCATION – TISPE

<b>Kuleva, M.</b> EDUCATION IN SPORTS SPECIALTY THROUGH ELECTRONIC FORMS OF DISTANCE EDUCATION .....	123
<b>Petkova, V.</b> CYBERSECURITY POLICY IN THE CHESS ACTIVITY AND ELECTRONIC DOPING.....	124
<b>Shandurkova, S., Gigova, V.</b> THE RESOURCE AVAILABILITY AND ATTITUDE OF THE NSA MASTER'S DEGREE STUDENTS TOWARD IMPLEMENTATION OF DISTANCE EDUCATION .....	124
<b>Kang, E-J., Park, J-H.</b> DEVELOPMENT AND VALIDITY OF PHYSICAL ACTIVITY MEASUREMENT SCALE FOR KOREAN FEMALES BY AGE GROUPS .....	125
<b>Dobrynin, I. M., Rogov, O. S.</b> IMPROVING THE EFFICIENCY OF THE EDUCATIONAL PROCESS WITHIN THE DISCIPLINE "PHYSICAL EDUCATION" BY MULTIMEDIA.....	125
<b>Yordanov, P., Yordanov E.</b> RESULTS OF A TEST ON CERTAIN INDICATORS OF PHYSICAL FITNESS OF STUDENTS FROM SOFIA UNIVERSITY "ST. KLIMENT OHRIDSKI", ENGAGED IN TRAINING ON TENNIS ON COURT .....	126
<b>Varbanov, I., Tishinov, O., Zsheliaskova-Koynova, Z.</b> STUDY OF ANTICIPATION IN HANDBALL THROUGH INTERACTIVE TEST .....	126
<b>Despotova, D., Kiriazov, P.</b> CONTROL LEARNING IN SPORT AND REHABILITATION .....	127
<b>Bachvarova D., Petkova, P., Simeonova, T., Vasilev, P., Mustafa, M.</b> THE BASKETBALL GAME AND THE PHYSICAL EXPERIMENT .....	127
<b>Hristov, H., Stanchev, N.</b> KINEMATIC ANALYSIS ON THE "SHIKO" EXERCISE IN SUMO.....	127
<b>Groshev O., Yordanov, P., Saladinov, S., Bachev, V.</b> MEASUREMENT RESULTS STATIC POWER	

OPPORTUNITIES AT COMMANDOS.....	128
<b>Chalakov, M.</b> STRUCTURE OF MOVEMENT OF LOWER LIMBS AT TENNIS PLAYERS MOVING TO THE BALL .....	128
<b>Gigova, V.</b> APPLICATION OF META-ANALYSIS FOR SUMMARIZING RESULTS OF PUBLISHED STUDIES .....	129
<b>Hristov, O.</b> INVESTIGATION OF MUSCULAR COORDINATION AT DIFFERENT INTENSITY IN ROWING .....	129
<b>Traykova, B.</b> BIOMECHANICAL QUANTITATIVE EVALUATION OF BASKETBALL SHOOTING .....	129
<b>Koleva-Ivanova, D., Doncheva, L.</b> EFFICIENCY OF THE INTERNET BASED TEACHING PLATFORM (TESS) .....	130
<b>Arakchiyski Zdr., Zahariev, L., Traykova, B.</b> BIOMECHANICAL FEATURES OF THE SIT SPINS IN FIGURE SKATING .....	130
<b>Petrov V., Arakchiyski, Zdr., Sergiev, G., Andreev, Pl., Ivanov, N.</b> KINEMATICS OF DISMOUNT – DOUBLE SALTO BACKWARD PICKED ON THE PARALLEL BARS .....	131

## **SPORTS TRAINING FOR YOUTH ATHLETES – STYA**

<b>Žuffova, Z., Zapletalová, L.</b> RELIABILITY OF ASSESSMENT OF THE GAME PERFORMANCE IN FRISBEE ULTIMATE .....	131
<b>Mineva, M., Sergiev, G.</b> PERFORMANCE MODEL OF 15-17-YEAR-OLD ATHLETES IN AEROBIC GYMNASTICS.....	132
<b>Tinto A., Martini, S.</b> BALLISTIC STRETCHING: A NEW WAY TO TRAIN EXPLOSIVE STRENGTH .....	132
<b>Gantcheva, G.</b> MOVEMENT-TO-MUSIC TRAINING IN RHYTHMIC GYMNASTICS FOR 6-8 YEAR-OLD GYMNASTS.....	133
<b>Trenea, V.</b> INVESTIGATION OF PHYSICAL PREPARATION OF 12–18 YEARS OLD JUNIORS IN CANOE-KAYAK SPORT .....	133
<b>Peev, P.</b> INTERRELATION BETWEEN SPEED ABILITY AND SPEED STRENGTH ABILITIES AND SPEED ENDURANCE OF 13-14 YEARS FOOTBALL PLAYERS.....	134
<b>Rosa, R. A., Sannicandro, I.</b> THE EFFECTS OF FATIGUE ON THE DIFFERENT PHASES OF THE JUMP IN YOUNG TENNIS PLAYERS.....	134
<b>Nikolov, Y.</b> ENDURANCE DEVELOPMENT DURING THE PREPARATORY PERIOD IN 17-18 YEAR-OLD FOOTBALLERS .....	135
<b>Dimitrieska, T.</b> HEART RATE ANALYSIS OF YOUTH FIELD HOCKEY PLAYERS DURING THE GAME.....	135
<b>Stanković, S., Aleksić, D., Mladenović-Čirić, I., Jakovljević, V.</b> THE RELATIONS BETWEEN FLEXIBILITY AND RESULTS IN SWIMMING CHEST TECHNIQUE .....	136
<b>Zaharieva, Cv., ZAHARIEV, V.</b> NEW METHODS FOR TRAINING BEGINNERS IN TENNIS .....	136
<b>Yazarer, I., Tzankov, Tz.</b> SPECIFIC WORKABILITY OF THE STUDENTS-BASKETBALL PLAYERS FROM THE HIGH SCHOOLS IN TURKEY .....	136
<b>Ozsari, M., Nikolova, M., Aleksandrova, V., Trenea, V., Arslan, D.</b> SPECIALIZED METHODOLOGY FOR TEACHING OF CHILDREN WITH AUTISM IN WATER SPORTS .....	137
<b>Tsvetkova, V.</b> ANALYSIS OF THE INITIAL SELECTION AND MOTIVATION OF CHILDREN TO PARTICIPATE IN ORGANIZED TABLE TENNIS TRAINING IN SC “SVILOSA” .....	137
<b>Dimov, D., Atanasov, E.</b> IMPROVEMENT OF THE TECHNICAL AND TACTICAL TRAINING OF YOUNG FOOTBALL GOALKEEPERS IN COMPETITION PERIOD.....	138
<b>İmamoğlu, R., Albayrak, A., İmamoğlu, M., Songün, Y., Yılmaz, N.</b> ANALYSIS OF MIDDLE DISTANCE RUNNING (800M, 1200M) AND COORDINATION VALUES OF STUDENTS TAKING SPORTS HIGH SCHOOL ENTRANCE EXAM ACCORDING TO SPORTS BRANCHES .....	139

## **PULMONARY FUNCTION – POSSIBILITY OF INFLUENCE FOR IN-HOSPITAL ACUTE STROKE PATIENTS**

**Kristin Grigorova-Petrova, Daniela Lubenova, Antoaneta Dimitrova**

National Sports Academy „Vassil Levski”, Sofia, Bulgaria

e-mail: kristin.grigorova@abv.bg

*Key words:* early physical therapy, acute stroke, breathing exercises

*Introduction:* Some studies have investigated respiratory training with stroke conditions. Randomized controlled trials of inspiratory training with feedback device were conducted in subacute and chronic stroke patients.

*Methodology:* The purpose of the study is to determine the possibility of impact on pulmonary function using feedback tool for respiratory rehabilitation during the acute period in patients with ischemic cerebral stroke. 18 patients in acute period, not later than 48 hours after the accident with light to moderate stroke severity according NIHSS scale. The applied study methods are: spirometry, inspiratory capacity (IC) with incentive spirometer device, Trunk Control Test (TCT).

*Results:* Better results in FVC, PEF, IC and TCT have been observed.

*Discussion:* Positive results on FVC and PEF probably due to the effect of training and motor control improvement of respiratory muscles. The improvement in IC affects the ventilation in patients in acute period. At discharge there was no patient unable to maintain balance while sitting, which is probably due to the application of physical therapy to influence the abdominal muscles.

*Conclusion:* Incentive inspiratory breathing device positively influence the dynamic pulmonary function in-hospital stroke patients.

## **MORPHOLOGICAL CHARACTERISTICS OF SHORT TRACK COMPETITORS**

**Bogdana Ilinova**

National Sports Academy „Vassil Levski”, Sofia, Bulgaria

e-mail: bogyilinova@abv.bg

*Keywords:* Morphology, somatotype, short track

The aim of the research was to investigate the morphological features of short track competitors as the good sports presentation depends on wide variety of factors and part of them is a proper morphological structure and body composition of the athletes from the corresponding of sport. The interconnection between the structure of the body and its functional abilities plays a significant role in the training process for obtaining the best sports results.

Anthropometric investigation of a representative sample of short track competitors was done. It included five lengths of the body, ten circumferences, seven diameters, fourteen skinfolds and body weight. Composed parameters characterizing body composition were calculated - % body fat, absolute quantity of fat tissue (kg) lean body mass (kg), absolute quantity of muscle mass (kg), muscular circumferences of arm and thigh (cm), BMI. The somatotype of the athletes was defined by the Heath-Carter method. The data were compared with those of athletes from similar sports.

The results show that short track competitors have relatively low body fat tissue (about 12% for male and 17% for female athletes), well developed muscular-skeletal system, especially low extremities muscles and well developed chest. Their appearance is highlighted athletic and their average somatotype is endomorphic mesomorph.

## **POSTURAL CONTROL AND BALANCE REACTIONS IN PATIENTS WITH ISCHEMIC STROKE IN THE CHRONIC PERIOD**

**Danche Vasileva<sup>1</sup>, Daniela Lubenova<sup>2</sup>, Marija Mihova<sup>3</sup>**

<sup>1</sup>University “Goce Delchev”, Shtip, R.Macedonia

<sup>2</sup>National Sports Academy „Vassil Levski”, Sofia, Bulgaria

<sup>3</sup>University «Kiril i Metodij», Skopje, R.Macedonia

danche.vasileva@ugd.edu.mk/ lubenova@abv.bg/ marija.mihova@finki.ukim.mk



Keywords: Static balance, Functional balance, Kinesitherapy, Ischemic stroke, Chronic period

*The aim* of this study is to follow the influence of specialized kinesitherapeutic methodology (SKTM) on static and functional equilibrium reactions in patients with ischemic stroke in the chronic period.

*Material and methods:* In the study were included 11 patients with chronic right-sided (63.6%) and left-sided (36.4%) hemiparesis after ischemic stroke within 3 months. Investigated persons are measured on the test performance of Berg (Berg Balance Scale-BBS) at the beginning of the 10th day, 1st month and 3th month.

Patients after 10-day daily physical therapy continued with an adapted program for home rehabilitation and requirements for it.

*Results:* After the analysis of the difference between the average values of the static and functional balance is established that, in the initial period there is greater improvement in the functional balance of 0.08 with a significance level of 0.05. In the period from day 10 to the 1st of the month, and the 1st to the 3rd month has a greater improvement in the static balance of 0.12 and with a significance level of 0.05.

*Discussion:* The applied by us methodology continued later as an exercise program at home, has a tendency to improve postural control and balance reactions in patients with ischemic stroke in the chronic period.

## **INJURY INCIDENCE AMONG NON-PROFESSIONAL BULGARIAN FOLK DANCERS**

**Nadezhda Popova**

National Sports Academy „Vassil Levski”, Sofia, Bulgaria

marija.mihova@finki.ukim.mk

Key words: Bulgarian folk dances, injury

*Aim* of the study: to determine the type, location and dissemination of the injuries among the dancers who practice Bulgarian folk dances (BFD).

*Materials and methods:* The studied group consisted of 154 dancers of both genders, aged between 18 and 45 years, practicing in 7 different dance clubs. The criteria for inclusion are: practicing BFD for 3 years and more, with two workouts weekly for 1 hour each. The method of the study is inquiry with questions about presence, location, mechanism and severity of the injuries.

*Results and analysis:* 34% of the participants reported some trauma related with the BFD. The most often injured area is the ankle (18,2%), followed by the knee (12.3%). There is a prevalence of the overuse injuries (55%). Most frequent are tendon injuries (24,6%) and muscle injuries (20,8%). In 53% of the cases the injury is classified as “light”, while the other answers are divided between “middle”, “moderate” and “severe”. These results are explained by the specific movement elements of the BFD – series of jumps, vaults, quicksteps, etc.

*Conclusions:* About 1/3 of the inquired have sustained trauma related with the practicing of BFD. There is a prevalence of the tendons and muscular injuries in the area of the ankle and knee joint. Further studies are needed to determine risk factors for sustaining an injury among recreational BFD practitioners and also building of effective preventional programs.

## **PREMENSTRUAL SYNDROME AND KINESITHERAPY**

**Tatiana Tomova, Zoya Goranova**

National Sports Academy „Vassil Levski”, Sofia, Bulgaria

E-mail: tutti80@abv.bg

*Introduction.* Premenstrual syndrome (PMS) is a complex of symptoms. It includes a variety of physical, mental and behavioral symptoms. The borders of this state are continuously growing. Up to 85

# BOOK OF ABSTRACTS

9TH FIEP EUROPEAN CONGRESS

7TH INTERNATIONAL SCIENTIFIC CONGRESS „SPORT, STRESS, ADAPTATION“

9 – 12 October, Sofia

## SPORT & SCIENCE

Extra issue, 2014

ISSN 1310 - 3393

---

### Chairman of the Board of editors:

Assoc. Prof. Pencho Geshev, PhD

### EDITOR'S STAFF

Chairman – Prof. Daniela Dasheva, DSc

Chief editor – Stanka Videnova

Prof. Petar Bonov, DSc, Prof. Vladimir Boyanov, PhD,  
Prof. Lachezar Dimitrov, PhD, Prof. Erdal Zorba, DSc (Turkey),  
Prof. Nikolay Volkov, DSc (Russia), Ass. Prof. Dr. Maria Gikova, PhD,  
Ass. Prof. Galina Dyakova, PhD, Prof. Tzvetan Zeliaskov, DSc,  
Prof. Dimitar Kaikov, DSc, Prof. Yordan Kalaikov, DSc,  
Ass. Prof. Lazar Kamenov, PhD, Ass. Prof. Kiril Kostov, DSc,  
Prof. Malcho Malchev, DSc, Prof. Vesselin Margaritov, DSc,  
Prof. Ognyan Miladinov, DSc, Prof. Dragan Milanovic, DSc (Croitia)  
Prof. Dimitar Mihailov, PhD,  
Georgi Natov, deputy president of the BUPCS,  
Prof. Elena Nikolova, PhD, Prof. Vladimir Platonov, DSc (Ukraine),  
Prof. Ivan Popov, DSc, Ass. Prof. Nikolay Stanchev, PhD,  
Prof. Stefan Stoykov, DSc,  
Prof. Dr. Maria Toteva, DSc, Prof. Nikola Hadjiev, DSc

© “Sport & Science” Magazine

---

### Editor's Office:

Sofia 1000, 75, Vassil Levski Blvd. Tel: 02/93 00 652

E-mail [sport\\_science@yahoo.com](mailto:sport_science@yahoo.com)

<http://www.sportinauka.hit.bg>

---



**SOFIA EUROPEAN CAPITAL OF SPORT  
CANDIDATE CITY**

**ISSN 1310-3393**