

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

**International Scientific Congress
"Applied Sports Sciences"
1-2 December 2017**

PROGRAM



International Congress



*Applied Sports Sciences
Sofia 2017*

WWW.ICASS2017.COM

*D*ear Ladies and Gentlemen,
*D*ear Colleagues,

It is a great pleasure to welcome you to the International Scientific Congress Applied Sports Sciences organized by the National Sports Academy "Vassil Levski", Sofia. The congress is conceived as a peak expression of all consistent and persistent efforts of sports researchers to strengthen the role of science in the development of sport which is the social mission of the NSA. This scientific event has a special value for the Academy as it is dedicated to the seventy-fifth Anniversary of the establishment of Bulgaria's first and only higher school of sports education and science.



The congress aims to provide an opportunity for sharing and acquiring knowledge in the sport and sport related scientific fields for people working in various areas such as sport for high performance, sport for school and university students, sport for all, including all aspects of organization and participation in sport. This variety of topics reflects NSA's aspirations to always give a comprehensive look at the sporting life both nationally and internationally.

The congress will offer participants access to advanced sports-related knowledge as well as the opportunity to discuss the significance of research achievements and practices in developing the international sports knowledge.

I hope sincerely that these congress days will also inspire all participating researchers, professors, coaches, athletes and students to expand their own scientific works and researches in the sports field in broader international teams thus meeting the requirements of modern science. The knowledge and experience obtained in this conference will be beneficial to not only a single individual or organization but also to the whole education and scientific community. The year 2017 is a special year, because we all celebrate the 75th Anniversary of the National Sports Academy. The celebrations also coincide with the start of the special focus for Sofia 2018 – a year of being the European Capital of Sport. So it is a time for us to convene and celebrate.

I warmly welcome you to the congress and the celebrations and wish you to have a good and very beneficial time.

Prof. Pencho Geshev, PhD

RECTOR OF THE NATIONAL SPORTS ACADEMY

"VASSIL LEVSKI"

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PROGRAM OF THE CONGRESS

	<i>Thursday, 30 November 2017</i>			
13.00	Registration (rooms 114, 116, 118)			
	<i>Friday, 1 December 2017</i>			
8.30	Registration (rooms 114, 116, 118)			
	Opening ceremony of the International Scientific Congress "Applied Sports Sciences" Hall A1 Plenary session #BeActive			
	MODERATOR: Prof. Tatiana Iancheva, DSc			
10.00	KEYNOTE SPEAKERS: <i>Antoaneta Angelova – Krasteva</i> , Director for Innovation, International cooperation & sport, DG EAC, European Commission <i>Vanya Koleva</i> , Deputy Minister of Youth and Sport, Bulgaria <i>Irena Dimitrova</i> , Director of "Prevention, integration, sports and tourism", Sofia Municipality <i>Examples of Good Practice - Kubrat Pulev</i>			
12.30	Welcome cocktail Plenary session "High performance sport" Hall A1			
	MODERATOR: Prof. Svilen Neykov, PhD			
14.00	KEYNOTE SPEAKERS: <i>Prof. Volodymyr Platonov, DSc.</i> <i>Antonio Robustelli</i>			
16.00	Coffee break			
16.30	Parallel symposiums			
	Hall A2	Hall A3	Hall A4	Hall A5
	PHYSIOTHERAPY IN LOW BACK PAIN	PSYCHOLOGICAL PROBLEMS AND CHALLENGES TO CONTEMPORARY ELITE SPORT	PERSPECTIVES IN SPORTS MANAGEMENT AND VOLUNTEERING	INNOVATIONS AND TECHNOLOGIES IN SPORT
	Keynote speakers:	Keynote speakers:	Keynote speakers:	Keynote speakers:
	<i>Prof. Daniela Lubenova and Assoc. prof. Boyko Stamenov</i>	<i>Prof. Sidonio Serpa and Prof. Tatiana Iancheva</i>	<i>Assoc. prof. Georgi Draganov and Asen Markov</i>	<i>Prof. Jai Prakash Verma and Prof. Vihren Bachev</i>
20.00	Dinner (with invitations)			

Saturday, 2 December 2017

PARALLEL SESSIONS

**Training,
coaching and
sports
performance**

**Teaching,
Learning and
quality in PE**

**Sports medicine
and exercise
physiology**

**Health and
fitness**

9.00 –
10.30

Hall A2

Hall A3

Hall A4

Hall A5

Moderators:

*Prof. Daniela Dasheva
Antonio Robustelli*

Moderators:

*Prof. Maria Bulatova
Prof. Ognyan Miladinov*

Moderators:

*Prof. Trayana
Djarova – Daniels
Prof. Diana
Dimitrova*

Moderators:

*Assoc. prof. Zdravko
Stefanov
Assist. prof. Stefka
Djobova*

POSTER SESSION

10.45

Basketball Sports hall and coffee break at the location

12.30 –
13.15

Closing ceremony of the Congress

Young Scientist Award
Award for best poster

13.30

Free time

18.00

**Gala performance for the 75th Anniversary of National Sports Academy
"Vassil Levski", Hall 1, National Palace of Culture (with invitations)**

20.30

Farewell dinner (with invitations)
Multifunctional hall of NSA

Sunday, 3 December 2017

Departure

PROGRAM OF THE POSTER PRESENTATIONS

SATURDAY, 2ND DECEMBER 2017

10:45

BASKETBALL HALL

TRAINING, COACHING AND SPORTS PERFORMANCE

1. RESEARCH OF THE PRESSING APPLIED BY THE NSA "VASSIL LEVSKI" FOOTBALL TEAM, DURING THE NATIONAL STUDENT CHAMPIONSHIP OF BULGARIA

Georgi Ignatov, Emil Atanasov

2. IMPLEMENTATION OF SENSORY TECHNOLOGY IN THE TRAINING PROCESS OF BADMINTON

Rumyana Ivanova

3. BALANCE ASSESSMENT AFTER TWO TYPES OF BADMINTON TRAINING 18

Anna Manolova

4. IMPACT OF PRECEDING HANDSPRING UPON KINEMATIC CHARACTERISTICS OF DIFFERENT SALTO BACKWARDS

Emil Stoimenov, Iliya Kiuchukov, Iliya Yanev

5. SPECIFIC FEATURES OF STRUCTURE AND CONTENT OF THE PREPARATION FOR THE BULGARIAN NATIONAL RECORD OF ATHLETIC PENTATHLON (GIRLS UNDER 18)

Iva Dimova, Apostol Slavchev, Grigor Gutev, Petya Petkova

6. STRUCTURE OF THE POWER POTENTIAL OF ADOLESCENT RACERS (WOMEN) IN RUNNING AT 800 M

Lampros Roukas, Dobrina Salamanova

7. THE PREPARATION OF YOUNG BIATHLETES IN THE ANNUAL CYCLE

Dunayev Konstantin Stepanovich, Seyranov Sergey Germanovich

8. DETERMINATION THE MAIN INDICATORS OF SAILING PERFORMANCE IN OPTIMIST SAILOR'S

Stoyan Bahchevanski

9. ACHIEVING OPTIMAL PERFORMANCE IN ELITE ATHLETES DURING THE KATA IN SPORTS KARATE

Nazim Kurtovic

10. SPORT RESULTS DYNAMICS IN AGE ASPECT OF BULGARIAN 110 M HURDLERS

Grigor Gutev

11. FORECAST MODEL TO OPTIMIZE THE PREPARATION ON BALANCE BEAM

Bonka Dimitrova, Neli Tankusheva, Marina Petrova

12. EXPERT ANALYSIS OF THE FLOOR EXERCISE TRAINING SYSTEM

Marina Petrova

- 13. WORKOUT DYNAMICS OF WOMEN'S NATIONAL ENSEMBLE IN RHYTHMIC GYMNASTICS**
Daniela Velcheva
- 14. RHYTHMIC GYMNASTIC MOVEMENTS AND FOLKLORE DANCES IN STUDENTS' COORDINATION ABILITIES**
Giurka Gantcheva, Magdalena Damjanovska
- 15. SURVEY OF FEMALE FOOTBALL REFEREES ABOUT THEIR PHYSICAL CONDITION**
Hristiyana Guteva
- 16. MODELLING ANTHROPOMETRY OF TENNIS PLAYERS (AGE 17-18-YEARS)**
Rumiana Karapetrova, Georgi Stoykov, Stefan Stoykov
- 17. RELATIONSHIP BETWEEN ATHLETIC MASTERY AT ONE HAND AND ANTHROPOMETRIC, KINEMATIC AND STABILOGRAPHIC CHARACTERISTICS OF SELECTED SHOTOKAN-KARATE TECHNIQUES**
Dimitar Zagorski
- 18. DYNAMICS OF PHYSICAL CAPABILITIES AND TECHNICAL PREPAREDNESS OF BOYS (U12) FROM "SHUMEN" BASKETBALL CLUB**
Yanko Yankov, Teodora Simeonova
- 19. DETERMINATION OF SPEED LIMITS CHARACTERIZING INDIVIDUAL MOBILITY VARIANTS IN 16-17-YEAR-OLD SOCCER PLAYERS**
Vasil Tsvetkov, Marin Gadev, Petar Peev
- 20. MAIN TRENDS IN ORGANIZING THE ATTACK OF THE BRAZILIAN NATIONAL VOLLEYBALL TEAM ON MEN'S WORLD CHAMPIONSHIP POLAND 2014**
Vladimir Kotev
- 21. COMPARATIVE ANALYSE OF BASIC PHYSICAL MARKS WITH MEN AND WOMEN – RUNNERS OF MIDDLE AND LONG DISTANCES**
Ivaylo Lazarov
- 22. THE EVALUATION OF FUNCTIONAL PARAMETERS TO YOUNG FOOTBALLERS 8- 12 YEARS OLD IN ALBANIA**
Anesti Qeleshi, Florian Mema
- 23. THE CORRELATION BETWEEN BODY WEIGHT AND HEIGHT WITH ARM, THIGHS AND CALF CIRCUMFERENCE IN ELITE SPORTS PLAYERS IN KOSOVO**
Florian Miftari, Dhimitraq Stratoberdha
- 24. DIFFERENCES IN MOTORIC ABILITIES OF FOOTBALL PLAYERS IN RELATION TO THE POSITION IN TEAM**
Mladen Živković, Vladan Jovanović, Katarina Herodek, Zoran Milanović, Vladimir Antić
- 25. ACCELERATIONS OF BODY SEGMENTS DURING MAXIMAL 2000 METERS ROWING ON ERGOMETER**
Oleg Hristov

- 26. FACTOR STRUCTURE AND MAIN FACTORS OF THE SPORT PREPARATION OF 15-16-YEAR NATIONAL BASKETBALL PLAYERS**
Mariana Borukova, Milena Kuleva, Asya Tsarova
- 27. INVESTIGATION OF THE DYNAMICS OF PHYSICAL QUALITY OF BASKETBALLER STUDENTS IN THE ANNUAL MACROCYCLE**
B. Z.Zaurenbekov, Tzanko Tzankov, L.R. Kudashova, N.E. Kefer, I.L Andreeishkin
- 28. MORPHOLOGICAL MODEL RELATIVE INDICATORS OF STUDENTS – BASKETBALL PLAYERS IN THE PRECOMPETITIONAL PERIOD**
M.Akhmetkarim, R. Tzarova, L.R. Kudashova, N.E.Kefer, I.L.Andryushkin
- 29. RELATIONS BETWEEN MAXIMAL ISOMETRIC STRENGTH AND COMPETITION PERFORMANCE AMONG YOUNG KAYAKERS**
Nikola Stojanović, Dragomir Dumbelović, Zvezdan Savić, Miloš Paunović
- 30. FORMATION OF THE CULTURE OF INTERNATIONAL COMMUNICATION OF PHD DOCTORS OF SPECIALTY "PHYSICAL CULTURE AND SPORTS"**
R.A. Dyussupova, L.R. Kudashova, Zh.D. Dyussupova, M.T. Daulenbaev
- 31. COMPARATIVE ANALYSIS OF THE PHYSICAL DEVELOPMENT AND SPECIFIC CAPABILITY OF STUDENTS - BASKETBALL PLAYERS FROM THE REPUBLIC OF TURKEY**
Ilkay Yazarer, Mariana Borukova, Asya Tsarova
- 32. THE INFLUENCE OF FLEXIBILITY ON THE SPECIFIC MOTOR SKILLS IN BOY-SWIMMERS 10-12 YEARS**
Marko Đurović, Tomislav Okičić, Dejan Madić, Milivoj Dopsaj, Vassilios Thanopoulos, Gina Rozi & Milan Pešić
- 33. CHARACTERISTICS AND ADVANTAGES OF THE EDUCATIONAL AND TRAINING PROCESS IN CHESS OF CHILDREN-TWINS**
Veneta Petkova, Sasho Yordanov
- 34. ANTHROPOMETRICAL CHARACTERISTICS AND SOMATOTYPE OF YOUNG MACEDONIAN FOOTBALLER PLAYERS**
Zikica Tasevski, Nebojsa Markovski, Serjoza Gontarev
- 35. CHANGES ON THE MEDIA HORIZON - MULTILAYERED EFFECTS OF NEW MEDIA AND SOCIAL NETWORKS ON CONTEMPORARY SPORTS**
Uroš Mitrović, Danijela Bjelja

SPORT FOR PERSONS WITH DISABILITIES AND INCLUSIVE PHYSICAL EDUCATION

36. TO WHAT EXTENT THE NSA, SOFIA PROGRAM IN PHYSIOTHERAPY IS PROMOTING COMPETENCES, MEETING CRITERIA OF CLASSIFICATION IN PARA ATHLETICS

Irena Lyudmilova

37. ADAPTED SWIMMING FOR CHILDREN WITH DOWN SYNDROME

Velichka Aleksandrova

38. SURVEYING THE INFLUENCE OF THE KINESITHERAPEUTICAL COMPLEX ON THE SOCIAL AND MENTAL STATUS OF STUDENTS WITH VISUAL DISTURBANCES

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39. EVALUATION OF THE PERFORMANCE OF TURKISH FEDERATION FOR DISABLED IN TERMS OF AMPUTEE FOOTBALL

Kursat Senger

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48. EXAMINATION OF PHYSICAL EDUCATION TEACHERS' AWARENES OF MENTAL DISFUNCTIONS

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International Scientific Congress

“Applied Sports Sciences”

BOOK OF ABSTRACTS

International Scientific Congress

"Applied Sports Sciences"

1-2 December 2017

Sofia, Bulgaria

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PHYSIOTHERAPY IN CARDIO AND RESPIRATORY DISEASE

PHYSICAL THERAPY PROGRAM IN PATIENTS WITH TRANSCATHETER AORTIC VALVE IMPLANTATION

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Key words: cardiac rehabilitation, transcatheter aortic valve implantation

Aim: To evaluate the effect of cardiac rehabilitation on functional status in patients with transcatheter aortic valve implantation (TAVI).

Material and methods: Ten patients referred for physiotherapy before and after TAVI underwent in-hospital and after discharge assessments to evaluate functional status and degree of autonomy.

Results: All patients had improvement in six minutes walking performance and were more independent in activities in daily living compared with baseline after three months' regular therapeutic exercise sessions.

Conclusion: Complex therapeutic approach shows benefits in activities of daily living and walking abilities and is suitable for all patients with TAVI.

PHYSIOTHERAPY IN PATIENTS WITH CHRONIC RESPIRATORY FAILURE IN CLINICAL STAGE

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Key words: COPD; inspiratory training device; physiotherapy

Aim: To evaluate the effect of physiotherapeutic methodology including inspiratory training device on functional status in patients with acute exacerbation of chronic obstructive pulmonary disease (COPD) in clinical stage.

Methods: 20 patients with exacerbation of COPD in clinical stage divided into two groups – experimental and control were examined. One week in-hospital physical therapy sessions were conducted. All patients were applied the same physiotherapeutic methodology, but in the experimental group in addition was included individual inspiratory training device without resistance of inhaled air.

For the purpose of the study are double-tracked and evaluated the following tests and measures: breathing rate at rest, saturation and two apneic tests.

Results: After completion of the physiotherapy sessions there is an increase in saturation, in the strength of intercostal muscles and diaphragm according the tests for inspiratory and expiratory apnea and decrease in the respiratory rate at rest in both groups, but in the experimental group the results were better in mean values.

Conclusions: The use of inspiratory training device without resistance in patients with chronic obstructive pulmonary disease in a period of exacerbation in clinical stage leads to significant positive effect on studied parameters.

PHYSIOTHERAPY IN NEUROLOGY AND PSYCHIATRY

THE INFLUENCE OF PHYSICAL THERAPY ON GAIT AFTER SPINAL SURGERY

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Key words: spinal surgery, gait, physical therapy

Introduction: Spinal surgery rates have increased across the world, particularly surgery for spinal stenosis which in part reflects the growth in the elderly population.

Purpose: The purpose of the study is to determine the influence of specialized physical therapy program on gait in patients after lumbar spinal surgery.

Methodology: The contingent includes - 80 patients, of which 38 males and 42 females. The assessment was made on the first day after surgery, on the day of discharge and one month after surgery. The gait was examined with a Functional gait assessment (FGA) test and 6 meters walking test. All patients underwent daily exercises including proprioceptive neuromuscular facilitation (PNF) during hospital stay and performed a home exercise program for one month after discharge.

Results: There were significant improvements in the first month in all functional aspects of the gait.

Discussion: The specialized early physical therapy including PNF and home exercise program leads to improved gait and walking speed.

Conclusions The study showed that the use of physical therapy during hospital stay and one month after surgery positively influenced the functionality and speed of walking in patients after spinal surgery.

IMPROVING MOTOR ACTIVITY IN PATIENTS WITH SUPRATENTORIAL UNILATERAL STROKE IN CHRONIC PERIOD

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Key words: Kinesitherapy, Motor activity, Motor capabilities, Stroke, Chronic period

The aim of the study is to evaluate the effect of the specialized kinesitherapy methodology (SKTM) on motor activity in patients with supratentorial unilateral stroke in the chronic period (SUSChP).

Material and Methods: The study was conducted with 67 patients with SUSChP (56 patients included in the experimental group - 32 men and 24 women, with duration of the disease 7.8 ± 2.0 months, and 11 patients in the control group - 9 men and 2 women, with duration of the disease 7.3 ± 1.5 months).

To evaluate the changes, the motor capabilities are tracked with a modified Chedoke-McMaster test, and muscle tone with a modified Ashworth scale for upper and lower extremities that are relevant metric to evaluate the motor activity of the patients. In the experimental group was conducted treatment with a specialized 10-day KT, which later continued to perform, as an adapted exercise program at home for a period of 1 month. Control patients are following a conventional 10-day KT.

Results: After applied SKTM, highest tendency towards improvement of motor activity is established in the 1st month for upper and lower extremities, with a level of significance during treatment $p < 0.001$.

Conclusion: The applied SKTM in the experimental group, later continued as adapted exercise program at home, significantly improves the motor activity of patients with supratentorial unilateral stroke in chronic period compared with the usual kinesitherapeutic methodology applied in the control group.

USE OF PHYSIOTHERAPY TO IMPROVE FATIGUE IN PATIENTS WITH MULTIPLE SCLEROSIS

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Key words: multiple sclerosis, fatigue, physiotherapy, exercise

Introduction: Multiple sclerosis (MS) is a serious disease of the brain and the spinal cord whose results in almost all patients is fatigue. In MS, fatigue is a frequent disorder which can affect the quality of life and increase disability. **Objectives:** To investigate if individually tailored physiotherapy and exercise alleviates the condition of fatigue in MS patients.

Methodology: 28 subjects' whit secondary progressive MS ($3.5 < EDSS < 6.6$) with stabilized condition received individual physiotherapy for six weeks. The Expanded Disability Status