

ЮГОЗАПАДЕН
УНИВЕРСИТЕТ
„НЕОФИТ РИЛСКИ“

УЛ. ИВАН МИХАЙЛОВ 66
2700 БЛАГОЕВГРАД



SOUTH-WEST
UNIVERSITY
„NEOFIT RILSKY“

66 "IVAN MIHAILOV" STR.
2700 BLAGOEVGRAD



DEPARTMENT OF SPORTS
КАТЕДРА СПОРТ

**SOUTH-WEST UNIVERSITY
“NEOFIT RILSKI”- BLAGOEVGRAD
FACULTY OF „PUBLIC HEALTH, HEALTH CARE AND SPORTS“**

DEPARTMENT OF „SPORTS“

PROGRAM

INTERNATIONAL SCIENTIFIC CONFERENCE

„SPORTS AND RECREATION“

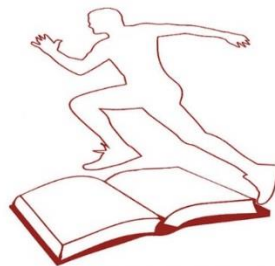
29.11.2019 - 01.12.2019

**“BATCHINOVO” UNIVERSITY CENTER
BLAGOEVGRAD**

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**“BATCHINOVO” UNIVERSITY CENTER
BLAGOEVGRAD**

ORGANIZATION COUNCIL:

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As. Nikolay Hadzhiev

As. Georgi Ivanov

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PhD. Aleksandar Katrandzhiev

THEMATIC DIRECTIONS:

- Sports mastery
- Coach's bench
- Sports at school
- Education, sport, upbringing

WORKING LANGUAGES

- Bulgarian, English and Spanish

PROGRAM OF THE INTERNATIONAL SCIENTIFIC CONFERENCE

„SPORTS AND RECREATION”

Friday, 29 November 2019

10:30

Registration (“Bachinovo” university center
Blagoevgrad - parter of the building)

13:00

WELCOME DRINK

13:30

**Opening ceremony of the international scientific conference „Sports
and recreation” - Aula of “Bachinovo” university center
Prof. PhD. Peter Bonov**

14:00

**PLENARY SESSION AND PLENARY ADDRESSES (Aula of “Bachinovo”
university center), MODERATORS: Blagoi Kalpachi**

PLENARY ADDRESSES:

**SPORTS FOR EVERYONE
Prof. PhD. Erdal Zorba**

**SPORTS FOR EVERYONE
Yosin Bolukbasi**

**SCHOOL SPORTS
PhD Omur Fatih**

PLENARY SESSION:

**SPORTS AND CHILDREN (GOOD PRACTICE). HOW IS THE ISSUE
RESOLVED IN OTHER COUNTRIES!
Prof. PhD. Daniela Dasheva**

**METHODOLOGY OF THE MODERN SYSTEM FOR INCREASING THE
EFFECTIVENESS OF SPORTS EDUCATION.
Prof. PhD. Peter Bonov**

**SPORT AGAINST ANTI-EDUCATION
Prof. PhD. Elka Yanakieva**

**PHYSICAL EDUCATION AND SPORTS IN THE COUNTRY - PROBLEMS
AND CHALLENGES OF REGULATORY DOCUMENTS
Prof. PhD. Atanas Georgiev**

**THE SPORT TODAY
PhD. Ivan Kirov**

16:00

FIRST SESSION - AULA OF "BACHINOVO" UNIVERSITY CENTER

Online connection with Chile and Mexico

IS THE SPORT HAS PLACE IN LIFE OF 50+ BULGARIANS?

National perspective from SHARE data wave 7

Ekaterina Markova, Gabriela Yordanova

EFFECTS OF HIGH INTENSITY EXERCISE IN WOMEN OVER 65 WITH KNEE OSTEOARTHRITIS

PhD (C) Germán Moreno Leiva

**AUTONOMOUS NEUROTRAINING WITH BIOFEEDBACK ELIMINATES COMPLETELY AUTONOMOUS
CHESS GRANDMASTER SYMPTOMS OCCURRING DURING TOURNAMENTS IN ZEITNOT (CASE
STUDY)**

Assoc. Prof. PhD Vezenkov, S.R., D.I.Iliev

**HANDBALL PLAYERS FROM SPORTS ACADEMY AS A RESULT OF APPLYING
AN EIGHT MONTHS TREATING PROGRAM**

Nedelkovski Vlatko, Strezovski Gino, Sasho Donevski

**A COMPARATIVE STUDY ON THE PARTICIPATION BARRIERS OF PHYSICAL EDUCATION AND
SPORTS SCHOOL STUDENTS AND TOURISM FACULTY STUDENTS TO RECREATIONAL PHYSICAL
ACTIVITIES: THE CASE OF BALIKESIR UNIVERSITY**

Prof. PhD Fahri Akcakoyun, Veli Taser, Vedat Mutlu

**TREATMENT OF TENDINIT OF THE ACHILLES TENDON IN ATHLETES WITH THE METHOD
TRADITIONAL CHINESE MEDICINE**

Prof. PhD. Lence Nikolovska, Kristi Male, Mario Nikolovski.

**ANALYSIS OF CIRCADIAN VARIABILITY IN PHYSICAL EDUCATION AND SPORT STUDENTS: THE CASE
OF BALIKESIR UNIVERSITY**

Prof. PhD Fahri Akcakoyun

**INVESTIGATION OF COMMUNICATION SKILLS OF ELITE LEVEL WOMEN AND MEN VOLLEYBALL
PLAYERS AND BASKETBALL PLAYERS**

Prof. PhD Fahri Akcakoyun, Omer Takeli

PROGRAM OF THE INTERNATIONAL SCIENTIFIC CONFERENCE

„SPORTS AND RECREATION”

Saturday, 30 November 2019

**FIRST SESSION – CONFERENCE HALL (SPORTS AND PHYSICAL EDUCATION), AULA OF “BACHINOVO” UNIVERSITY CENTER
MODERATORS: BLAGOY KALPACHKI, NIKOLAY HADZHIEV,**

THE EFFECT OF FITNESS-BOXING METHODOLOGY ON FEMALE BODY IN THE RANGE 18-38 YEARS OLD

Chief Assistant PhD Blagoy Kalpachki

THE PHYSICAL EDUCATION AND SPORTS AS FACTORS FOR FORMING THE PERSONALITY

Assoc. Prof. PhD Daniela Tomova

NEW TRENDS IN THE TRAINING PROCESS OF ELITE GYMNASTS

As. Aleksandar Markov

SPORTS AS A MAJOR FACTOR FOR BUILDING PERSONAL CHARACTERISTICS IN ADOLESCENTS

Lubomira Dimitrova

THE ROLE OF ADDITIONAL WORK FOR THE PHYSICAL PREPARATION WHEN TECHNICAL SKILLS ARE BEING DEVELOPED BY 10-12-YEAR-OLD BOYS, WHO ARE ENROLLED IN PRIMARY TENNIS EDUCATION

Assoc. Prof. PhD Dimitar Tomov

RESEARCH OF PERSONALITY FEATURES IN BASKETBALL PLAYERS

Nikolay Hadzhiev, Assoc. Prof. PhD Jasmine Zankova

ANALYSIS OF TECHNICAL AND TACTICAL SKILLS IN THE FREE WOMEN'S FIGHT IN CATEGORY UP TO 59KG. FROM THE WORLD CHAMPIONSHIP IN 2019 - NURSULTAN, KAZAKHSTAN

Carolina Grozdanov Alexandrina Kashinova

PHYSICAL CONDITIONS AND DEVELOPMENT OF STUDENTS PRACTICING TENNIS AT UNIVERSITY OF TRANSPORT “TODOR KABLESHKOV”

Assoc. Prof. PhD Diyana Peeva, Mariana Nedkova

THE EFFECTS OF 8-WEEK SPEED TRAINING PROGRAM ON THE ACCELERATION ABILITY AND MAXIMUM SPEED RUNNING AT 11 YEARS ATHLETES

Labros Rukas Phd, Joanis Dagogoglu Phd

APPEARANCE AND DEVELOPMENT OF BULGARIAN FOLK DANCE

Daniela Manikatova, Assoc. Prof. PhD Jasmine Tsankova

ASSESSMENT OF THE SPORT AND TECHNICAL SKILLS IN VOLLEYBALL OF THE 8TH GRADE STUDENTS IN THE FIRST HIGH SCHOOL STAGE

Chief Assistant PhD Hristo Nikolov

METHODS FOR IMPROVEMENT IN FREESTYLE SWIMMING AMONG 13 – YEAR – OLD ATHLETES

Assoc. Prof. PhD Daniela Lekina

THE EFFECTS OF SYSTEM TRAINING ON THE PHYSICAL ABILITIES OF YOUNG FOOTBALLISTS (13-14 YEARS)

as. Georgi Ivanov

PREVENTIVE ASPECTS OF SPORTS ACTIVITY

Chief Assistant PhD Blagoy Kalpachki

COMPETITIVE PERFORMANCE ANALYSIS OF BULGARIA'S NATIONAL WOMEN TEAM UNDER THE AGE OF 18 AT THE EUROPEAN CHAMPIONSHIP IN 2019

Chief Assistant PhD Maria Tzankova-Kaloyanova

STUDY THE APPLICATION OF THE PALMS "TOP-SPIN" IN THE GAME OF ELITE TABLE TENNIS PLAYERS

As. PhD Cvetomir Conev

ANALYSIS OF THE PHASE STRUCTURE IN THE ATTACK OF 13-14 YEARS HANDBALLIS

Assoc. Prof. PhD Emil Avramov

TECHNICAL AND TACTICAL SKILLS FOR FREE WRESTLING

As. Carolina Grozdanova

HISTORICAL FLASHBACK OF PARTICIPATION OF THE BULGARIAN NATIONAL BASKETBALL TEAMS IN EUROPEAN CHAMPIONSHIPS FOR WOMEN UP TO 18 YEARS.

Assoc. Prof. PhD Jasmine Zankova

ANALYSIS OF THE MANAGEMENT AND DEVELOPMENT OF THE PHYSICAL UPBRINGING AND INCLUSION OF TABLE TENNIS IN PRE-SCHOOL KINDERGARTENS OF THE REPUBLIC OF BULGARIA (1983-2014)

As. PhD Cvetomir Conev

COEDUCATION AND PSYCHOSOCIAL SKILLS IN PHYSICAL EDUCATION

PhD. Pedro Valdivia Moral

COMPARATIVE ANALYSIS OF PHYSICAL DEVELOPMENT AND PHYSICAL CAPACITY IN 7-11 YEAR OLD GIRLS (SOFIA-DESKATI)

Chief Assistant PhD Iveta Bonova, Lambros Rukas

ASSESSMENT OF STUDENTS RUNNING ENDURANCE

Chief Assistant PhD Anton Manchev

LANGUAGES AND SPORTS

Chief Assistant PhD. Lyubov Ivanova, As. PhD. Aleksandar Katrandzhiev

PROGRAM OF THE INTERNATIONAL SCIENTIFIC CONFERENCE

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SECOND SESSION - HALL 3

**FIRST SESSION - HALL 4 (SPORT, PSYCHOLOGY AND PHYSIOLOGY),
HALL № 3**

MODERATORS: DANIELA MANIKATOVA

**ANALYSIS OF PHYSICAL CAPABILITY OF 7-10-YEAR-OLD PUPILS FROM SOU "D. DEBELIANOV"
BURGAS**

Maria Tzankova-Kaloyanova, Assoc. Prof. PhD Jasmine Zankova

**ANALYSIS OF ANTHROPOMETRIC CHARACTERISTICS AND SOMATOTYPE OF YOUNG BASKETBALL
PLAYERS**

Nikolay Hadzhiev, Tatyana Dzimbova

**COMPARATIVE ANALYSIS OF THE SOMATOTYPE PROFILE OF FOOTBALL, TAEKWONDO AND
ARMWRESTLING PLAYERS**

Chief Assistant PhD Iliya Kanelov

**THE EFFECTS OF RICE PROTOCOL AND KINESIOTAPE IN THE TREATMENT OF PATIENTS WITH ACUTE
LATERAL ANKLE SPRAIN**

Prof. PhD Nikolovska, Lence., Andonov, Deni., Nikolovski, Mario., Krstev, Tose., Adziska, Tamara

HEART RATE MONITORING DURING TRAINING SESSION OF GYMNASTICS

Aleksandar Markov, Tatyana Dzimbova

**COMPARISON OF THE EFFECTS OF TWO MANUAL - MOBILIZATION TECHNIQUES ON FUNCTIONAL
DISORDERS IN THE SACROILIAL JOINTS**

Toshe Krstev, Lenche Nikolovska, Danche Vasileva, Tamara Stratorska,

**AVERAGE VALUES AND VARIABILITY OF ANTHROPOMETRIC INDICATORS OF GROWTH AND
WEIGHT AT 13-14 YEARS OF HANDBALLIS**

Assoc. Prof. PhD Milena Avramova

NUTRITION AND BODY COMPOSITION ANALYSIS OF YOUNG SOCCER PLAYERS

Blagoy Kalpachki, Assoc. Prof. PhD Tatyana Dzimbova

**SELF-EFFICACY, MOTIVATION FOR APPROVAL AND MOTIVATION FOR ACHIEVEMENT. A
COMPARATIVE STUDY BETWEEN HIGH SCHOOL STUDENTS FROM SPORTS AND GENERAL
EDUCATION SCHOOLS**

Natasha Angelova, Maria Udeva

**RESEARCH OF NEEDS ACHIEVEMENTS, AFFILIATION, AND DOMINANT AT ATHLETIC STUDENTS AND
NON-ATHLETIC STUDENTS ACCORDING DAVID McCLELLAND'S Theory**

Tsvetelina Hadzhieva

**COMPARATIVE ANALYSIS OF THE RESULTS OF THE PSYCHO-PHYSICAL ACHIEVEMENTS OF 6-TH
GRADE GIRLS**

Valeri St. Yordanov

**THE INFLUENCE OF SPORTS SCHOOL AND TYPE OF SPORT FOR BUILDING UP HIGH SELF-EFFICACY
AND MOTIVATION FOR APPROVAL AMONG ADOLESCENTS**

Natasha Angelova, Maria Udeva

PSYCHOLOGICAL QUALITIES WITH A KEY ROLE FOR HOCKEY REFEREES' SUCCESS

PhD Ioannis Konstantinos Tumpani

PROGRAM OF THE INTERNATIONAL SCIENTIFIC CONFERENCE

„SPORTS AND RECREATION”

14:00

SECOND SESSION - HALL 3

FIRST SESSION - HALL 3 (SPORTS AND RECREATION)

MODERATORS: STAMENKA MITOVA, MARIA GRAMATIKOVA

**EFFECT OF THE APPLICATION OF MANUAL THERAPY IN MUSCULOSKELETAL DYSFUNCTIONS IN THE
SPINAL COLUMN AREA**

Dimitar Andreev, Assoc. Prof. PhD Stamenka Mitova, Maria Gramatikova

**SPECIALIZED KINESITRAPEUTICAL PROGRAM IN CHRONIC PAIN SYNDROME IN LUMBOSACRAL
AREA**

Georgi Stoyanov, Assoc. Prof. PhD Stamenka Mitova, Maria Gramatikova

**TRACING THE ROLE OF STRAIGHT LEG RAISE TEST IN PATIENTS WITH LUMBAR VERTEBRAL
SYNDROME**

Yulian Zlatkov, Nikolay Popov

**APPLICATION OF OWN METHODOLOGY IN THE TREATMENT OF LUMBAR VERTEBRAL SYNDROME
Yuliyana Zlatkova**

APPLICATION OF ERGON TECHNIQUE FOR DUPUYTREN CONTRACTURE

Nasko Valchev, Maria Gramatikova, Stamenka Mitova

HEALING THE SOFT TISSUE INJURIES IN ATHLETES WITH ACUPUNCTURE

Prof. PhD Nikolovska, Lence., Mitkov, Vlatko., Nikolovski, Mario., Krstev, Tose., Adziska, Tamara

SPECIALIZED KINESITHERAPY IN CHILDREN WITH CEREBRAL PALSY

Margarita Avramova

**FACTORS FOR THE STRUCTURING OF THE KINESITRAPEUTIC APPROACH AFTER
RECONSTRUCTION OF THE ACL**

Maria Gramatikova, Assoc. Prof. PhD Stamenka Mitova, Nasko Valchev

STUDY THE EFFECT OF THERAPY IN SOFT TISSUE DOMS

Stamenka Mitova, Maria Gramatikova, Nasko Valchev, Lyubima Harizanova

PROSPECTS FOR THE DEVELOPMENT OF RECREATION AND TOURISM IN UKRAINE

Roksolana Racin

Sunday, 01 December 2019

10:00-12:30 ROUND TABLE

THEME: SPORT – PROBLEM AND PERSPECTIVE

South-West University "Neofit Rilski" - 66 Ivan Michailov st. 2700 Blagoevgrad, Bulgaria
e-mail: sport@swu.bg

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Благоевград, 2019 г.