



**FEDERATION OF SPORT PEDAGOGUES  
OF THE REPUBLIC OF MACEDONIA**

**PROGRAM  
for  
23rd. SYMPOSIUM ON SPORTS  
AND PHYSICAL EDUCATION OF YOUTH**



*Agency for youth and sport*



*Association of Sport Federations*



*Argumentum Research Association*



*Macedonian Olympic Committee*

**October 2nd & 3th, 2020  
Ohrid, Hotel Sileks,  
Republic of North Macedonia**



# Федерација на Спортските педагози на Република Македонија Federation of the sports pedagogues of the Republic of Macedonia

## General program

### 02.10.2020 Friday

- 10.00 – 12.45 Registration of participants registered for off line participation
- 12.45 – 13.00 Registration of zoom platform for participants registered for online participation
- 13.00 – 13.30 **Opening of the Symposium**
- 13.30– 14.00 **Online panel session “Experiences with online teaching in physical education and sport during COVID 19 pandemic”**
- 14.00 – 14.30 **European projects for physical activity, sport and youth, possibility for cooperation and networking**
- 14.30 – 15.30 **Presentation of papers**
- 15.30 – 16.00 **Coffee break/active break**
- 16.00 – 18.00 **Presentation of papers**
- 18.00 – 18.30 **Discussion and final conclusions**
- 18.30 – 19.00 **Closing of Symposium**

#### LINK FOR REGISTRATION ON ZOOM PLATFORM FOR ONLINE PARTICIPATION

FSPRM MACEDONIA is inviting you to a scheduled Zoom meeting.

Topic: FSPRM MACEDONIA's Zoom Meeting

Time: Oct 2, 2020 01:00 PM Sarajevo, Skopje, Zagreb

Join Zoom Meeting

<https://us02web.zoom.us/j/88005973845?pwd=V0Jmb3ZBTENSSmhOVkFBM1MxSkM0dz09>

Meeting ID: 880 0597 3845

Passcode: 2iqHWY

### 3 October (Saturday), 2020

- 10.30 – 15.00 Touristic tour In Ohrid and visit to Monastery St Naum for offline participants



Федерација на Спортските педагози на Република Македонија  
Federation of the sports pedagogues of the Republic of Macedonia

## Session program

**2 October (Friday), 2020**

**13.30– 14.00 Online панел сесија „Искуства со online наставата по физичко образование и спорт во услови на КОВИД 19“**

**Online panel session “Experiences with online teaching in physical education and sport during COVID 19 pandemic”**

Assoc. prof. Fatma Sacli Uzunos, PhD	School of Sports Science and Technology Head, Department of Coaching Education Nevşehir Hacı Bektaş Veli UniversityCapadocia, Turkey
Assoc. prof. Szeegnerne Dancs Hanriette	Eotvos Lorand University Budapest (Hungary) Faculty of Education and Psychology, Institute of Sports Science, Hungary
Assis. prof. Mariana Tudor	Department of Medical Assistance and Physical Therapy University of Pitesti, Romania
Prof. Daniela Ivanova Tomova, PhD	South West University “Neofit Rilski” Faculty of pedagogy Department of Theory and methodology of physical education, Blagoevgrad, Bulgaria
Doc. Boryana Tumanova, PhD	Department of Sport, Sofia University “St. Kliment Ohridski”, Sofia, Bulgaria
Prof. Eleonora Mileva, PhD	National Sport Academy “Vasil Levski”, Sofia - Bulgaria
Prof. Zivota Stefanovic, PhD	Faculty of sport and physical education, University of Belgrade, Serbia
Doc. Albena Ivanova, PhD	Head of section “Physical education and sport” Faculty of Medicine – Plovdiv, Bulgaria
Doc. Veselina Ivanova, PhD	Faculty of Education, Trakia University, Stara Zagora, Bulgaria
Prof. Rade Stefanovic PhD	University of Pristina, Faculty of sport and physical education, Leposavić
Doc. Astrit Iseni, PhD	University of Tetovo, Faculty of Physical Education Tetovo, North Macedonia
Prof. Vanko Barbareev	University Sport Center, Goce Delcev University – Stip, Macedonia
Prof. Zoran Jovanovski	Member of Federation of Sport Pedagogues of Macedonia, PE teacher in Secondary school – Veles, Macedonia



# Федерација на Спортските педагози на Република Македонија

## Federation of the sports pedagogues of the Republic of Macedonia

### Session program

2 October (Friday), 2020

**14.00 – 14.30 European projects for physical activity, sport and youth, possibility for cooperation and networking**

14.00 – 14.15	<b>Kristiana Kazandzieva – Agenda European Projects</b> Story telling about education through sport - EU Fundings for Sport Organizations.
14.150 – 14.30	<b>Sanja Stefanova - Youth on Board, NGO</b> Outdoor and sports activities for social inclusion of youth

**14.30 – 15.30 Presentation of papers**

14.30 – 14.35	<b>Eleonora MILEVA</b> National Sport Academy “Vasil Levski” – Sofia, Bulgaria  DEVELOPMENT OF ONLINE TEACHING IN HIGH SCHOOLS IN BULGARIA/ РАЗВИТИЕ НА ОНЛАЙН ОБУЧЕНИЕТО ВЪВ ВИСШИТЕ УЧИЛИЩА В БЪЛГАРИЯ
14.35 – 14.40	<b>Teodora IGNATOVA</b> Konstantin Preslavsky University of Shumen, Bulgaria  MOTOR ACTIVITY IN THE STATE OF ISOLATION
14.40 – 14.45	<b>Albena IVANOVA</b> Medical University - Plovdiv  BODY WEIGHT FUNCTIONAL TRAINING AT HOME
14.45 – 14.50	<b>Georgi IGNATOV<sup>1</sup>, Despina SIVEVSKA<sup>2</sup> &amp; Biljana POPESKA<sup>3</sup></b> <sup>1</sup> Sport Department, Sofia University “St. Kliment Ohridski”, Sofia, Bulgaria <sup>2,3</sup> Faculty of Educational Sciences, Goce Delcev University Stip, Macedonia  LEISURE TIME ACTIVITIES OF STUDENTS DURING COVID 19 PANDEMIC – OPINIONS OF STUDENTS FROM TEACHING FACULTIES IN BULGARIA AND MACEDONIA
14.40 – 14.55	<b>Veselina IVANOVA</b> Faculty of Education, Trakia University, Stara Zagora, Bulgaria  INTELECTUALIZATION OF TEACHING PROCESS OF PHYSICAL EDUCATION IN SCHOOLS (IN CONDITION OF COVID 19 PANDEMIC) ИНТЕЛЕКТУАЛИЗАЦИЯ НА УЧЕБНИЯ ПРОЦЕС ПО ФИЗИЧЕСКО ВЪЗПИТАНИЕ В УЧИЛИЩЕ (В УСЛОВИЯ НА КОРОНА ЕПИДЕМИЯ)“



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2 October (Friday), 2020

### 14.30 – 15.30 Presentation of papers

14.55 – 15.00	<b>Osman DIŞÇEKEN, Sırrı Cem DİNÇ Fatma SAÇLI UZUNÖZ,</b> Nevşehir Hacı Bektaş Veli University, Capadocia, Turkey  THE EFFECTS OF VIBRATION TRAINING ON UPPER, LOWER AND THE WHOLE BODY STRENGTH IN YOUTHS
15.00 – 15.05	<b>Teodora SIMEONOVA &amp; Nevena NIKOLOVA</b> Konstantin Preslavsky University of Shumen  RELATIONS BETWEEN THE SIGNS OF PHYSICAL CAPACITY OF 4TH GRADE STUDENTS IN FOLK DANCE TRAINING
15.05 – 15.10	<b>Anzhelina YANEVA &amp; Valeria LUKANOVA</b> Sport Department, Sofia University “St. Kliment Ohridski”, Sofia, Bulgaria  CORRELATION ANALYSIS OF THE PHYSICAL INHABILITY OF CHILDREN FROM 7 TO 10 YEARS OLD, CONSEQUENCE APPLIED JUDO TRAINING METHODOLOGY
15.10 – 15.15	<b>Daniela TOMOVA</b> South-West University " Neofit Rilski" Blagoevgrad  THE PLACE OF THE HISTORY OF SPORTS AND OLYMPISES IN DISTANCE LEARNING IN THE SUBJECT "PHYSICAL EDUCATION AND SPORTS"
15.15 – 15.20	<b>Vera SIMOVSKA</b> HEPA Macedonia National organization for the promotion of Health-Enhancing Physical Activity  IMPLEMENTATION OF A STANDARDIZED “MONITORING SYSTEM FOR PHYSICAL ACTIVITY AND SPORT” AS A BASE FOR DEVELOPMENT OF PHYSICAL ACTIVITY/HEPA PROGRAMME IN THE REPUBLIC OF NORTH MACEDONIA - EUPASMOS PLUS
15.20 – 15.25	<b>Iren PELTEKOVA</b> Sport Department, Sofia University “St. Kliment Ohridski”, Sofia, Bulgaria  DEVELOPMENT AND APPROBAION OF A BASKETBALL TEST TO ASSESS THE SKILL LEVEL OF DRIBLE WITH A CHANGE OF DIRECTION
15.25 – 15.30	<b>Antonio ANTONOV</b> National Sport Academy “Vasil Levski” – Sofia, Bulgaria  HOW SPEED AFFECTS RUNNING WITHOUT A BALL IN BEGINNER HOCKEY PLAYERS

15.30 – 16.00 Caffe break/active break



# Федерација на Спортските педагози на Република Македонија

## Federation of the sports pedagogues of the Republic of Macedonia

### Session program

2 October (Friday), 2020

16.00 – 18.00 Presentation of papers

16.00 – 16.05	<b>Dimitar TOMOV</b> South-West University "Neofit Rilski"  THE EFFECTS OF INCREASING THE TIME FOR PHYSICAL PREPARATION FOR 10-12-YEAR-OLD BOYS IN SCHOOL, WHILE DEVELOPING THE MAIN TECHNICAL SKILLS IN TENNIS
16.05 – 16.10	<b>Petar KOLEV</b> Sport Department, Sofia University "St. Kliment Ohridski", Sofia, Bulgaria  METHODOLOGY FOR DEVELOPMENT OF COORDINATION ABILITIES IN ADOLESCENT VOLLEYBALL PLAYERS
16.10 – 16.15	<b>Rade STEFANOVIC<sup>1</sup> &amp; Zivota STEFANOVIC<sup>2</sup></b> <sup>1</sup> Faculty of sport and physical education Leposavic, University of Pristina <sup>2</sup> Faculty of sport and physical education, University of Belgrade  ONE OF THE MODELS OF PERFECTING RELAY RUNNING
16.15 – 16.20	<b>Irena KITANOVA<sup>1</sup>, Emilija PETROVA GORGEVA<sup>2</sup> &amp; Sadudin SADIKI<sup>3</sup></b> <sup>1,2</sup> Faculty of educational sciences, Goce Delcev University, Stip <sup>3</sup> OSTU Gostivar  THE SUCCESS IN THE TEACHING PROCESS AND THE STUDENT'S POTENTIAL IN SPORT ACTIVITIES/ УСПЕХОТ ВО НАСТАВНИОТ ПРОЦЕС И ПОТЕНЦИЈАЛОТ НА УЧЕНИЦИТЕ ВО СПОРТСКИТЕ АКТИВНОСТИ
16.20 – 16.25	<b>Ussouf GORELSKI</b> Sofia University, "St. Kliment Ohridski"  CORRELATION DEPENDENCES BETWEEN THE STUDIED INDICATORS FOR FOOTBALLERS UNDER 11 YEARS OF AGE
16.25 – 16.30	<b>Yanko YANKOV</b> Konstantin Preslavsky University of Shumen  COMPARATIVE ANALYSIS OF THE COMPETITIVE EFFICIENCY OF BC "SHUMEN" - SEASON 2018/2019 TO 2019/2020 - "A" GROUP OF MEN
16.30 – 16.35	<b>Georgi STOYANOV, Margarita AVRAMOVA, Stamenka MITOVA &amp; Maria GRAMATIKOVA</b> South-West University "Neofit Rilski", Department of Kinesiotherapy, Faculty of Public health, health care and sport  MYOFASCIAL TECHNIQUES AND KINESIO TAPE IN MUSCULOSKELETAL SPINE DYSFUNCTION



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16.00 – 18.00 Presentation of papers

16.35 – 16.40	<b>Yuliana PASHKUNOVA</b> Department of Public Health and Social Activities “Anguel Kanchev” University of Ruse  PREVENTION OF CHRONIC LUMBAR PAIN
16.40 – 16.45	<b>Nataliya PETROVA</b> Sofia University St. Kliment Ohridski  ROLE OF KINESITHERAPY AND OCCUPATIONAL THERAPY TO IMPROVE THE QUALITY OF LIFE OF PATIENTS WITH RHEUMATOID ARTHRITIS
16.45- 16. 50	<b>Astrit ISENI, Veton SAQIPI, Enes QAILI, Isa ASLLANI</b> University of Tetovo, Faculty of Physical Education-Tetovo Primary school “Ibrahim Kelmendi” – Presevo, R. Serbia, Central High School “Cvetan Dimov” – Skopje, North Macedonia  EFFECT OF THE 12 WEEK PROGRAM FOR DEVELOPING EXPLOSIVE STRENGTHENING IN STUDENTS 'SEGMENTAL VELOCITY AND REPETITIVE FORCE PERFORMANCE
16.50 – 16.55	<b>Mirko JAKIMOVSKI</b> Sport Academy - Stip  RELATIONS BETWEEN BOYS AND GIRLS USING THE TEST FOR PREPAREDNESS FOR SCHOOL AT CHILDREN AT AGE OF 5 YEARS/ РЕЛАЦИИ ПОМЕЃУ МОМЧИЊАТА И ДЕВОЧИЊАТА СО ПРИМЕНА НА ТЕСТОТ ЗА ПОДГОТОВНОСТ НА УЧИЛИШТЕ КАЈ ДЕЦА ОД 5 ГОДИШНА ВОЗРАСТ
16.55 – 17.00	<b>Ivan KOLEV</b> National Sport Academy “Vasil Levski” – Sofia, Bulgaria  PLANTIGRADE TEST FOR DETERMINING LACTATE THRESHOLD OF CYCLIST
17.00 – 17.05	<b>Vera SIMOVSKA</b>  NGO HEPA Macedonia National organization for the promotion of Health-Enhancing Physical Activity  IMPLEMENTATION OF A STANDARDIZED EU MONITORING SYSTEM FOR SPORT AND PHYSICAL ACTIVITY AS A BASE FOR HEPA STRATEGY AND PROGRAMME IN REPUBLIC OF NORTH MACEDONIA



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16.00 – 18.00 Presentation of papers

17.05 – 17.10	<b>Mimoza SALTIROVA</b> Law office LLM  PSYCHOTROPIC SUBSTANCES IN SPORT
17.10 – 17.15	<b>Vanco BARBAREEV</b> University sport center at Goce Delcev University – Stip  Sport and recreation for first year students at Goce Delcev University in Stip University Sport Center at Goce Delcev University
17.15 – 17.20	<b>Anzelina YANEVA<sup>1</sup>, Biljana POPESKA<sup>2</sup>, Kiril BARBAREEV<sup>3</sup> &amp; Vanco BARBAREEV</b> <sup>1</sup> Sport Department, Sofia University “St. Kliment Ohridski”, Sofia, Bulgaria <sup>2,3</sup> Faculty of Educational Sciences, Goce Delcev University Stip, Macedonia  INTERESTS OF UNIVERSITY STUDENTS FROM BULGARIA AND MACEDONIA FOR PARTICIPATION IN HEALTH ENHANCING PHYSICAL ACTIVITY
17.20 – 17.25	<b>Katerina MITEVSKA PETRUSHEVA &amp; Snezana JOVANOVA MITKOVSKA</b> International Balkan University, Faculty of Education - Skopje Goce Delcev University, Faculty of educational sciences – Stip  DIFFERENCES IN MOTIVATION FOR ACADEMIC WORK BETWEEN STUDENTS AT FACULTY OF PHYSICAL EDUCATION AND FACULTY OF SOCIAL SCIENCES
17.25 – 17.30	<b>Zivota STEFANOVIC<sup>1</sup> &amp; Rade STEFANOVIC<sup>2</sup></b> <sup>1</sup> Faculty of sport and physical education, University of Belgrade <sup>2</sup> Faculty of sport and physical education Leposavic, University of Pristina  ONE OF THE WAYS TO ELIMINATE MISTAKES WHILE HURDLE RUNNING

18.00 – 18.30 Discussion and final conclusions

18.30 – 19.00 Closing of the Symposium

President of  
Federation of Sport Pedagogues of  
Macedonia  
Prof. Gordan Stojcevski