

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*
5. *Онлайн обучението по физическо възпитание и спорт*

ТРИНАДЕСЕТА
МЕЖДУНАРОДНА
НАУЧНА КОНФЕРЕНЦИЯ

СЪВРЕМЕННИ ТЕНДЕНЦИИ
НА ФИЗИЧЕСКОТО ВЪЗПИТАНИЕ
И СПОРТА

Софийски университет „Св. Климент Охридски“
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През 2021 година организираната от Департамента по спорт при Софийски университет „Св. Климент Охридски“ международна научна конференция **„Съвременни тенденции на физическото възпитание и спорта** отбелязва тринадесет години от създаването си.

Стартирала през 2009 г. под наименованието **„Оптимизация и иновации в учебно-тренировъчния процес** (2009–2011), днес научната конференция с международно участие носи името **„Съвременни тенденции на физическото възпитание и спорта“**.

Петте направления в които опитните професионалисти и учени разкриват своя академичен потенциал носят духа, емоционалния заряд и смисъла на физическото възпитание и спорта:

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.

5. Онлайн обучението по физическо възпитание и спорт.

В своята дългогодишна история Департаментът по спорт се превърна в авторитетен център за подготовка на специалисти в една от най-важните посоки – спорта, редом с образованието, науката и изкуството.

Безспорно влошената от „Ковид 19“ обстановка в държавата и света през последните две години остави своя отпечатък не само върху здравословното състояние и начина на живот на хората, но и върху качеството на Физическото възпитание и спорта, тема, която провокира много автори да търсят и решават проблемите в тази насока.

През годините Конференцията се провежда с финансовата подкрепа на Софийския университет „Св. Климент Охридски“, чрез участие с проекти по Наредба № 9, за частично финансиране на научната дейност на Софийския университет „Св. Климент Охридски“.

От 2019 г. списание **„Азбуки“** към *МОН* е медиен партньор на Софийския университет, където много автори от Департамента по спорт публикуват свои текстове. Статиите на сп. „Професионално образование“ се реферират, индексират и листват в ERIH PLUS, CEEOL, EBSCO, host Research Databases, Google Scholar, Ex Libris, ProQuest.

В международния научен форум участват педагози по физическо възпитание и спорт от всички степени на образованието в България, както от други страни като Албания, Беларус, Казахстан, Македония, Полша, Сърбия, Турция, Русия и др.

През настоящата 2021 г. в Международната научна конференция участват 62 автори с 54 доклади, като 4 от тях, по предложение на Редакционния съвет, се публикуват в списание „Продължаващо образование“, книжка 5.

Конференцията се провежда както присъствено, така и онлайн.

Редакционният колектив благодари на всички участници и гости за възможността ежегодно да се разменят научни и професионални идеи и да се правят планове за бъдещето в социален, научен, изследователски, методичен и проектен план.

проф. Анжелина Янева,
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СЪДЪРЖАНИЕ

ФИЗИЧЕСКОТО ВЪЗПИТАНИЕ, СПОРТЪТ И РЕКРЕАЦИЯТА В ОБРАЗОВАТЕЛНАТА СИСТЕМА

ИЗСЛЕДВАНЕ НИВАТА НА АГРЕСИВНАТА РЕАКЦИЯ „ЧУВСТВО ЗА
ВИНА“ НА СТУДЕНТИ, ЗАНИМАВАЩИ СЕ СЪС СПОРТОВЕТЕ:
ДЖУДО, БАСКЕТБОЛ, ФИТНЕС И ТЕНИС
АНЖЕЛИНА ЯНЕВА, ЕЛИЦА СТОЯНОВА / 9

ДИХАТЕЛНАТА ТЕХНИКА ПРИ ПЛУВАНЕ
БОРЯНА ТУМАНОВА / 16

СЪСТОЯНИЕ НА ОСНОВНИ ДВИГАТЕЛНИ КАЧЕСТВА ПРИ
УЧЕНИЦИ ОТ 9-ТИ ДО 12-ТИ КЛАС
ВЛАДИМИР БАХАРОВ / 22

УСТАНОВЯВАНЕ НИВО НА ДВИГАТЕЛНА АКТИВНОСТ – НАЧАЛЕН
ЕТАП НА ОСНОВНАТА ОБРАЗОВАТЕЛНА СТЕПЕН
ДАРИНКА ИГНАТОВА / 31

НАЦИОНАЛНА УНИВЕРСИАДА 2021 СТАРА ЗАГОРА
ЖЕЛЯЗКО ГЕОРГИЕВ, ГЕОРГИ ИГНАТОВ / 38

ИЗСЛЕДВАНЕ НА НЯКОИ ПОКАЗАТЕЛИ ЗА ФИЗИЧЕСКА
ДЕЕСПОСОБНОСТ НА СТУДЕНТИ, ТРЕНИРАЩИ ФИТНЕС В
СОФИЙСКИЯ УНИВЕРСИТЕТ
ИВАЙЛО ПРОКОПОВ, СТЕФАН МИЛЕТИЕВ / 52

ПРИОБЩАВАЩО ОБРАЗОВАНИЕ НА УЧЕНИЦИ С НАРУШЕНО
ЗРЕНИЕ ЧРЕЗ ВКЛЮЧВАНЕ И УЧАСТИЕ В УРОЦИТЕ ПО
ФИЗИЧЕСКО ВЪЗПИТАНИЕ И СПОРТ
МИРА ЦВЕТКОВА-АРСОВА / 58

НАРОДНИТЕ ХОРА И ТАНЦИ В ЧАСОВЕТЕ ПО ФИЗИЧЕСКО
ВЪЗПИТАНИЕ И СПОРТ – МНЕНИЕ НА РОДИТЕЛИ
НЕВЕНА НИКОЛОВА / 68

КОМПЛЕКС КТО КАТО ФАКТОР ЗА ПОДОБРЯВАНЕ НА
ФИЗИЧЕСКОТО РАЗВИТИЕ НА СТУДЕНТСКАТА МЛАДЕЖ
ХОХЛОВА ОЛЪГА АЛЕКСЕЕВНА / 77

ФИЗИЧЕСКА АКТИВНОСТ НА СТУДЕНТИТЕ
ОТ СОФИЙСКИ УНИВЕРСИТЕТ „СВ. КЛИМЕНТ ОХРИДСКИ“
ПЕТЯ ХРИСТОВА / 82

СПОРТ ПРИ СТУДЕНТИ СЪС ЗРИТЕЛНИ НАРУШЕНИЯ
РОСИЦА РУСЕВА / 93

ФИЗИЧЕСКАТА ДЕЕСПОСОБНОСТ НА ДЕЦАТА ОТ
ПРЕДУЧИЛИЩНА ВЪЗРАСТ В УСЛОВИЯТА НА ПАНДЕМИЯ
ТЕОДОРА СИМЕОНОВА, ВИКТОРИЯ КОВЧАЗОВА / 102

МЕЖДУНАРОДЕН СРАВНИТЕЛЕН АНАЛИЗ НА ОБУЧЕНИЕТО
ПО ФИЗИЧЕСКОТО ВЪЗПИТАНИЕ И СПОРТ В НАЧАЛНОТО
УЧИЛИЩЕ
ФИЛИП ШАБАНСКИ / 109

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

ПРОУЧВАНЕ МНЕНИЕТО НА УЧЕНИЦИ, ОТНОСНО
ПРОВЕЖДАНЕ НА ИЗВЪНКЛАСНИ ЗАНИМАНИЯ ПО ФУТБОЛ
ГАЛЯ ЕЧЕВА, ГЕОРГИ ИГНАТОВ / 117

ДЕЙНОСТИ, НАСОЧЕНИ КЪМ РАЗВИТИЕТО НА ФИЗИЧЕСКАТА
АКТИВНОСТ НА ПЪЛНОЛЕТНИ ЛИЦА С УМСТВЕНИ
УВРЕЖДАНИЯ В ДЦПЛУ „СВЕТА МАРИНА“, ГР. СОФИЯ
ДАНКА ЩЕРЕВА, ЙОТКА ТОДОРОВА, ДИМИТЪР СТОЯНОВ / 127

SITTING VOLLEYBALL – ДА ИГРАЕМ ВСИЧКИ ЗАЕДНО
МИНА АНТОНОВА, ВЕРА АНТОНОВА / 134

ВЛИЯНИЕ НА ЙОГА ВЪРХУ УЧИЛИЩНАТА ТРЕВОЖНОСТ НА ДЕЦА
ОТ 5 И 6 КЛАС
ТЕОДОРА ПЕНЕВА / 140

ТЕОРИЯ И МЕТОДИКА НА ФИЗИЧЕСКОТО ВЪЗПИТАНИЕ И СПОРТА

ПРОМЯНА В АНТРОПОМЕТРИЧНИТЕ ПОКАЗАТЕЛИ И
СОМАТОТИП НА ПОДРАСТВАЩИ СЪСТЕЗАТЕЛИ ПО
АРТИСТИЧНА ГИМНАСТИКА

АЛЕКСАНДЪР МАРКОВ, ТАТЯНА ДЗИМБОВА / 151

ПРОУЧВАНЕ НА ОТНОШЕНИЕТО НА 14-19-ГОДИШНИ
УЧЕНИЦИ КЪМ ВРЕДНИТЕ НАВИЦИ И ДВИГАТЕЛНАТА
АКТИВНОСТ КАТО ФАКТОРИ НА ЗДРАВЕТО

АНЕЛИЯ КОЗЛЕВА, СТЕФАНИЯ БЕЛОМЪЖЕВА-ДИМИТРОВА / 157

ПОДБОРЪТ В ДЕТСКО-ЮНОШЕСКИЯ ТЕНИС НА МАСА

ВЕНЕЛИНА ЦВЕТКОВА / 167

ТЕХНИКО-ТАКТИЧЕСКАТА ПОДГОТОВКА ПО ТЕНИС НА МАСА
ПРИ 9–12-ГОДИШНИ ДЕЦА

ВЕНЕЛИНА ЦВЕТКОВА / 174

ИЗСЛЕДВАНЕ СКОРОСТНИТЕ ВЪЗМОЖНОСТИ НА СЪСТЕЗАТЕЛИ
ОТ ФУТЗАЛ КЛУБ „ЛЕВСКИ СОФИЯ“

ВЛАДИМИР БАХЪРОВ / 183

АНАЛИЗ НА ИГРОВАТА ДЕЙНОСТ НА ПФК „ЛУДОГОРЕЦ“ В
ГРУПОВАТА ФАЗА НА ТУРНИРА
„УЕФА ЛИГА ЕВРОПА“

ДАНИЕЛ ДИМОВ / 188

СИЛАТА НА „СЛАБИЯ“ ПОЛ ПРЕЗ ПРИЗМАТА НА
ОЛИМПЕЙСКИТЕ ПОСТИЖЕНИЯ В ТОКИО 2020

ЕЛИЦА СТОЯНОВА / 201

ПРОУЧВАНЕ НА СЪСТЕЗАТЕЛНАТА ЕФЕКТИВНОСТ ПРИ
16-ГОДИШНИ БАСКЕТБОЛИСТКИ

ЖАСМИН ЦАНКОВА, МАРИЯ ЦАНКОВА-КАЛОЯНОВА / 209

ИГРОВА РЕАЛИЗАЦИЯ НА ЕВРОПЕЙСКОТО ПЪРВЕНСТВО ПО
БАСКЕТБОЛ ЗА ЖЕНИ ПРЕЗ 2021 Г.

ЖАСМИН ЦАНКОВА, МАРИЯ ЦАНКОВА-КАЛОЯНОВА / 216

ПРИЛАГАНЕ НА МОДЕЛ ЗА ЛЕЧЕНИЕ НА НЕСПЕЦИФИЧНА
БОЛКА В ОБЛАСТТА НА ГРЪБНАЧНИЯ СТЬЛБ

ИВАЙЛО ПРОКОПОВ / 223

ИЗСЛЕДВАНЕ НА ВЪЗМОЖНОСТИТЕ ЗА ПОДОБРЯВАНЕ
ТОЧНОСТТА НА СТРЕЛБАТА В КОША ОТ СРЕДНО РАЗСТОЯНИЕ
ПРИ СТУДЕНТКИ ОТ УНСС

ЛАРИСА КАСАБОВА / 229

ПРЕДСЪСТЕЗАТЕЛНА ТРЕВОЖНОСТ ПРИ 10-13-ГОДИШНИ
ШАХМАТИСТИ

ЛЕЙЛА ДИМИТРОВА / 235

АНАЛИЗ НА ПРЕДСТАВЯНЕТО НА НАЦИОНАЛНИЯТ ОТБОР,
ЖЕНИ, УЧАСТВАЩ В ЕВРОПЕЙСКО ПЪРВЕНСТВО ПО
ВОЛЕЙБОЛ ПРЕЗ 2021 ГОДИНА

ЛЮБОМИР ЦЕКОВ / 243

КОНТРОЛ НА ПОДГОТОВКАТА, ФУНДАМЕНТАЛЕН ФАКТОР ЗА
ПОСТИГАНЕ НА ВИСОКИ РЕЗУЛТАТИ

МАЯ ЧИПЕВА / 248

КРЪГОВА ФИТНЕС ТРЕНИРОВКА

НИКОЛЕТА БОЧЕВА / 258

КАК ЗАНИМАНИЯТА С ВОЛЕЙБОЛ ПОВЛИЯВАТ ЦЕННОСТНО
ИНДИВИДА

ПЕТЪР КОЛЕВ / 263

ДИДАКТИЧЕСКИ МОДЕЛ НА ФУНКЦИОНАЛНО БАЗИРАН
ПОДХОД ПО ТЕМАТА ЗА ВОЛЕВА ДВИГАТЕЛНА АКТИВНОСТ

ПЕТЪР РАЙЧЕВ / 273

ИЗСЛЕДВАНЕ НА ФИЗИЧЕСКАТА ГОДНОСТ НА 12-14-ГОДИШНИ
МОМИЧЕТА –

АЛПИЙСКИ СКИОРИ

РАДОСЛАВ КОСТАДИНОВ / 282

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

ДВИГАТЕЛНИТЕ ИГРИ И ЗНАЧЕНИЕТО ИМ ЗА УСТОЙЧИВОТО
РАЗВИТИЕ В ДЕТСТВОТО

МАГДАЛЕНА СТОЯНОВА / 291

БЪЛГАРСКИЯТ ФОЛКЛОР КАТО БЪЛГАРСКО БОЙНО ИЗКУСТВО,
ПРАВО ХОРО

СТАНИСЛАВ БАГАЛЕВ, НИКОЛА ПИРОВСКИ / 303

ОНЛАЙН ОБУЧЕНИЕТО ПО ФИЗИЧЕСКО ВЪЗПИТАНИЕ И СПОРТ

ЕФЕКТИ НА COVID-19 ПАНДЕМИЯТА В УЧАСТИЕТО НА
ДЕЙНОСТИ НА ОТКРИТО – ИЗСЛЕДВАНЕ НА СТУДЕНТИ ОТ
ГОЦЕ ДЕЛЧЕВ УНИВЕРСИТЕТ

**БИЛЯНА ПОПЕСКА, ДЕСПИНА СИВЕВСКА,
ЦВЕТАНКА РИСТОВА / 315**

ДИГИТАЛНА ЕРА – ПЕДАГОГИЧЕСКИ ПОХВАТИ И
ПРЕДИЗВИКАТЕЛСТВА ПРИ РАБОТА В ЕЛЕКТРОННА СРЕДА В
ЧАСОВЕТЕ ПО ФИЗИЧЕСКО ВЪЗПИТАНИЕ И СПОРТ

БОЯНА ИВАНОВА, АЛЕКСАНДЪР СИМЕОНОВ / 327

ПРОВЕЖДАНЕ НА ОНЛАЙН ТРЕНИРОВКИ В УСЛОВИЯ НА
ПАНДЕМИЯ

ВАЛЕРИ ЙОРДАНОВ / 337

ПРИСЪСТВЕНА И ОНЛАЙН ФОРМА НА ТРЕНИРОВКИ ПО
ШАХМАТ – ПРЕДИМСТВА И НЕДОСТАТЪЦИ

ВЕНЕТА ПЕТКОВА / 343

ОПТИМИЗИРАНЕ НА УЧЕБНО-ТРЕНИРОВЪЧНИЯ ПРОЦЕС ПО
ШАХМАТ ЧРЕЗ ИНТЕРАКТИВНИ ФОРМИ

ВЕНЕТА ПЕТКОВА / 350

ФИТНЕС В ДОМАШНИ УСЛОВИЯ С ПОМОЩТА НА ON-LINE
ТРЕНЬОР

ВЛАДИСЛАВ ГОСПОДИНОВ / 356

СРАВНИТЕЛЕН АНАЛИЗ МЕЖДУ УЧЕБНИ ПОСТИЖЕНИЯ НА СПЕЦИАЛИЗАНТИ ОТ ПЕДАГОГИЧЕСКИ СПЕЦИАЛНОСТИ В ПРИСЪСТВЕНА И ДИСТАНЦИОННА ФОРМИ НА ОБУЧЕНИЕ
ДОНКА ЖЕЛЕВА-ТЕРЗИЕВА / 367

НАГЛАСИ И ВИЖДЕНИЯ НА СТУДЕНТИТЕ ПО „ФИЗИЧЕСКО ВЪЗПИТАНИЕ И СПОРТ“ ОТНОСНО ПРОВЕЖДАНЕТО НА ОНЛАЙН ОБУЧЕНИЕТО ПО ПРЕДМЕТА В УЧИЛИЩЕ
ИВАН СИМЕОНОВ / 375

СТУДЕНТСКА ПОЗИЦИЯ ПО ВЪПРОСА ЗА ОНЛАЙН ОБУЧЕНИЕТО ПРЕДИЗВИКАНО ОТ КОВИД-19 ПО УЧЕБНАТА ДИСЦИПЛИНА СПОРТ
ИРЕН ПЕЛТЕКОВА / 382

ВЪЗМОЖНОСТ ЗА НОВ ПОДХОД КЪМ ФИТНЕС ДИСЦИПЛИНИТЕ В РАМКИТЕ НА ОНЛАЙН ОБУЧЕНИЕТО
ЙОРДАНКА ЗЛАТАРОВА / 390

ПРОУЧВАНЕ НА ДВИГАТЕЛНАТА АКТИВНОСТ НА СТУДЕНТИТЕ ОТ РУСЕНСКИ УНИВЕРСИТЕТ „А. КЪНЧЕВ“ ПО ВРЕМЕ НА ЕЛЕКТРОННА ФОРМА НА ОБУЧЕНИЕ ПРЕЗ УЧЕБНАТА 2019 – 2020 ГОДИНА
МИЛЕНА ГРИГОРОВА / 397

ВЛИЯНИЕ НА ПАНДЕМИЧНАТА ОБСТАНОВКА ВЪРХУ ТЕХНИЧЕСКИТЕ УМЕНИЯ НА ПОДРАСТВАЩИ БАСКЕТБОЛИСТИ
НИКОЛАЙ ХАДЖИЕВ, ТАТЯНА ДЗИМБОВА / 406

ПРЕДИЗВИКАТЕЛСТВА ПРЕД ДИСТАНЦИОННОТО ОБУЧЕНИЕ ПО ФИЗИЧЕСКО ВЪЗПИТАНИЕ И СПОРТ В НАЧАЛНОТО УЧИЛИЩЕ
ФИЛИП ШАБАНСКИ / 412

ЕФЕКТИ НА COVID-19 ПАНДЕМИЯТА В УЧАСТИЕТО НА ДЕЙНОСТИ НА ОТКРИТО – ИЗСЛЕДВАНЕ НА СТУДЕНТИ ОТ ГОЦЕ ДЕЛЧЕВ УНИВЕРСИТЕТ

БИЛЯНА ПОПЕСКА, ДЕСПИНА СИВЕВСКА, ЦВЕТАНКА РИСТОВА

BIJANA POPESKA, DESPINA SIVEVSKA, CVETANKA RISTOVA. EFFECTS OF COVID 19 PANDEMICS IN PARTICIPATION IN OUTDOOR ACTIVITIES– CASE STUDY OF STUDENTS FROM GOCE DELCEV UNIVERSITY

Абстракт: Прекарването на време навън е полезно за здравето ни. Имайки предвид ефектите, които въведените ограничения могат да окажат върху навиците на движение и цялостното здраве на учениците, ние подготвихме тази работа, която е фокусирана върху ефектите на COVID-19 върху участието на открито. Целта на изследването е да се проследят непосредствените въздействия на ограниченията на COVID-19 върху поведението на дейности на открито при студенти от университета „Гоце Делчев“ в Щип-Северна Македонија. Изследваната извадка се състои от 172 респонденти, студенти от Университета Гоце Делчев в Щип – Македонија. Проучването е разработено и внедрено онлайн за период от три месеца. Резултатите са анализирани с помощта на основни описателни статистически параметри. Получените резултати показват малък спад в нивото на участие в дейности на открито. Ходенето, туризмът, бягането и колоезденето са най-предпочитаните занимания на открито сред студентите. Ограниченията, които бяха представени по време на пандемията, имат отрицателно въздействие върху участието на открито, докато аспекти като ползи за здравето от престоя на открито, положителен ефект от активността на открито върху психическото и емоционалното здраве, подобряване на имунната система, намаляване на стреса и т.н., бяха определени като причини за увеличаване участие в дейности на открито. Предоставени са препоръки, примери и практически, за да се увеличи участието в дейности на открито.

Ключови думи: COVID-19, упражнения, активност на открито, физическа активност, студенти, Университет

Abstract: Spending time outside is beneficial for our health. Having in mind the effects that restrictions that were introduced can have on movement habits and overall health of the students, we prepared this work that is focused on effects of COVID-19 on outdoor participation. The aim of the study is to examine the immediate impacts of COVID-19 restrictions on outdoor activities behaviors in students from Goce Delcev University in Stip – North Macedonia. The study sample was comprised from 172 respondents, students at Goce Delcev University of Stip – Macedonia. Survey was developed and implemented online in period of three months. Results were analyzed using basic descriptive statistic parameters. Obtained results suggest on small decrease in level of participation in outdoor activities. Walking, hiking, running and cycling are most preferred outdoor activities among university students. The restrictions that were presented during the pandemic have negative impact of outdoor participation while aspects like health benefits from outdoor stay, positive effect of outdoor activity on mental and emotional health, improved immune system, reduces stress etc, was determined to be the reasons for increase participation in outdoor activities. Recommendations, examples and practical are provided in order to increase participation in outdoor activities.

Key words: COVID-19, exercise, outdoor activity, physical activity, students, University

Introduction

The coronavirus COVID-19 pandemic is the defining global health crisis that has affected the daily life and activities of many people around the world. Nearly all aspects of human's life were affected. The "new normal" impacted negatively of humans physical and mental health, manifested with increase stress, depression, anxiety, stress and loneliness [1, 4, 7, 17, 18]. Study conducted among 11 countries including Macedonia, Bulgaria, Turkey, China, Brazil, USA and others [5], indicated on association between greater personal exposure on COVID 19 with increased anxiety and depression during lockdown. Mental health issues are closely related with physical activity level. Engaging in PA is positively associated with maintaining good physical and mental health [2, 19, 20]. In this regard, WHO recommends at least 150 min of moderate intensity, or 75 min of vigorous – intensity PA, or combination of both each week, among adults 18–65 years old [20]. Yet, maintaining the recommended level of PA becomes challenging in period of COVID 19 due to isolation, restricted movement, closed sport halls and fitness clubs etc. In this regard, the perception and the role of outdoor recreation have seen the most changes in people's activities during the influence of pandemic. The conditions in which we found ourselves with the outbreak of the pandemic forced us to change the whole life and action of everyone, including the students. The new conditions required new ways of studying, maintaining social contacts, moving in open and closed space, new different ways of spending our leisure time and practicing outdoor activities. Compensating for the various living conditions such as long periods of time spent in front of a computer reading social media exposure with negative news and restrictions on social gathering and movement, outdoor recreation activities have begun. Parks and forests nowadays are more frequently used. Especially during the COVID-19 pandemic, these green spaces received renewed attention due to their significant and irreplaceable functions, such as providing places for healthy outdoor recreation [12, 13, 14]. Practicing outdoor activities have already been proven to promote resilience among people by facilitating restoration from stress [9] and buffering against negative health outcomes associated with stress, including those associated with COVID-19 [5] Participation in outdoor activities and being in nature is associated with improved cognitive functioning, better sleep and greater enjoyment [3], better revitalization, decrease of tension and depression [8,11]. Yet, even though outdoor recreation areas contribute significantly to social well-being as well as physical and mental health, the utilization of these spaces by large groups of people during a public health emergency, as the COVID-19, despite the documented benefits is some ways further enhanced the danger of community transmission and spread [10]. Resulting these constant lockdowns and

restrictions of usage of outdoor spaces with the onset of COVID-19, the authors believe that they contribute to become a profound human health stressor associated with global change.

Analyzing these effects of COVID-19 in relations with outdoor activities, our research interest in presented study is focused on changes in participation in outdoor activity among university students due to COVID 19 pandemic. The situation in the Republic of Macedonia imposed restrictions requiring social and physical, thus limited community and social gatherings and interactions, sport and playground use. Most students were no longer attending classes with physical presence, with classroom lessons being replaced by online teaching and online learning activities. As a result, certain engagement to outdoor leisure practices is expected to happen. Therefore, the aim of the research is to examine the immediate impacts of COVID-19 restrictions on outdoor activities behaviors in students from Goce Delcev Univeristy in Stip – North Macedonia.

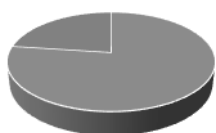
Method of work

The **subject of this study** are students at University "Goce Delchev" Stip, Republic of North Macedonia and their attitudes and habits for engaging in outdoor activities during COVID 19 pandemic. **The purpose of the study** is to determine students' participation in outdoor activities and changes that occurs in their outdoor participation due to COVID 19 pandemic. Particularly, we examined students' participation in outdoor activities, type of engaged activities, factors that impact on increase or decrease of such engagement etc.

The study was conducted on a sample of 172 students from different faculties at Goce Delcev University Stip, Macedonia. The presented results are part of a larger study that examines students' attitudes and experiences for outdoor participation during Covid 19 pandemic, its effects on movement habits, leisure time activities and personal development in relation with available resources and country potentials. The survey was conducted using specially designed survey instrument. It was administered online in period November/December, 2020. Beside general data (age, faculty, gender, place of residence, year of study, employment during the pandemic, sport engagement), the survey instrument, included five other parts referring to physical activity before and during the pandemic, participation in outdoor PA during pandemic, resources for outdoor activities, effects of outdoor participation and pandemic conditions on leisure time activities and personal development. It contains closed-ended questions, a scale of assessment of level of agreement and disagreement. The obtained data were analyzed and presented using descriptive statistics: frequencies (f), percentages (%). The data were processed using statistical package SPSS 19. Obtained results are presented graphically.

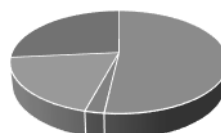
Results and discussion

The research included students from two faculties at Goce Delchev University in Stip – Faculty of Educational Sciences and Faculty of Tourism and Business logistics. The total number of participants was 172, from which 74% are female and 26% are male (Graphic 1). Compared to the years of study, most of the participants were students at first year of study (50%), followed by 23% students in fourth year, 17% in third year and 10% were students in the second year of studies. Most of the students involved in the study were city residence (74%) and the remaining 26% live in a village. Regarding their engagement (work or volunteer) during the pandemic out of home, the majority (59%) were not engaged, 25% were engaged, and 16% were occasional (1-3 hours during day / certain days) engaged with work or voluntary activities.



■ female ■ male

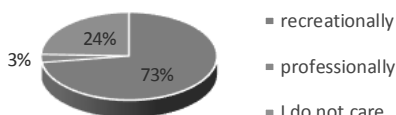
Graph. 1. Sample distribution by gender



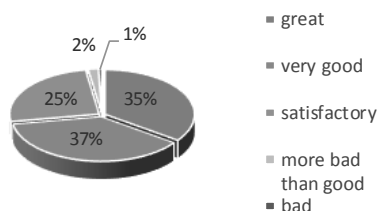
■ first ■ second ■ third ■ fourth

Graph. 2. Sample distribution by year of study

From the total sample, 71% are physically active and engaged in physical activities with recreational purpose, 3% are professionally engaged in sport and 24% declare that are not physically active (Graphic 3). According to subjective assessment of personal health (physical and mental health), the highest percent (36%) evaluated it very good, 34% excellent, 25% satisfactory, and remaining small part of participants evaluated their health with bad and rather bad than good (Graphic 4).



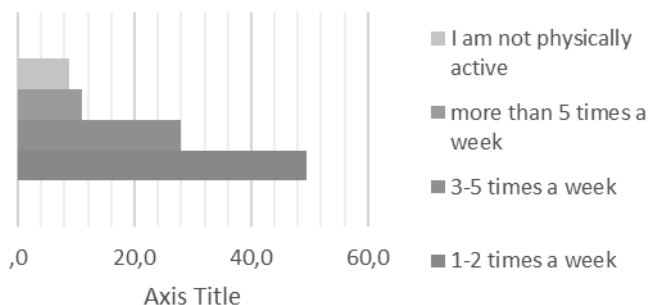
Graphic 3. Participation in sport and PA



Graphic 4. Self – evaluation of personal health and wellbeing

Opinion of students regarding the practice of outdoor activities during pandemic Physical activity is one of the preconditions for a healthy and quality life. In this regard, we asked the students to assess their physical activity

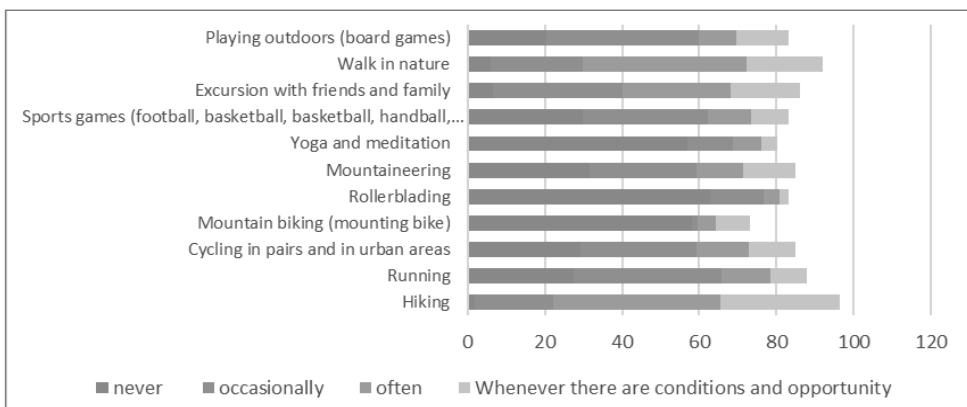
level. According their answers, half of the interviewed students (50%) stated that they are physically active 1–2 times a week, 28% are active 3–5 times a week, 11% are more than 5 times a week, while a small percentage (9%) stated that they are not physically active at all (Graphic 5).



Graphic 5. Physical activity level of students during COVID-19 pandemic

Similar level of physical activity among Macedonian population during pandemic was confirmed in study related to coping strategies during pandemic, conducted on larger sample and in 11 countries including North Macedonia as well [5]. Although, the frequency of 1–2 per week selected by nearly half of the participant is below the level recommended by WHO [20], yet encourages the fact that only 9% are physically inactive.

Regarding the type of preferred or practiced outdoor activity, hiking, walking in nature and running, were the most frequently practiced by the participants in the study. Regarding the degree of participation in suggested outdoor activities, as **often** practiced activity were hiking (44%) and walking in nature (43%). Furthermore, most of the respondents stated that they **occasionally** practiced: running (39%), cycling in nature and in city environment (30%), sports games on open spaces (football, basketball, handball, volleyball) (33%), picnics with friends (38%), outdoors games (40%). On the side of less practiced activities, the category **never** practiced was chosen for cycling on mountain trails (59%), rollerblading (63%), yoga and meditation (57%). These results are presented at Graphic 6.



Graphic 6. Selection of outdoor activities and frequency of participation during pandemic

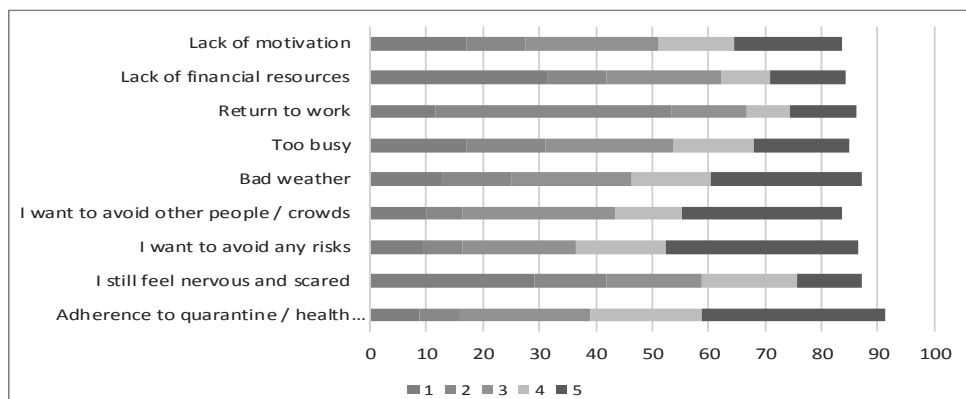
Walking, hiking, cycling and running were noted as most frequently practiced outdoor activities during pandemic in other similar studies on sample on Macedonian population [11]. Similar trends in preferred outdoor activities are noted in other studies from counties worldwide [20]. Participation in outdoor activities is closely related not only to individual interest of participants, but also with outdoor resources and playgrounds. In this regard, the study conducted on university students from Goce Delcev University [15] confirm that students consider that the country has natural resources and potentials for outdoor participation out of urban zones, different possibilities within the cities. These possibilities are closely related with the work and support from local community.

Impact of pandemic on outdoor activities participation

Previous section confirmed that student have interest for outdoor activity and participate in different outdoor activities during pandemic. Yet, pandemic conditions have different effects on frequency of participation in outdoor activities, reasons that decrease or increase in outdoor activity participation as well as its effects on level of stress and overall wellbeing. From the point of the respondents, we noticed that the pandemic and the overall situation led to change in outdoor physical activity. Namely, most of participants in the study, particularly 38%, answered that they go outdoors less than before, 30% go outdoors approximately the same as before, and 10% declare that they go more and much more than before. Only 6% of participants, stated that they avoid to go out and participate in outdoor activities. The pandemic affected outdoor participation on different manners. In this regard, on question: How do you assess the impact of COVID-19 pandemic control measures on your physical activity outdoors? 36% of participants declared that measures had a large impact in terms of reducing activity, 17% that they had a small impact in

terms of reducing activity, while in 14% declare that nothing changed regarding the level of activity. These results can be explained with different measures that were introduced as a manner to control spread of the virus. In this regard, beside lockdown in first few months from the pandemic, in different period there were restrictions in movement in certain periods of the day, reduction of number of people that can access to different outdoor spaces, restriction for movements in forest and mountains, required distance and wearing masks, restricted traveling, no available means for travel, closure of additional facilities needed for outdoor participation (mountain lodges, hotels, ski facilities, restaurants and food markets etc.). These led to changes in the practice of outdoor physical activity during the pandemic. In this regard, 54% of participants stated that their previous outdoor physical activities were partially stopped during the pandemic; 27% reported that no change occur, while only 3% stated that their activities outdoor were intensified. The decrease level of outdoor participation during COVID 19, compared with periods before pandemic, is confirmed in other studies as well [12, 21].

The changes in level of participation in outdoor activities occurs due to different objective and subjective factors. On the side of reasons that lead to **decrease in outdoor physical activity**, several statements were suggested. On each of them, the participants were asked to define the level of their agreement on it on the scale from 1 to 5, where 5 is the highest level of agreement. Nine different reasons were listed. (Answers are presented at Graphic 7.

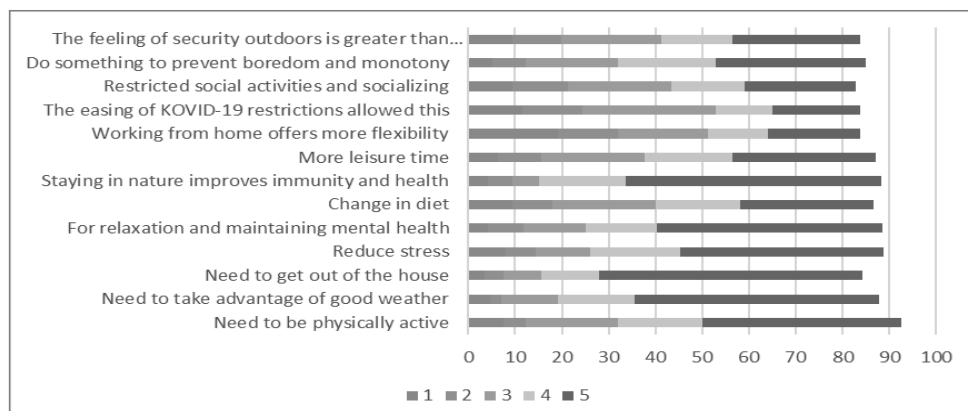


Graphic 7. Reasons for decrease of participation in outdoor activities

Analyzing the results, the highest consent of most respondents was obtained for following statements: Adherence to quarantine / health recommendations (33%), I want to avoid risks (35%), I want to avoid other people / crowds (29%), Bad weather (27%). It could be noted, that three of four most selected reasons for decrease in level of outdoor participation, three

are related with health measures and behavior that is due to pandemic situation, and only one, bad weather, is something that is typical reasons for declination from outdoor participation and is not Covid related. This led to conclusion, that noted decrease is mainly affected by pandemic conditions.

On the opposite side, 13 statements were offered as reasons for increased participation in outdoor activities during COVID 19 pandemic. With the highest (degree of consent 5) following reasons were determined: Need to be physically active (42.4%), Need to take advantage of good weather (52%), Need to get out of the house (56%), Reduce stress (44%), Relaxation and maintenance of mental health (48%), Change in diet (29%), Staying in nature improves immunity and health (55%), More leisure time (31%), Limited social activities and socializing (24%), Do something to prevent boredom and monotony (32%), Feeling more secure outdoors than indoors (28%), Avoiding other people/crowds (27%). These results are presented in Graphic 8.



Graphic 8. Reasons for increase participation in outdoor activities

The first best ranked – reason to take advantage of good weather, to get out of the house and effect on immune system, are also closely related to pandemic conditions – lockdown, restriction for movement, isolation, social distancing, need of additional vitamin D as much needed in boosting the immune system, which can be obtained by sun exposure. Following group are reasons related to effect of movement on physical and mental health, stress release and movement as a manner for overall wellbeing. Such effects of outdoor participation on mental health, stress release and wellbeing is also conformed in several different studies [22, 23]. To The experimental study in UK, confirmed that 10-week outdoor walking program had improved mental health [25].

According to answers on other questions in the survey, 25% of students included in the study answered that physical activity slightly reduced their

stress level while for 24%, their stress level remains the same as before. From the aspect of personal opinion for outdoor activity and willingness to be active outdoor, 25% of interviewed students despite the isolation, don't have enough time for outdoor PA, while 24% answered affirmative, ie they have more time for what is their interest and supports their wellbeing. The remain participants answered no, not at all (21%) and I did not think (22%). These results suggest that although pandemic cause some changes in students' opinion for outdoor participation, there is still divided opinions and different personal interest for involvement in such activities. This is mainly due to pandemic measures, luck of time or luck of interest. These results suggest that still lot of work should be done in a segment of promotion of effects of outdoor activities as well in providing conditions for safe outdoor participation. In this regard, universities have an important role. Namely, they different types of educational webinars, lectures, blogs, interviews can have a positive impact on education of young people for benefits of outdoor physical activity for physical and mental health and overall, wellbeing. Additionally, they should use all their capacities, both human and infrastructure to provide as much as possible different forms of outdoor sports and outdoor physical activity and to attract students to be a part of it. This can be done in frames of sport and recreation curriculum or as an extracurricular activity that can be offered to students. Many of these forms are already put in practice at Goce Delcev university but still, there are many thinks that can be done and positive examples should be implemented and new ideas should be developed.

Conclusion

The coronavirus COVID-19 pandemic affected the daily life and activities of many people around the world. Nearly all aspects of human's life were affected. The "new normal" impacted negatively of humans physical and mental health, and overall wellbeing. In this regard, physical activity has proven to be a good manner to cope with pandemic and outdoor activity was one of the safety ways to be physically active. The aim of the research is to examine the immediate impacts of COVID-19 restrictions on outdoor activities behaviors in students from Goce Delcev University in Stip – North Macedonia. According the obtained results, most of the interview students are active outdoor, mainly 1 – 2 days per week. Walking, hiking, running and cycling are most preferred outdoor activities among university students. The restrictions that were presented during the pandemic have negative impact of outdoor participation, mainly by limiting the available time for outdoor participation, restricted access to outdoor facilities. COVID-19 control measures had a large impact in terms of reducing activity that negatively affected on PA level. Some of the reasons for **decrease participation in outdoor physical**

activity, were located in Adherence to quarantine / health recommendations, to avoid risks, to avoid other people and bad weather conditions. On the opposite side, some of the reasons for increase participation in outdoor activities were: to take advantage of good weather, Need to get out of the house, improved immunity and health during stay in nature, need to be physically active, to Reduce stress and for relaxation and maintenance of mental health. Outdoor physical activity for students was confirmed to be useful in terms of reduce of stress and anxiety, yet, many of them still limit their participation due to lack of time for outdoor PA and lack of interest. Obtained answers suggest of great impact of COVID 19 pandemic and restricted measures applied to overcome the pandemic, on outdoor participation and outdoor physical activity. In this regard, future actions should be taken in sense of improving facilities for outdoor activities, availability of outdoor sports, increase knowledge for effects of outdoor participation etc. Upon this, universities have an important role as they can provide both education, activities and resources to support and stimulate participation in outdoor activities of students and affect positively on their health and wellbeing.

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