National Sports Academy “Vassil Levski”


Balkan Scientific Congress “Physical Education, Sports, Health”

15 - 16 November 2019

PROGRAM

WWW.ICASS2019.COM
Dear participants in the 2019 International Science Congress "Applied Sports Sciences",

Physical education and sport change their global trends and social expectations at a fast pace. This puts a lot of challenges in the realm of sport science and research as well as the need to reconsider the global vision of the sport future.

Where could be established real international collaboration to make movement and physical culture on the leading positions? How can sport science respond to the most pressing questions of both high competitive sport and sport for all?

This October in Sofia, the National Sports Academy “Vassil Levski” is gathering more than 150 professionals from different countries who are reporting their findings and ideas in the various fields of sport – sport and health, new perspectives on physical activity promotion among school children, training methods and environments, effective sports qualities developments, sport for high performance, social spaces for encouraging sport exercises among people of all ages etc.

As the President of the Congress of the National Sports Academy 2019, I am pleased to welcome all participants and our distinguished guests and wish everyone to gain new perspectives in their personal and professional experience.

Prof. Pencho Geshev, PhD
Rector of the National Sports Academy “Vassil Levski”
President of the International Scientific Congress “Applied Sports Sciences”
Dear organizers, participants and guests

It is my pleasure to congratulate you on the organization and your participation in the Second International Scientific Congress “Applied Sports Sciences” that will be held back to back with the First Balkan Scientific Congress “Physical Education, Sports, Health”. It is a great honour for our sports community to host such event. It is also another acknowledgment of the important role, which our National Sports Academy plays among the universities in Bulgaria and those on the Balkan Peninsula thanks to the dedicated work of its qualified teachers providing high quality education.

I support the idea of establishing a Balkan Association of Sports Universities and I am glad that this will happen in Sofia. I am convinced that the establishment of this Association will contribute to even more successful cooperation between our countries in the field of sports and education.

In today’s world, high sport achievements are closely related to science and advanced technologies. In this regard, the role of sports universities becomes even more important for the successful realization of athletes. I believe that the Second International Scientific Congress “Applied Sports Sciences” will give our and foreign professionals the chance to share valuable experience and successful practices in order to stay in line with the latest global trends in sports training.

I wish fruitful work to everyone!

Krasen Kralev
Minister of Youth and Sports
Dear Colleagues,

I am sincerely delighted to welcome all participants to the 2019 International Scientific Congress “Applied Sports Sciences” and the Balkan Science Congress “Physical Education, Sport, Health” looking at the future issues and opportunities in the sporting sector. This congress brings together leading sports experts from Bulgaria, the Balkans, Europe, Asia and Africa to offer their insight into current trends and future developments of sport. This science event is organized with the generous patronage of the Minister of Youth and Sport, Mr Krasen Kralev as well as with the support of our partners, all of which - prominent friends of sport.

The congress is designed as a discussion forum for different issues emerging in the world of sport. It will provide the opportunity for those with an interest in important issues within sport in to debate, discuss and propose solutions on the topics which are on their national and world agenda.

I am particularly pleased to announce that the event will incorporate the release of the findings from major studies with identifying opportunities for future collaborative research between sports institutions and research centers.

Prof. Tatiana Iancheva, DSc
Vice Rector of the National Sports Academy “Vassil Levski” for Research and International Activities
Vice President of the International Scientific Congress “Applied Sports Sciences”
Legend:
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- Library
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- Wardrobe
- Info desk
- Halls
- A1-A5
- ENTRANCE
- LOBBY
- POSTER SESSION
  - Basketball Hall
- Handball Hall
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Prof. Dr. Emin Ergen, Al Attar Physical Medicine, Rehabilitation and Sports Medicine Clinic in Doha, Qatar

Prof. Argon Cuka, Sports University of Tirana, Albania

Assoc. Prof. Juel Jarani, Sports University of Tirana, Albania

Prof. Janis Zidens, Latvian Academy of Sport Education

Prof. Luis Miguel Ruiz, Faculty of Physical Activity and Sport-INEF, Technical University of Madrid, Spain

Prof. Kairat Zakirianov, Kazakh Academy of Sports & Tourism, Kazakhstan

Prof. Vladimir Koprivica, University “UNION-Nikola Tesla”, Serbia

Prof. Srečko Jovanović, University “UNION-Nikola Tesla”, Serbia

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Prof. Pencho Geshev

Prof. Nikolay Izov
Prof. Apostol Slavchev
Prof. Krassimir Petkov
Prof. Ognynan Miladinov
Prof. Ivan Maznev
Prof. Kiril Andonov
Prof. Daniela Dasheva
Prof. Biser Tzolov
Prof. Evgenia Dimitrova

Prof. Rumian Hristov
Prof. Bonka Dimitrova
Prof. Diana Dimitrova
Prof. Svilen Neykov
Prof. Daniela Lyubenova
Prof. Dimitar Mihaylov
Assoc. prof. Albena Alexandrova
Assoc. prof. Zdravko Stefanov
Assoc. prof. Karolina Lazarova
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Neli Yordanova
Kameliya Dimitrova
Veromira Velinova
Stanislav Hristov
Svetla Asenova-Kostova
Stefka Koncheva

PR
Darina Prodanova
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<tr>
<td>13:00</td>
<td>Registration (rooms 110, 112)</td>
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<tr>
<td>10:00</td>
<td>Celebration of the National Sports Academy „Vassil Levski“ day</td>
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<td>Plenary session</td>
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<td>Hall A1</td>
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<td>MODERATOR:</td>
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<td>Prof. Tatiana Iancheva, DSc</td>
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<td>KEYNOTE SPEAKERS:</td>
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<td>Mrs. Karina Angelieva, Deputy Minister of Education and Science, Bulgaria</td>
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<td>Dr. Uri Schaefer, President of International Council of Sport Sciences and Physical Education (ICSSPE)</td>
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<td>12:30</td>
<td>Welcome cocktail</td>
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<td>14:00</td>
<td>Plenary session “New trends in sport”</td>
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<td>Hall A1</td>
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<td>Prof. Svilen Neykov, PhD</td>
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<td>KEYNOTE SPEAKERS:</td>
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<td>Prof. Natalia Stambulova, School of Health and Welfare at Halmstad University, Sweden</td>
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<td>Assoc. Prof. Jiří Baláš, PhD, Charles University, Czech Republic</td>
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<td>16:00</td>
<td>Coffee break</td>
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<td>20:00</td>
<td>Farewell dinner for all participants in the Congress in „Tsarsko selo“ restaurant</td>
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<td>9:00 - 10:30</td>
<td><strong>INTEGRITY OF SPORT</strong></td>
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<td><em>Moderators:</em> Prof. Olga Borisova, DSc and Assoc prof. Stefka Djobova, PhD</td>
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<td>10:45</td>
<td><strong>POSTER SESSION</strong></td>
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<td>Basketball Sports hall and coffee break at the location</td>
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<td>12:30 - 13:15</td>
<td><strong>Closing ceremony of the Congress</strong></td>
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<td>15:00</td>
<td><strong>Social program</strong></td>
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**Sunday, 17 November 2019**

Departure
Karina Angelieva is Deputy Minister of Education and Science of Bulgaria. She is covering large portfolio, including and European Structural Investment Funds in education and science. Prior to his current position, Karina was the head of sectors “Education and Training” and “Research and Innovation” at the Bulgarian Permanent Representation to the EU. During the Bulgarian Presidency in the first half of 2018 she chaired the Council’s Research Working Party and led the discussions on the future of EU Research and Innovation agenda.

Prior to her four-year experience in European policy-making she held various positions at management level including Director General for Structural Funds and International Educational Programmes at the Ministry of Education and Science of Bulgaria and Director of the Joint Innovation Centre of the Bulgarian Academy of Sciences. Karina has a long-term experience in international and EU research programme initiatives, including 6th and 7th Framework Programme as she was directly responsible for the coordination of the national contact points network at the Science Directorate of the Ministry of Education and Science and also directly involved as National contact point for INCO and JRC.

Karina’s passion is promoting and supporting innovative and skilled young people. She is one of the co-initiators of Club Young Talents in Bulgaria and yearly organizes the contest Young and Energetic Scientists (YES) and InnoFair for pupils with passion in science.

Karina graduated History and has Master in Contemporary History and Master in European Integration.
Dr. Uri Schaefer is the President of the International Council of Sport Sciences and Physical Education (elected in 2016 for a 4-year term). He lectures at the MBA program specializing in Sport Management at the National Institute for Sporting Excellence – the Wingate Institute in cooperation with the Ruppin Academic College, Israel.

He is a graduate of the Wingate College for Physical Education and received his Swimming Coaching Diploma from the Nat Holman School for Coaches at Wingate. He received his Master’s degree at the Tel Aviv University in the field of study and research in Education, and his Doctorate degree from the Semmelweis University in Budapest, Hungary. His professional career included being the Director – General of the Wingate Institute (10 years), and Deputy Director – General and Director of the Sport Administration in the Ministry of Culture and Sport (8 years).

In 2019 Dr Schaefer has initiated the establishment of the Coaching Association of Israel (For all sport disciplines), together with Alex Averbuk 3 times Paul Vault European Champion. His main area of research and interests include sport management and sport strategy, coach education and coaching, talent identification, and the sociology and social psychology of sport. He has published numerous articles on sport and physical activity with the emphasis on how to motivate children and youth, to engage in physical activity and sport across their lifecycle. Dr Schaefer has initiated and was among the founders of the International Council of Coach Education, (today known as coaching excellence), and served as its First President (1997 – 2005) and is today its Past President and a Board member. Dr. Schaefer was awarded with several prestigious national and international awards, including the 1992 Sport Science award of the IOC President, the Lifetime Achievement Award of the International Jewish Sports Hall of Fame, the Appreciation Award of the National Olympic Committee of Israel, and The Sport Administration, during my tenure as its director received, (US1) The National Award for Quality Excellence in the Public Sector – Silver Star.
Prof. Dr. Natalia B. Stambulova  
School of Health and Welfare at Halmstad University, Sweden

Title of the presentation  
“New trends in athlete career research in sport psychology”  
15.11.2019 (Friday) in Hall A1 from 14.00

Dr. Natalia B. Stambulova is a professor in Sport & Exercise Psychology in School of Health and Welfare at Halmstad University, Sweden. Her professional experiences in sport psychology refer to her work for about four decades as a teacher, researcher, and practitioner in the USSR/Russia and since 2001 in Sweden. Her research and about two hundred publications relate mainly to athlete career development with an emphasis on athletes’ career transitions and crises. Her particular specialization in applied work is assisting athletes and coaches to deal with various career/lifestyle issues, especially with career transitions and crises. In 2004 she received Distinguished International Scholar Award of the Association of Applied Sport Psychology (AASP), and then the AASP (2014) and the ISSP (2018) Fellow statuses. During 2001-2017 she served at the Managing Council of the International Society of Sport Psychology (ISSP) being its Vice President during 2009-2017. In 2019 she received Ema Geron Award of the European Federation of Sport Psychology (FEPSAC) for significant contribution to development of sport and exercise psychology in Europe.

Assoc. Prof. Jiří Baláš, PhD  
Charles University, Czech Republic

Title of the presentation  
“Effect of muscle cooling on performance and recovery”  
15.11.2019 (Friday) in Hall A1 from 15.00

Dr. Jiří Baláš works at Charles University, Faculty of Physical Education and Sport in the Sport Research Centre and Outdoor Sports Department. His research focuses on diagnostics of muscle performance, recovery and training adaptations. He has published numerous articles in exercise physiology and biomechanics in high ranked journals where he is a regular reviewer. Dr. Baláš co-operates with several sport federations and tries to transfer the scientific knowledge to field practice.
SYMPOSIUM
BIOACTIVE SUBSTANCES WITH APPLICATION IN SPORT
15 November 2019, Friday
16:30 h
Conference Hall, 3rd floor
Moderator: Assoc. Prof. Albena Alexandrova, PhD

NATIONAL SCIENTIFIC PROGRAMME “BIOACTIVMED”.
Nikolay Izov

INNOVATIVE BIOACTIVE COMPOUNDS AND PRODUCTS FROM GARDEN SNAIL HELIX ASPEREA.
Aleksandar Dolashki, Ludmila Velkova, Pavlina Dolashka

PRESENT-DAY GENETIC UNDERSTANDING OF THE EFFECTS OF BIOLOGICALLY ACTIVE SUBSTANCES AND ADAPTOGENES USED IN PERSONALIZED SPORT AND SPORTS MEDICINE.
Milena Georgieva, George Miloshev

EFFECTS OF ADAPTOGEN SUPPLEMENTATION ON SPORT PERFORMANCE.
Tanya Sheitanova, Margarita Gancheva

APPLICATION OF CITRULLINE-MALATE IN SPORTS PRACTICE.
Dilyana Zaykova, Denis Isaev

DIETARY SUPPLEMENT OF PLANT ORIGIN FOR JOINT PROTECTION APPLIED IN SPORTS PRACTICE.
Stefan Kolimechkov

ROLE OF THE ALVEOLAR SURFACTANT IN THE RESPIRATORY PROCESS IN NORM AND PATHOLOGY.
Albena Yordanova, Asya Tsanova, Vishnya Stoyanova, Emilia Stoimenova, Emilia Hristova, Zdravko Lalchev

POSSIBILITIES OF USING NEPETA NUDA AS SUPPLEMENT IN SPORTS PRACTICE.
Lubomir Petrov, Ganka Chaneva, Detelina Petrova, Desislava Mantovska

THE NATURAL DIETARY SUPPLEMENT HEPAVIV.
Vladislav Ivanov, Dragomir Grigorov

OXIDATIVE STRESS AND ROLE OF ANTIOXIDANTS IN EXERCISE.
Albena Alexandrova, Lubomir Petrov

EFFECTS OF GLUTATHIONE SUPPLEMENTATION ON SWIMMERS’ PERFORMANCE.
Lubomir Petrov, Albena Alexandrova, Mihail Kachaunov, Stoyan Andonov, Kristian Minkovski, Nikolay Izov
PARALLEL SESSION
TRAINING, COACHING, SPORT PERFORMANCE
15 November 2019, Friday
16:30 h
HALL A2

Moderators: Prof. Daniela Dasheva, DSc, Bulgaria
Prof. Milovan Bratic, PhD, Serbia

ANTROPOMETRIC AND MOTOR ABILITIES DEVELOPMENT AMONG 10-12 YEARS AGED PUPILS IN ALBANIA
Rovena Elmazi

STUDY OF THE IMPACT OF THE MOTOR CHARACTERISTICS OF SPEED ON THE AGE PECULIARITIES
Korneliya Naydenova, Dilyana Nancheva

STUDY OF A SPECIAL CONDITIONING PROGRAM AND ITS EFFECTS ON MAXIMAL OXYGEN CONSUMPTION IN FEMALE VOLLEYBALL PLAYERS
Yulian Karabiberov, Iveta Bonova, Valentin Panayotov

COMPARATIVE ANALYSIS AND EVALUATION OF THE PHYSICAL DEVELOPMENT AND SPECIFIC PREPAREDNESS OF COMING UP GIRL BASKETBALL PLAYERS
Mariana Borukova

APPLICATION OF VISUALIZATION WITH TECHNICAL MEANS DURING ENDURANCE TRAINING ON TREADMILL AND STATIONARY BICYCLE
Vladimir Angelov

BIG DATA, NEURAL NETWORK AND PREDICTIVE ANALYTICS: APPLICATION IN THE FIELD OF SPORT
Mihail Konchev
PARALLEL SESSION
SPORTS PSYCHOLOGY
15 November 2019, Friday
16:30 h
HALL A3

Moderators: Prof. Tatiana Iancheva, DSc, Bulgaria
Prof. Lence Velickovska-Aleksovksa, PhD,
North Macedonia

PARENTS IN SPORT. PARENT-INITIATED MOTIVATIONAL CLIMATE AND GOAL ORIENTATION IN SPORT
Tatiana Iancheva

REFLECTION AS A FACTOR TO IMPROVE PERFORMANCE IN SPORTS
Liudmila Rogaleva, Valerii Malkin

IMPACT OF SELF-CONTROL ON ANXIETY AND PERCEIVED STRESS DURING A TOURISM, MOUNTAINEERING AND ORIENTEERING COURSE
Galina Domuschieva-Rogleva, Nikolai Panaiotov, Michail Georgiev

THE IMPACT OF THE COACHES’ BEHAVIOR ON THE PERFECTIONISM OF ATHLETES
Aleksandra Aleksic Veljkovic, Katarina Herodek, Dusanka Djurovic,
Mladen Živkovic, Nenad Arsic

PSYCHOLOGICAL STABILITY, AGGRESSIVENESS AND PERSONAL CHARACTERISTICS OF ELITE BULGARIAN BOXERS
Ivan Ivanov

EXPLORATION AND COMPARISON OF STRESS FACTORS AFFECTING COMPETITION PERFORMANCE IN NATIONAL BASKETBALL TEAMS OF WOMEN AND ADOLESCENTS
Tsanko Tsankov

RECIPROCITY BETWEEN GOAL ORIENTATION AND MOTIVATIONAL CLIMATE IN DIFFERENT GROUPS OF ATHLETES
Iveta Mitsova
PARALLEL SESSION
PHYSIOTHERAPY
15 November 2019, Friday
16:30 h
HALL A4

Moderators: Prof. Evgeniya Dimitrova, DSc, Bulgaria
Prof. Tatsiana Morozevich - Shiliuk, PhD, Belarus

THE EFFECT OF NEURAL MOBILISATION ON BACK PAIN IN PATIENTS WITH ADULT SCOLIOSIS
Evgeniya Dimitrova

ASSESSMENT ON THE EFFECTIVENESS OF THORACIC SPINAL MANIPULATION IN PATIENTS WITH MECHANICAL NECK PAIN
Nikolay Popov

FUNCTIONAL ASSESSMENT ON THE PATIENTS WITH ADOLESCENT IDIOPATHIC SCOLIOSIS
Aisel Oseku, Evgeniya Dimitrova

EFFECT OF STABILIZATION EXERCISES ON BACK PAIN AMONG ADOLESCENTS AGED 19-23
Surven Metolli, Evgeniya Dimitrova

CORRECTIVE GYMNASTICS AND SWIMMING FOR PRESCHOOL CHILDREN WITH POOR POSTURE
Daniela Sadikova
PARALLEL SESSION
INTEGRITY OF SPORT
16 NOVEMBER 2019, SATURDAY
9:00 h
HALL A2

Moderators: Prof. Olga Borisova, DSc, Ukraine
Assoc prof. Stefka Djobova, PhD, Bulgaria

COMPARATIVE ANALYSIS OF FIRST WORLD AND DEVELOPING COUNTRIES IN MIGRANTS’ UPSKILLING NEEDS IN SPORT MANAGEMENT
Albert Francis Reginald T. Ramos, Roberto Solinas, Maria Grazia Pirina, Paolo Menascardi

ARE PROFESSIONAL SKI INSTRUCTORS IN BULGARIA READY TO WORK WITH PEOPLE WITH DISABILITIES?
Boyana Kotseva

THEORETICAL JUSTIFICATION FOR THE ESTABLISHMENT OF THE CENTER FOR SOCIAL REHABILITATION AND INTEGRATION
Ivelina Dimitrova

RELATIONSHIP MARKETING APPLIED IN THE SPORT FOR ALL SYSTEM
Georgi Draganov, Desislava Ilieva

MEDIA COVERAGE OF 2019 SPECIAL OLYMPICS WORLD GAMES IN BULGARIA
Stefka Djobova

THE EFFECT OF INNOVATIVE TANDEM CLASSES IN PHYSICAL EDUCATION (ELEMENTARY EDUCATION TEACHER AND PHYSICAL EDUCATION TEACHER) LEVEL OF PROFICIENCY IN BASIC MOTOR SKILLS OF CHILDREN FROM ELEMENTARY SCHOOL LEVEL
Lenche Alexovska-Velichkovska, Alexandar Aceski, Milan Naumovski, Serioza Gontarev, Ivan Anastasovski, Georgi Georgiev, Andriyana Misovski, Ruzdiya Kalach
ASSESSMENT OF EFFICIENCY OF „LANGUAGE THROUGH SPORT“ METHOD ON FOREIGN LANGUAGE’ ACQUISITION
Eleonora Mileva, Vesela Slavova, Nely Yankova, Valentin Panayotov

AN INVESTIGATION STUDY ON THE CURRENT PHYSICAL ACTIVITY LEVEL IN ALBANIAN CHILDREN
Juel Jarani, Keida Ushtelecna, Blerina Mema, Andi Spahi, Meriljan Kurtaj

ANALYSIS OF PHYSICAL EDUCATION TEACHER EDUCATION IN ALBANIA AND BULGARIA
Florian Muca, Eleonora Mileva

THE WORKSHOP IN CREATING PERSONAL IN THE FIELD OF PHYSICAL CULTURE AND SPORTS
Galina Yamaletdinova, Vera Makeeva, Evgenie Letunov, Valentina Pushkina, Irina Gernet

APPLICATION OF ROWING ERGOMETERS IN PHYSICAL EDUCATION OF 11 TO 13-YEAR-OLD STUDENTS
Vihren Bachev, Orlin Groshev, Pavel Yordanov, Boyan Zlatev

INVESTIGATION ON THE „AGILITY“ SKILL AT 14- TO 16-YEAR-OLD STUDENTS BY ILLINOIS AGILITY TEST
Boyan Zlatev, Vihren Batchev
PARALLEL SESSION
HEALTH, FITNESS, SPORTS MEDICINE
16 November 2019, Saturday
9:00 h
HALL A4

Moderators: Prof. Diana Dimitrova, PhD, Bulgaria
Prof. Czesław Urbanik, PhD, Poland

CONCURRENT LOW CARBOHYDRATE, HIGH FAT DIET WITH/WITHOUT PHYSICAL ACTIVITY DOES NOT IMPROVE GLYCEMIC CONTROL IN TYPE 2 DIABETICS
Gerrit Breukelman, Albertus Basson, Trayana Djarova, Cornelia Du Preez, Ina Shaw, Heidi Malan, Brandon Shaw

AEROBIC CAPACITY AND ALTITUDE SICKNESS DURING HIMALAYAS TREK
Girgis Kalim Assaf, Lana Ruzic

PHYSICAL FITNESS LEVELS OF BULGARIAN PRIMARY SCHOOL CHILDREN IN RELATIONSHIP TO OVERWEIGHT AND OBESITY
Iveta Bonova, Stefan Kolimechkov, Oleg Hristov, Borislava Petrova, Nadezhda Kostova, Anna Vekova

EFFECTS OF INNOVATIVE TANDEM HOURS ON PHYSICAL EDUCATION (ELEMENTARY EDUCATION TEACHER AND PHYSICAL EDUCATION TEACHER) ON MOTOR CAPACITY OF CHILDREN IN ELEMENTARY SCHOOL LEVEL
Lenche Alexovska-Velichkovska, Serioza Gontarev, Milan Naumovski, Ivan Anastasovski, Georgi Georgiev, Alexandar Aceski, Andriyana Misovski, Ruzdiya Kalach

INNOVATIONS AND EDUCATIONAL POLICIES FOR THE RECREATION INDUSTRY IN BULGARIA
Bistra Dimitrova

COMPARATIVE STUDY OF MEASURING PHYSICAL ACTIVITY AMONG SPORT STUDENTS
Jordan Donev, Stoyan Andonov, Stefka Djobova, Jordan J. Donev, Oleg Hristov, Ivelina Kirilova, Stoyan Bahchevanski, Rumen Iosifov, Velichka Aleksandrova, Bogomil Angelov, Natalia Stoyanova
PROGRAM
OF THE POSTER PRESENTATIONS
16 November 2019, Saturday
10:45h
BASKETBALL HALL
TRAINING, COACHING, SPORT PERFORMANCE

1. EVALUATION OF DIET OF PEOPLE TRAINING CROSSFIT
   Diliyana Zaykova

2. ANALYSIS OF THE TECHNICAL AND TACTICAL MASTERSHIP OF THE FEMALE WORLD WRESTLING SHAMPIONS - 2018
   Carolina Grozdanova

3. ANTROPOMETRIC PERFORMANCE CHARACTERISTICS OF FEMALE GREEK HANDBALL PLAYERS
   Iordanis Giannakou, Sasho Chanev

4. GENETIC AND SELECTION
   George Alexandrov

5. PLANNING OF THE STRENGTH AND CONDITIONING PROGRAM TRAINING IN THE FIELD OF WRESTLING
   Iliya Iliev

6. EXPLORATION OF THE HORIZONTAL VELOCITY IN ACROBATIC SERIES ON FLOOR EXERCISES
   Emil Stoimenov, Iliya Yanev

7. THE EFFECTS OF TEACHING MARTIAL ARTS TECHNIQUES IN A SELECTED SAMPLE
   Željko Mihaljičić

8. COMPARATIVE ANALYSIS OF THE PHYSICAL DEVELOPMENT AND SPORTS PREPAREDNESS OF “BEROE” BASKETBALL CLUB (BC) BASKETBALL “CADETS” 16 TEAM
   Yavor Asparuhov, Mariana Borukova

9. FACTOR STRUCTURE OF THE TECHNICAL-TACTICAL PREPAREDNESS OF THE ELITE FEMALE GREEK HANDBALL PLAYERS
   Sasho Chanev, Iordanis Giannakou

10. HISTORY AND TENDENCIES IN DEVELOPMENT OF THE INTERNATIONAL ATHLETIC TOURNAMENT “NEW STARS IN ATHLETICS”
    Grigor Gutev

11. A COMPARISON OF THE EFFECTS OF AN EXPERIMENTAL METHODOLOGY FOR SPEED TRAINING ON STRENGTH AND SPEED IN ELITE SWIMMERS
    Valentin Panayotov
12. EFFECTS OF 4 WEEKS HIGH INTENSITY TAEKWONDO AND RESISTANCE TRAINING ON SELECTED BIOCHEMICAL AND HORMONAL PARAMETERS OF FEMALE TAEKWONDO PLAYERS
Musa Mathunjwa, Trayana Djarova

13. THE EFFECT OF INTERNAL AND EXTERNAL FOCUS OF ATTENTION ON GAME PERFORMANCE IN VOLLEYBALL
Zetou, E., Vernadakis, N., Bebetsos, E., Deni, V., Filippou, F.

14. A STUDY ON ORIGINS AND INCIDENCE OF SPORT-RELATED INJURIES AND POSSIBILITIES FOR PROPHYLAXIS IN BULGARIAN ELITE KARATE ATHLETES
Dimitar Zagorsky

15. ANALYSIS OF FEMALE HEPTATHLON IN IAAF WORLD ATHLETIC CHAMPIONSHIPS U18
Iva Dimova

16. IMPACT VISION SYSTEM ON ACROBATICS GYMNASTS’ BALANCE STABILITY
Nikolay Ivanov

17. THE IMPACT OF PERSONALITY TRAITS AND CONFLICT RESOLUTION STRATEGIES ON GAME EFFICIENCY OF FEMALE VOLLEYBALL PLAYERS
Vladimir Kotev, Ivan Ivanov

18. RELATIONSHIP BETWEEN LOWER BODY ANAEROBIC POWER AND COMPETITIVE SWIMMING RESULTS OF BULGARIAN SWIMMERS
Mihail Kachaunov, Lubomir Petrov, Lubomir Mladenov

19. AGE RELATED DIFFERENCES AND EVALUATION OF THE BALL SPEED OF IN-STEP KICK IN FOOTBALL
Marin Gadev, Petar Peev

20. TRENDS IN THE DEVELOPMENT OF DIFFICULTY IN THE COMBINATION OF A POMMEL HORSE OF ECH SZCZECIN POLAND 2019
Zdravko Kurtev

21. CRITERIA FOR SPORT SELECTION OF 15-16-YEAR-OLD CYCLISTS
Ivan Kolev, Latchezar Stefanov, Daniela Aleksieva

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SOFIA SIGHTSEEINGS

The Church of St George is a late Roman rotunda dated from 4th century situated in the courtyard of the Sheraton Sofia Hotel. It was constructed with red bricks and is considered the oldest building in Sofia. It is known for its Medieval frescoes in the central dome dating from 12-14th centuries.

The Boyana Church is a medieval Bulgarian Orthodox church situated on the outskirts of Sofia, the capital of Bulgaria, in the Boyana quarter. The monument was added to the UNESCO World Heritage List in 1979.

The gold-domed Alexander Nevsky Cathedral was built in the early 20th century in memory of the 200,000 Russian, Ukrainian, Belorussian and Bulgarian soldiers, who died in the Russo-Turkish War, 1877–1878. It is one of the largest Eastern Orthodox cathedrals in the world. The cathedral’s gold-plated dome is 45 m high, with the bell tower reaching 50.52 m.

The National Archaeological Museum occupies the largest and oldest former Ottoman mosque in the city built in 1474. It has a large collection of archaeological artifacts from all over the Balkans including some of the golden Thracian treasures. The museum is among Bulgaria’s oldest and was inaugurated in 1905.

The National Art Gallery is located on Battenberg Square in the capital city of Sofia, occupying most of the historic and imposing edifice of the former royal palace of Bulgaria, having been established in 1934 and moved to the palace in 1946, after the abolition of the monarchy.

The “Sts.Cyril and Methodius” National Library is one of the biggest cultural institutions of Bulgaria, situated in the capital city of Sofia. Founded on 4 April 1878, the library received the status of Bulgarian National Library three years later and the Bulgarian National Revival Archive was merged into it in 1924. The present building of the library is among the landmarks of Sofia. It was designed and completed in the period 1940-1953.
The St. Clement of Ohrid University of Sofia or Sofia University is the oldest higher education institution in Bulgaria, founded on 1 October 1888. The university’s edifice was constructed between 1924 and 1934 with the financial support of the brothers Evlogi Georgiev and Hristo Georgiev, whose sculptures are now featured on its façade, and has an area of 18,624 m² and a total of 324 premises.

The Ivan Vazov National Theatre is Bulgaria’s national theatre, as well as the oldest and most authoritative theatre in the country and one of the important landmarks of Sofia, the capital of Bulgaria.

The National Assembly of Bulgaria was established in 1879 with the Constitution of Bulgaria. The National Assembly’s main building has been proclaimed a monument of culture for its historic significance. Situated in downtown Sofia, it was designed in Neo-Renaissance style by Konstantin Jovanović, a Serbian-Bulgarian architect who received his education in Vienna and Switzerland and whose other works include the Parliament of Serbia building.

The National Palace of Culture cultural and congressional centre — the largest multifunctional complex in Southeastern Europe, inaugurated in 1981 and situated in a lush green park surroundings.

The first opera company in Bulgaria was founded in 1890 as part of the Capital Opera and Drama Company. The National Opera and Ballet’s building was designed in 1921 and mostly built between 1947 and 1953, when it was opened.

The Monument to the Tsar Liberator is an equestrian monument in the centre of Sofia, the capital of Bulgaria. It was erected in honour of Russian Emperor Alexander II who liberated Bulgaria of Ottoman rule during the Russo-Turkish War of 1877-78.