

SUMMARIES

of the peer-reviewed scientific publications
of Chief Assis. Prof. **Petya Hristova**, Ph.D.

submitted for participation in a competition for holding the academic position of “**Associate Professor**” in the scientific field – Pedagogical Sciences, professional field 1.3. **Pedagogy of Teaching in ... (Physical Education and Sports – fitness disciplines)**, announced by Sofia University “St. Kliment Ohridski” in the State Gazette, issue 24 of 17 March 2023

Group C – Indicator 3: *Habilitation work – monograph*

1. **Petya Hristova** (2021). *Purpose and Potential of the Subject “Physical Education and Sport” in the Higher Education System in Bulgaria*. ISBN 978-954-07-5353-9, “St. Kliment Ohridski” University Publishing House, Sofia.

Summary:

The monograph “Purpose and Potential of the Subject “Physical Education and Sport” in the Higher Education System in Bulgaria” published by the University Publishing House “St. Kliment Ohridski”, is in a volume of 160 pages. It is illustrated with a total of 52 figures - 24 in the main text, 9 in Appendix 1 (Methodological guidelines for the use of the Eurofit system), and 19 in Appendix 2 (Exercises for proper posture). The results of the author's research are shown in 23 tables. 79 bibliography sources in Latin and Cyrillic as well as 34 official documents (laws, regulations, strategies, recommendations, etc.) available on the Internet were used. The monographic work is developed into four chapters and examines in depth the subject of Physical Education and Sport (PES) in the higher education system in the Republic of Bulgaria. The emphasis is placed on physical education as an expression of the Bulgarian state policy for preventing and preserving the health of young people and creating in their beliefs, knowledge, and habits for a future healthy lifestyle. The presented work is aimed at using the potential and improving the efficiency of the subject PES in the higher education system in the Republic of Bulgaria.

Chapter one “Contemporary Importance of Physical Education and Sport” examines one of the most serious problems of our time - the immobilization of people and the associated adverse consequences in health, social and economic terms, both for Bulgaria and worldwide. It is emphasized that all related organizations and institutions have long been alarmed about the need for the mass introduction of physical exercise and sports in people's daily lives to improve and preserve their health and cope with the pandemic of chronic non-communicable diseases. The latter include

cardiovascular diseases, malignant neoplasms, chronic respiratory diseases, diabetes, obesity, mental illness, musculoskeletal diseases, and trauma. Through a content analysis of many official documents, the contemporary meaning of Physical Education and Sport and what is the policy on the topic at global, European, and Bulgarian levels has been deduced.

Chapter Two “Current State of Physical Development, Fitness and Activity and Health Status of University Students in Bulgaria” reveals the current state of physical fitness and activity and the health status of young Bulgarians. The studied literary and documentary sources as well as the author's research show a high prevalence of diabetes, obesity, improper posture, and spinal curvatures in Bulgaria, with the age limit constantly decreasing. The studied literary and documentary sources as well as the conducted author's research show a high prevalence of diabetes obesity, posture, and spinal curvature in Bulgaria and their occurrence in younger ages. The latest statistics show that in terms of the main risk factors for these diseases - smoking, alcohol abuse, unhealthy diet, and low physical activity, Bulgaria occupies one of the first places in the European Union.

The **third chapter** “The course ISF in the higher education system in Bulgaria” outlines the contemporary purpose of the subject in the higher education system in Bulgaria. Provides an in-depth analysis of its various components. Analyzes the current content and specifics of the Physical Education and Sports subject. Through a thorough literature review and targeted author's research, the actual status of the same in the curricula of Bulgarian universities is shown. The results show that Bulgarian higher education institutions interpret and apply the Physical Education and Sports Act freely and selectively and, in general, do not implement a policy to encourage young people to be physically active. It is concluded that the subject PES in the higher education system in our country does not fulfill its main purpose and does not express the State policy. There are no built-in mechanisms and overall control for managing the educational process and its results. Its potential for the information provision of the system for Physical Education and Sport and the health policy of Bulgaria is not used.

The contribution of the work is expressed in the developed in **Chapter Four** “Model for using the potential and improving the efficiency of the PES subject in the higher education system in the Republic of Bulgaria”. It presents the author's view on the content, the formation of evaluation, and the means and methods for reporting the efficiency and results of the PES curriculum, as well as how to implement its symbiosis with State policy. A complex of exercises for the prevention of poor posture and spinal curvature is proposed, as well as a unified test battery for the annual monitoring of the physical development, fitness, and activity of young people. The model aims at fulfilling the main purpose of the subject, namely – the prevention and

preservation of the health of university students and the formation of beliefs, knowledge, skills, and habits for a future healthy lifestyle. Its implementation, on the one hand, would give large-scale annual monitoring of the physical fitness and lifestyle of young people in our country. On the other hand, it would ensure centralization, purposefulness, and accountability of the study subject PES in the system of higher education in Bulgaria, thus specifying its meaning and purpose. Last but not least, it would express the State policies aimed at strengthening and preventing the health of the young generation.

The presented work would be useful for the theory and practice of Physical Education in the higher education system in Bulgaria. Hopefully, it would reach and be considered by the relevant institutions, ministries, university managements, and others directly or indirectly responsible for raising physically and mentally healthy and able-bodied generations in Bulgaria.

Group D - Indicator 6: *Articles and reports published in scientific journals, referenced and indexed in globally recognized databases of scientific information.*

- 2. Petya Hristova** (2020). *The Purpose of the Subject Physical Education and Sport in the System for Higher Education in the Republic of Bulgaria.* In: *Strategies for Policy in Science and Education*, Vol. 28/6, ISSN 1310 – 0270 (Print), ISSN 1314 – 8575 (Online), Az-buki National Publishing House, p. 614-624, Sofia. (Web of Science)

Summary:

The article is provoked by the alarming reports of scientists around the world that the immobilization (hypokinesia) of humanity is a global problem, and is a major cause of many non-communicable chronic diseases such as coronary heart disease, hypertension, atherosclerosis, diabetes, respiratory diseases, osteoporosis, elevated cholesterol levels, cancer neoplasms, metabolic disorders, obesity, muscle atrophy, spinal curvature, Alzheimer's disease, psychiatric problems such as depression, anxiety, low self-esteem, mental and emotional fatigue, decreased working capacity. Today, a sedentary lifestyle is considered one of the four leading causes of death in the world. The facts about Bulgaria are particularly worrying – for years we have occupied the top places in morbidity and mortality in Europe. All European Union plans and strategies stress that the subject of Physical Education and Sport (PES) must be an integral part of the educational process at all levels of the education systems in its Member States. As an expression of the Bulgarian State policy and under the recommendations of the European Union, the Bulgarian Law on Physical Education and Sport (in force as of 18.01.2019) defines Art. 57: (1) Physical activity,

physical education, and sport in higher education institutions are part of the education of students in the form of compulsory and optional activities with a minimum number of compulsory activities of 60 classes per academic year for students studying for acquiring Bachelor's or Master's degree. University “St. Kliment Ohridski” of Sofia is the oldest and largest in Bulgaria and its 16 faculties, every academic year educates thousands of young people from all over the country. In this regard, the author believes that it is very important to analyze what is the policy of the university regarding the subject of PES and whether it contributes to the fulfillment of its main objective, namely: to attract young people to regular physical exercise, and thus to preserve and/or improve their health, and to create knowledge, skills, and habits for a future healthy lifestyle. The study aims to establish what is the status of the PES subject in the curricula of the various faculties of Sofia University “St. Kliment Ohridski” and how this affects the activity of students to participate in sports activities. The methodology includes a content analysis of documentary and Internet sources related to the status of the subject Physical Education and Sport in the curricula of the different faculties and their programmes at Sofia University “St. Kliment Ohridski”, as well as an analysis of the annual statistics of the Sports Department on the number of students participating in sports activities for three consecutive academic years. The author makes the correlation between the number of students and the status of the PES subject in the curricula of their programmes.

The analysis of the results shows that most faculties and programmes at Sofia University “St. Kliment Ohridski” do not comply with the requirement of the Law for 60 compulsory classes per academic year for the entire course of study for the bachelor’s and master’s degree and the subject of the PES is only elective, optional, or not included in their curricula at all. In practice, a very small number of students (on average 5%) choose the subject when it is offered as an elective or optional. Such a policy does not contribute to stimulating students to be physically active and exercise regularly, and thus to create habits and knowledge for a future healthy lifestyle.

Keywords: higher education, physical education, purpose, PE and Sports subject’s status

- 3. Petya Hristova** (2021). *A necessity for Inclusion of Bad Posture Corrective Exercises Sets in Physical Education and Sports Classes at Bulgarian Universities*. In: *Strategies for Policy in Science and Education*, Vol. 29/5, ISSN 1310–0270 (Print), ISSN 1314–8575 (Online), Az-buki National Publishing House, doi:10.53656/str2021-5-7-sport, p. 519-527, Sofia. (Web of Science)

Summary:

The article examines the problem of the increasing frequency of posture disorders and spinal curvatures in the adolescent generation both globally and in Bulgaria. These disorders cause serious health problems, which ultimately lead to reduced working capacity and poor quality of life. The study aims to establish students' awareness of their postural/spinal status and whether they experience the most common symptoms in postural/spinal disorders - pain/tingling/stiffness in certain parts of the body. The methodology includes a content analysis of literature on the topic, the method of survey, and the statistical processing of data. The survey was conducted at the beginning of the 2019-2020 academic year among 400 university students (200 men and 200 women) from Sofia University "St. Kliment Ohridski", aged 18-23 years, enrolled for various sports. Frequency and percentage analyses are used to process the data obtained.

The results show that at present no legally defined structure in Bulgaria is responsible for the regular screening of posture disorders and spinal curvature in the adolescent generation. There is no State policy for their prevention, such as organizing extracurricular posture corrective gymnastics classes at each school and inclusion of posture corrective exercises in Physical Education classes. Of the 400 university students surveyed, only 8.99% are fully aware that they have spinal curvature/postural disorder, 43.17% know they have not, but almost half of them (47.84%) have never been examined. On average, 57.2% of respondents consistently experience (4.68%) or occasionally (52.52%) the most common symptoms of postural/spinal disorders – pain/tingling/numbness in certain parts of the body. The most commonly mentioned parts are back (21.33%), knees (19.81%), lower back (15.44%), shoulders (10.42%), neck (5.99%), arms (4.43%) and wrists (3.42%), which are in fact the most typical symptoms of postural disorders. The tendency in most Bulgarian universities for students to practice one type of sport in Physical education and sports classes can lead to the deterioration of the condition of young people with posture disorders or spinal curvature if the type of sport is not suitable for such a condition.

The author recommends the inclusion of exercises for proper posture as an obligatory part of sports activities at universities, as well as increasing the knowledge and competence in this field of PES teachers.

Keywords: bad posture, spinal disorders, university students, PE and Sports classes, posture corrective exercises

- 4. Petya Hristova** (2019). *Physical Activity of Staff and Lecturers of Sofia University "St. Kliment Ohridski"*. In: *Trakia Journal of Sciences*, Vol. 17,

Suppl. 1, ISSN 1313-7069 (print), ISSN 1313-3551 (online),
doi:10.15547/tjs.2019.s.01.114, p. 696-702, Stara Zagora. (Web of Science)

Summary:

This article presents data from a study *aimed* at establishing the lifestyle and level of physical activity of administrators and lecturers of Sofia University “St. Kliment Ohridski”. The methodology includes a content analysis of literary and documentary sources on the topic, a questionnaire survey, and statistical processing of data. The survey was conducted in September 2018 among 100 people - 50 employees of the administration and 50 lecturers from Sofia University “St. Kliment Ohridski”, aged 24 to 65, of which 57 were women and 43 were men. To analyze the data, we use percentage analysis.

The results show that Bulgaria continues to have one of the highest mortality rates in the EU and the lowest natural growth of the nation. The low level of physical activity makes a significant contribution to the deterioration of the health of our nation. Many studies show that the sedentary lifestyle is widespread among all age groups in Bulgaria. Against this background, Bulgarian universities as higher education institutions should adhere to the „Global Strategy for Nutrition, Physical Activity and Health“ of the World Health Organization and set a good example of proper care for both students and employees, promoting health-enhancing physical activity for a better quality of life. Unfortunately, in reality, Bulgarian universities interpret and apply the Physical Education and Sports Act loosely and selectively and generally do not have and do not implement a policy to encourage their students and employees to exercise and lead an active lifestyle. *The survey* shows that the majority (on average 70%) of the employees of Sofia University “St. Kliment Ohridski” lead a sedentary lifestyle. In general, they do not exercise (an average of 70%) and have good excuses not to. As an employer, the university does not provide conditions for sports and active recreation of its employees and has no policy to raise their awareness of the benefits of physical activity.

The author recommends that the management of the university adopt and conduct an active educational policy aimed at raising awareness of the importance and benefits of physical activity among its employees and consider the recommended actions provided for in Article 48 of the Physical Education and Sports Act: (1) Employers and hiring authorities to establish and provide conditions for sports activities and active recreation of their employees.

(2) In collective agreements, employers provide for and financially support the practice of sports and active recreation of employees.

Keywords: health status, risk factors, physical activity, lifestyle, lecturers, staff, university

Group D - Indicator 7: *Articles and reports published in non-referenced journals with a scientific review or published in edited collective volumes.*

5. **Petya Hristova** (2022). *The Educational Potential of the Subject “Physical Education and Sport”*. In: Vocational Education, Vol. 24/6, ISSN 1314–8567 (Online), ISSN 1314–555X (Print), doi.org/10.53656/voc22-66a7obra, Azbuki National Publishing House, pp. 588-597, Sofia.

Summary:

The article provides an overview of current health policies. Awareness, knowledge of health, and the role of health-enhancing physical activity (HEPA) for the human body are essential for forming attitudes and habits for a healthy lifestyle. Modern health policies converge on the fact that the individual can do more for their health and well-being than the best-developed health system. The works of many Bulgarian and foreign authors consider the perspective and emphasize the need for educational orientation of the subject “Physical Education and Sport” (PES) in the higher education system. The author agrees with their opinion and points out that university age is the most appropriate time to purposefully educate young people about the benefits of health-enhancing physical activity and increase their health culture. It is emphasized that it is essential that the Ministry of Education and Science and the Ministry of Youth and Sports set in the Higher Education Act and the Physical Education and Sports Act, respectively, health education as a mandatory theoretical part of the content of the Physical Education course in the higher education system in the Republic of Bulgaria.

Keywords: health education, subject physical education and sports, higher education, health, prevention.

6. **Petya Hristova** (2017). *State of the Physical Fitness of Sofia University “St. Kliment Ohridski” Female Students Practicing Aerobics*. In: Modern Trends of Physical Education and Sport, ISSN 1314-2275, “St. Kliment Ohridski” University Publishing House, p. 175-182, Sofia.

Summary:

The aim of the study, presented in the report, is to determine the level of physical fitness of female students who have chosen to practice aerobics in sports-profiled activities at Sofia University “St. Kliment Ohridski” during the 2015-2016 academic

year. The data are part of the author's dissertation, where, to monitor the effectiveness of the proposed methodology, a test battery was compiled to determine the current state and development of the physical fitness of the surveyed persons. A total of 50 female students aged 19 to 23 years were studied, divided into two experimental groups of 25 people. To determine the entry level of the participants, a baseline test was conducted before the start of the experiment. The testing battery consists of trunk flexion; trunk and neck; flexibility; push-ups; sit-ups; squats; long jump; 20 m sprint; HR in rest, and $VO_2 \text{ max}$ (step-test). For the correct interpretation of the obtained data, a variational analysis was made. To determine the state of the physical abilities of the studied persons before the experiment, the author compares the average levels of each test with the recommended values for the current age and sex for non-athletes.

The results show that in all tests, the level of physical fitness of the tested female students was “average”, “below average” or “poor” except for HR in rest, where it is “above average”.

Keywords: students, aerobics classes, sedentary lifestyle, poor physical fitness

- 7. Petya Hristova (2017).** *The Efficiency of Aerobics Complexes with a Different Focus in Sports Classes at Sofia University “St. Kliment Ohridski”.* In: Modern Trends of Physical Education and Sport, ISSN 1314-2275, “St. Kliment Ohridski” University Publishing House, p. 183-191, Sofia.

Summary:

The report presents the results of the sports and pedagogical experiment in the author's dissertation. Of those who expressed their desire to participate in the study, two experimental groups (EG1 and EG2) were formed, each of 25 female students. Following their expectations, two aerobics complexes are modeled: 1) with an emphasis on the aerobic component, for EG1 students expecting to become more vibrant, energetic, and capable to work; 2) with an emphasis on the power component, for EG2 students wishing to correct certain parts of their body. Both complexes are composed of the same aerobics patterns and combinations and exercises to develop strength, strength endurance, and flexibility, but with a different number of repetitions and duration, respectively of the actual aerobic and strength components. The experiment was conducted in the 2015-2016 academic year. The frequency of the sports activities for each group was 2 times a week. The duration of the entire program is one academic year – from mid-October 2015 to mid-June 2016, with a break of one and a half months during the winter exams session – from 22.01 to 03.03.2016.

The working hypothesis is that the aerobics complex with an emphasis on the aerobic component (EG1) will improve to a higher degree the functional indicators and respiratory difference of EG1 students compared to EG2 students, and the aerobics

complex with an emphasis on the power component (EG2) will have a higher impact on the anthropometric indicators and strength performance of EG2 students than those from EG1. A test battery of 18 indicators was used - 8 anthropometric, 7 for physical fitness, and 3 functional. For the correct interpretation of the study data, the following statistical methods were used: variance analysis; Student's t-test for independent and dependent samples; Mann Whitney U Test for independent samples and quantitative indicators with an abnormal distribution of data; Wilcoxon Rank Sum Test for dependent samples and quantitative indicators with abnormal data distribution.

The results of the applied statistical analyses show that the aerobics complex with an emphasis on the aerobic component develops purposefully the functional capabilities of the female students and positively affects their strength and anthropometric data. It was also found that the aerobics complex, with an emphasis on the power component, purposefully develops the strength of individual muscle groups and positively affects the functional capabilities and anthropometric data of female students.

For the first time in university conditions, the efficacy of aerobics complexes with different targets is proven.

Keywords: university students, sports classes, motivation, aerobics complexes with a different focus

- 8. Petya Hristova** (2018). *A Look at Some Problems in the Aerobics Sports Classes at Sofia University "St. Kliment Ohridski"*. In: *Modern Trends of Physical Education and Sport*, ISSN 1314-2275, "St. Kliment Ohridski" University Publishing House, p. 161-168, Sofia.

Summary:

The report examines the difficulties related to the assessment of students in aerobics sports classes at Sofia University "St. Kliment Ohridski".

The presented study aims to establish what is the nature of the groups in sports classes (in particular aerobics classes) and what challenges both sports teachers and students are facing.

Methodology: For establishing students with what physical abilities and physical activity fall into the same study group, sports and pedagogical testing and a survey were conducted at the beginning of the 2017-2018 academic year. For revealing the dynamics of the studied indicators, their current state is taken at the end of the academic year. The object of the study is some basic indicators of physical fitness. The subject of the study is a total of 50 Sofia University "St. Kliment Ohridski" female students, in different years of studies, aged 19 to 23, included in 2 aerobics training

groups (25 people each). For the correct interpretation of the study data, the statistical methods of variance analysis and alternative analysis are used.

The results of the survey show that 69.94% of the respondents from study group 1 (SG1) do not exercise (24.47%) or do it 1-2 times a month (45.47%). At the same time, 29.79% are quite physically active and exercise 2-3 times a week (27.67%), and even every day (2.12%). The results in study group 2 (SG2) are similar – 80.36% do not exercise (31.64%) or do it 1-2 times a month (48.72%). Here too, there is a small group of individuals who exercise every day (4.46%) or 2-3 times a week (15.18%). The general conclusion is that in general young people do not exercise, but the more important and focus of this study is that in the same study group fall people with different sports experiences and respectively physical abilities and skills. The variance analysis shows a large range in the values of physical fitness indicators, which leads to problems of different natures (discussed in detail in the report) as well as with the assessment of the students.

The author recommends a new approach to assessing the physical fitness of students in university sports classes (in particular aerobics):

- A test battery for annual monitoring of the current state of the students' basic physical fitness at the beginning and at the end of each academic year, to be prepared and validated for regular application in sports classes.
- The same test battery is to be used for conducting thorough mass research for developing standards for evaluating the progress of the tested indicators, achieved within one academic year, by each student.
- Criteria for evaluation of student activity in sports classes to be elaborated.

Keywords: aerobics, physical fitness, university students, assessment, problems

- 9. Petya Hristova** (2022). *Annual Determination of the Physical Development and Fitness of University Students as an Expression of the Health Strategy of Bulgaria*. In: Educational Ideas and Methodological Paradigms, ISBN 978-954-07-5567-0, “St. Kliment Ohridski” University Publishing House, p. 163-172, Sofia.

Summary:

The article presents part of the proposed by the author in his monograph “Model for Using the Potential and Improving the Efficiency of the Subject “Physical Education and Sport” in the Higher Education System in the Republic of Bulgaria”. It examines that various strategies, laws, and plans aimed at increasing physical activity in children and adolescents are currently developed and written in Bulgaria. The variety of different tests that can record the level of physical development and qualities makes

it possible in different countries in the world, including Bulgaria, to apply methods, tests, and systems for assessing physical fitness. The literature review shows that our country lacks systematics and uniformity, so it is difficult to make a correct comparative analysis. Many EU documents stress that there are no systematic studies on the effect of the strategies applied on physical activity levels in this age group. For this reason, the World Health Organization and the European Union call on national health systems for regular monitoring and monitoring of physical activity. They see an urgent need for accurate methods of large-scale surveillance, and that standardization of these methods is extremely necessary.

All PES professors in higher education institutions have the status of scientists and conduct their own scientific research aimed at establishing the physical development and fitness of students as well as their development as a result of a methodology. A huge database has been accumulated, which is practically not used because there is no organization for the collection and processing of this information. It would be extremely useful for the information provision of the PES system in Bulgaria concerning the control, success report, and reprogramming of the objectives, strategies, and measures set out in the relevant documents. It would also help the health authorities in their policies for the protection and prevention of the health of Bulgarians. The study finds that Bulgaria is significantly lagging on this issue. There is also a lack of State standards for physical development and fitness for university age.

The author agrees with the opinion of many others and recommends as an expression of State policy and in support of the relevant ministries and institutions, the unified Eurofit system (with its proposed additions) to be adopted, which has been already verified and adopted in many countries around the world. So also, to introduce mandatory testing of university students with it at the beginning and the end of each academic year, which would allow for:

- Annual monitoring of the indicators for the physical fitness and development of young people for our country as a whole and comparison between the different regions.
- Correct and up-to-date statistical data to help the policies of the Ministry of Youth and Sports and the Ministry of Health in terms of preserving, improving, and preventing the health of young people.
- Elaboration of country standards for this age group.
- Comparisons between different countries, which would be in line with today's needs and the idea and politics of the European Union.
- Ensuring centralization, purposefulness, and accountability of the PES subject in the higher education system in Bulgaria, specifying its meaning and purpose and thus using its potential.

The author recommends that the Ministry of Education and Science, the Ministry of Youth and Sports, and the Ministry of Health join forces to create an electronic platform in which annually PES teachers can upload the received data themselves, which would facilitate the logistics of such large-scale data.

Keywords: health strategy, university students, physical fitness, monitoring, unified test battery

- 10. Petya Hristova** (2019). *Sofia University “St. Kliment Ohridski” Students’ Experience in Volunteering and Opportunities for its Promotion*. In: Knowledge-International Journal, Vol. 30/2, ISSN 2545-4439 (1857-923X), p. 503-507, Skopje.

Summary:

The article highlights the importance of volunteering as a way to create a more democratic, caring, and responsible society as well as what personal benefits come with it. It also emphasizes the significance of volunteering in sports events as a way for introducing the importance of regular physical exercise for human health. It shows the results from a study *aimed* at exploring the experience of Sofia University “St. Kliment Ohridski” students in volunteering, their motives to stay or become a volunteer as well as their will to volunteer in sports events. *Methodology:* For the study has been used the Descriptive-explicative method. Participants were 250 university students in different years of their bachelor studies in a variety of programmes. All of them enlisted in sports classes of different kinds of sports for the 2017-2018 academic year.

The results show that young people do not have much experience in volunteering and are not very well educated about all the possibilities that it offers today.

The author gives some *recommendations* for the promotion of volunteering among young people. The University could/should establish courses, where students can learn about volunteering in general and volunteering in sports. There could be motivational engines created, which will make students more active in volunteering. The University’s Authorities could find and provide the legal background for volunteering in its Regulations. The university could make regular calls for volunteers for all of its annual events (conferences, the university’s sports championships, projects, and charity events). The author *suggests* that additional research should be made to identify the type of events young people are interested in, to attract them to become volunteers as well as what are the negative sides they find in volunteering.

Keywords: volunteering, benefits, motives, university students

- 11. Petya Hristova** (2019). *Cheerleading from the beginning to an Olympic sport. The contribution of the Sports Department of Sofia University “St. Kliment Ohridski” to the inclusion of cheerleading in the sports calendar of the Association for University Sports in Bulgaria.* In: Annual of Sofia University “St. Kliment Ohridski” Sports Department, Vol. 88, ISSN 1313-7417, “St. Kliment Ohridski” University Publishing House, p. 235-246, Sofia.

Summary:

The article presents the key moments in the history of cheerleading. It tracks the stormy development from an emotionally occurring cheering activity to an extreme sport with huge popularity all over the world. At the end of 2016, cheerleading was officially declared a provisional sport and received an annual grant from the International Olympic Committee.

It highlights the contribution of Sofia University's “St. Kliment Ohridski” Sports Department to the inclusion of cheerleading in the sports calendar of the Bulgarian Association for University Sports “Academic” since 2018.

Keywords: cheerleading, history, popularity, Olympic sport, university cheer competitions in Bulgaria

- 12. Petya Hristova** (2020). *The Culture Calisthenics.* In: Modern Trends of Physical Education and Sport, ISSN 1314-2275, “St. Kliment Ohridski” University Publishing House, p. 251-258, Sofia.

Summary:

Over the past decades, physical workouts based on body weight have become increasingly popular. They are known under a variety of names such as street fitness, body weight workout, functional workout, etc., but in fact, it is about calisthenics – a system for developing the strength of the body, known since antiquity. The article traces the historical development of calisthenics and reveals its advantages, principles, and typical exercises.

The two very different models of physical exercise are compared. On one side is the model of technology and apps, sensors, and cables, of ubiquitous self-measuring and checking graphs of results on a screen, in an attempt to manage health and fitness in the most scientific way possible. On the other side is the philosophy of calisthenics, which proposes that people merge with nature again and become strong and healthy, simply move naturally, and practice basic physical skills to develop a physical culture that is useful in real life.

Keywords: calisthenics, body-weight exercises, physical culture

- 13. Petya Hristova** (2020). *The activity of University Students in the Subject of Physical Education and Sports in Quarantine Conditions. Students' Favorite Sports.* In: Vocational Education, Vol. 22/5, ISSN 1314–8567 (Online), ISSN 1314–555X (Print), Az-buki National Publishing House, p. 511-517, Sofia.

Summary:

The report presents the results of a study of the activity of the students enlisted in aerobics and callanetics sports classes at Sofia University “St. Kliment Ohridski” in the subject “Sport” in the conditions of distance learning, due to the COVID-19 pandemic. In addition, updated information about the most preferred sports by students in the 2019-2020 academic year is displayed.

Methodology: To establish the activity in the subject “Sport” in quarantine conditions, the data on the number of students who sent video clips, from those enrolled in 3 aerobics and 3 callanetics study groups (a total of 132 people) were used. To determine the sports most preferred by students, a survey was conducted at the beginning of the 2019-2020 academic year among 400 students (200 women and 200 men) enrolled in study groups for seven types of sports. Frequency analysis was applied for data processing.

The results show that out of a total of 132 people, only 81 (61%) sent video clips of themselves doing one of the exercise programs uploaded to the online group. Of them, 27% (22 students) complied with the requirement and sent exactly 10 clips, 36% (29 people) sent more, and 37% (30 people - 20% of all 132) sent less – 9, 8, 5, or 3 clips. The conclusion is that online learning in the subject “Sport” is relatively successful and the role of the teacher to organize and motivate cannot be fulfilled in an electronic environment.

The sports of swimming, fitness, volleyball, tennis, and climbing are liked by both women and men and are listed almost an equal number of times by both sexes, while football, basketball, and table tennis are preferred mainly by male students, and yoga, aerobics, Pilates, and callanetics – mainly by female students.

Keywords: physical education and sports, distance learning, students, activity, favorite sports

- 14. Petya Hristova** (2020). *Physical Education and Sports through the Eyes of the European Union.* In: Modern Trends in Physical Education and Sports, ISSN 1314-2275, “St. Kliment Ohridski” University Publishing House, p. 346-356, Sofia.

Summary:

The World Health Organization, UNESCO, as well as scientists from all over the world, have been warning for years that as a result of the technical innovations in everyday life, people are massively immobilized, which, if the necessary measures are not taken, will inevitably lead to extremely negative consequences in a healthy, economic, and social plan. In response, all existing and working in the field organizations have adopted and signed numerous documents, charters, strategies, and action plans related to accustoming the population to regular physical exercises and an active lifestyle. Since its inception, the European Union (EU) has also pursued an active policy to improve the health of its nations, by promoting physical activity and sports among its citizens.

The purpose of the report is to trace the policy of the European Union towards physical education and sports over the years and to summarize the main documents, strategies, and programs.

The methodology includes a study of available literary and Internet sources, content analysis, and synthesis of the obtained information.

The results show that the European Union takes very seriously and recognizes the indispensable role of physical education and sport in health, economic and social terms. Despite the EU's commendable policy, a special Eurobarometer survey in 2018 shows that too many people are still not reaching the minimum levels of physical activity recommended by the World Health Organization. Only two, out of five Europeans (40%) exercise or exercise at least once a week, only 7% do it at least 5 times a week, and almost half of those surveyed (46%) have never done so.

Keywords: physical education and sports, European Union, politics

- 15. Petya Hristova** (2021). *Physical Activity of Sofia University “St. Kliment Ohridski” Students*. In: Modern Trends of Physical Education and Sport, ISSN 1314-2275, “St. Kliment Ohridski” University Publishing House, pp. 82-92, Sofia.

Summary:

The low level of physical activity for years has made a significant contribution to the deterioration of the health status of the Bulgarian nation. Many studies show that a sedentary lifestyle is widespread among all age groups in Bulgaria.

The purpose of the research presented in the report is to establish how active the lifestyle of Sofia University “St. Kliment Ohridski” students is and to recommend measures that the management of the university and the faculties can take to improve their health status.

17_ Резюмета на научните публикации на български и английски език
17_Summaries of the peer-reviewed scientific publications in Bulgarian and English
гл. ас. Петя Христова, д-р/Chief Assis. Prof. Petya Hristova, Ph.D.

Methodology: The survey was conducted in October 2019 among 400 students (200 men and 200 women), aged 19 to 24, all in full-time study in various majors and a year of Bachelor studies in Sofia University “St. Kliment Ohridski”. Data were processed with alternative analysis.

The results show that the majority of students lead a sedentary lifestyle. In general, they do not exercise and have good excuses for not doing so. Most of them realize that they are not physically active enough, but at the same time, they do not wish (52%) or hesitate (15.38%) to have compulsory sports classes at the university. There is a lack of sufficient knowledge about the importance of regular physical exercise for their health. As an educational institution, the university does not pursue a targeted policy to improve and/or maintain the health of its students and increase their health culture.

The author recommends that the university and faculties management adopt and conduct an active educational policy aimed at increasing the awareness and knowledge of students about the importance and benefits of health-enhancing physical activity, by introducing lecture courses as part of the subject PES’ curricula.

Keywords: university students, health status, risk factors, physical activity, lifestyle

25 April 2023

Sofia

signature:

/Chief Assis, Prof. Petya Hristova, Ph.D./