

CONTENT AND FORMS OF SPORTS EVENTS ORGANIZATION WITH STUDENTS FROM THE UNIVERSITY OF RUSE “ANGEL KANCHEV”

(Professional paper)

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Abstract

Creation of habits for healthy and active lifestyle begins at an early age period. In any educational stage, interest in physical activity should be maintained. The process of creation of habits for sport and physical activity as well as maintaining the interest for sports continuous at university as well. Competition is one of the possibilities for technical assessment of the acquired skills. Sporting competitions aimed at the mass participation of students has several tasks: development of positive attitude and need of systematic physical activity, improvement of motor abilities, recreational function and social effect. Sport competitions are the fundament of every sports events for students organized at the universities. This paper analyzes the forms of organizations and realization of student’s activities and sports competitions of students at all levels of university education at Ruse University “Angel Kamchev” as well as the particular activities, objectives and tasks of these sport competitions, period of their realization, involvement of students, responsible university organs.

Keywords: *competition, sporting events, health, students*

INTRODUCTION

The European Union defines sport as an activity of public importance. European manifesto for young people and sport proclaims the development of positive attitudes towards physical activity. Sport legislative of Countries, members of European Union (Спортното законодателство на страните от Европейския съюз), 2002). Modern lifestyle puts increasing demands on the intellectual and physical development of young generation. The body has enormous resources, which can be a catalyst for maximum productivity in various sporting activities. Awareness of their own motor capabilities and potentials helps them to develop fully, to coordinate the formation of flexible mental action program. (Kalaykov (Калайков), 1998; Mileva, (Милева), 1998; Mutafova & Josifov (Мутаfoва & Йосифов), 2003). Social dimensions, why people are attracted to sport are: competition, universal, health, legal capacity, pleasure, relaxation, socialization, education, family relationship (Girginov (Гиргинов), 1995).

What do they express? Competition is one of the fundamental driving forces of human nature. It is an essential feature of sport and where there is always a winner and a loser. The versatility is due to its unique nature, based on the most contact and universal human activity - motor. Health and physical fitness become the most valuable capital, because of individual and social level sport is perceived as a means to protect, maintain

and improve human health. Pleasure and relaxation are the most common reasons for participation in sport. Socialization is the potential of the sports event to create a social environment in which sports to demonstrate its qualities and to establish itself.

During his life time a person goes through various stages of development and each has a certain value and significance for the overall development of personality. Participation in various sports events accumulated rich array of experiences that support ecological orientation, namely the readiness and competence of individuals to care and maintain their health, viability, performance and level of self-realization and life security (Yanceva (Янчева), 2003).

Student sports tournaments carry a high emotional charge and develop striving to improve sports skills in terms of “fair play” (fair play). Achieving victory is the aim of any competition, but it is also an important victory to accept defeat with dignity and feel the satisfaction that has put maximum personal racing skills for quality performance. Students fail to realize that there can only be one winner, but not the main victory, and to develop the adversarial principle - personal effort and fair play (Corov & Djordjević (Църов & Джорджевич), 1997).

The competition is a specific form of communication between people. It always takes place on explicit rules, a special organization and evaluation of results. (Davidov (Давидов), 2012; Davidov (Давидов), 2002;

Daševa & Krstev (Дашева & Кръстев), 2002) for sporting competitions aimed at the mass participation of students are characteristic of the following tasks:

- Developing a positive attitude and need systematic physical exercises and sports.
- Improvement of physical and motor abilities.
- Recreational function.
- Social effect.

Formation of habits for a healthy lifestyle at an early age. In any educational stage, interest in physical activity to be maintained. Competition is one of the possibilities for technical assessment of the acquired skills. It lies at the heart of sporting events. Is decisive in planning and organizing them. These events determine student sporting life. The more dynamic it is, the interest of young people to physical activity is more durable.

METHODS

This paper analyzes the forms of organizations of students' activities and sports competitions of students at all levels of university education at Ruse University "Angel Kanchev". At the University of Ruse "A. Kanchev" Bulgaria as well as the particular activities, objectives and tasks of these sport competitions, period of their realization, involvement of students, responsible university organs etc. For the organization of sports competitions for students meet three units:

- University sports club "Academic".
- Student Sports Commission in the Student Council.
- Department "Physical Education and Sport".

Sporting events are organized twice a year: in the winter semester and summer semester. Includes various sports: basketball 5x5, 3x3 basketball, badminton, volleyball, football, table tennis. Students organize themselves according to the regulations and requirements for each sport.

Planning is linked to the following areas:

1. Name of sporting competitions - Ruse Universi-

ade Spring / Autumn.

2. Objective - promoting sport among students. Each student can participate in tournaments in different sports.

3. Tasks: developing skills to form a team in team sports; compliance with certain regulations; improvement of motor skills and habits; "Fair play"; refereeing.

4. Participants - students from RU «A. Kanchev»

5. Competition - Team (basketball, volleyball, soccer) or individually (badminton, table tennis)

6. Promoting the upcoming races.

7. A system for conducting - determined according to the number of participants.

8. Technology of conduct:

- Technical Conference;
- Approval of requests to participants or participating teams;
- Definition of the system and;
- Draw
- Establishment of a program of sports meetings;
- Conducting sports matches and refereeing;
- Ranking;
- Awards.

9. Determination of the time and place.

10. Promotion of results.

Technology planning and conduct of university basketball tournament.

The beginning is part of the official conduct of sporting competitions. Presentation of the teams. Reported for the regulation and program. Include performances of Majorettes University. In Table 1 are presented technical characteristics – regulations for realization of basketball tournament which includes purpose and tasks for this tournament, participants, and technical characteristics of the team, system of planning, regulations, duration and rules of playing.

Table 1: Regulation for conducting university basketball tournament

Purpose	TO PROMOTE BASKETBALL IN ACADEMIA
Tasks	<ul style="list-style-type: none"> ▪ Developing skills for the selection of athletes; ▪ Compliance with the regulation; ▪ Demonstrate basketball skills; ▪ Fair Play; ▪ Referee
Participants	Students from the University of Ruse
Basketball team	5 + 1 players
Participating teams	8 teams
System	Two groups of 4 teams. In group play against each other. The first two teams continue to semifinals and finals, as A1 plays against B2; B1 against A2. The winners play for first and second place, while losers - for the third and fourth Place.
Duration	4 x 10 min.
Rules	The official rules in basketball.

Teams finalists

The basketball tournament is held for three days. In the preliminary round, the teams are divided into two groups and sporting events are held on a “each against each”. The top two teams progressing to the next stage - the semifinals. The winners of the semifinals play for first and second place, losing teams - for third and fourth place.

Referees

Basketball matches are guided by two judges - teacher and student. Table officials was formed by students.

Closing ceremony

After the final play basketball games determine the winners.

The awards are provided by the Student Council at the University of Rouse “Angel Kanchev”.

CONCLUSION

Much of the time students spend at the university. This is where they develop intellectually and physically and more pleasant emotions accompany them, the quality is built complexity of personality. Boosting students undertake an activity with desire, not obligation requires flexibility in the use of different forms of motivation of teachers. Organization of sports events is one of the possibilities to impart dynamism, diversity and uniqueness of student life.

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