

MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS OF STUDENTS IN THE REPUBLIC OF BULGARIA

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(Professional paper)

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Abstract:

The transition to state-social management of physical education and sports in the country, means to look for a balance between the two basic principles of the management of physical education and sports, as two inter-connected structural-functional systems of the national system – physical education and sports. The application of this approach aims – consecutively, to enhance the role of the state, for realization of the functions of physical education and sports – social, educational, health, cultural, rehabilitation. In this development, an analysis is made of the state normative papers, with relation to the physical education and sports, in the higher schools, taking out the basic preconditions and arguments of the necessities, possibilities and efficiency of realization of theoretic and scientifically-applied surveys in the educational-training activity of students, as perspectives for successful management of the physical education and sports, among the students.

Key words: standards, documents, laws, colleges, research

INTRODUCTION

The European educational standards imposed profound analysis and updating of the educational contents, in the field of physical education and sports too.

The period after 1989/90 in the Republic of Bulgaria, is known for its significant and dynamic changes in all fields of the society – policy, economy, education, health protection, culture, physical education and sports, security, etc. Nowadays, these processes continue their rapid development, in conformity to the policy of European Union, Bulgaria being a member of it, since January 1, 2007.

In the field of management of physical education and sports – in 1992, a Committee of Youth and Sports, to the Council of Ministers, was established – as a specialized state body, and in 1996, the National Assembly voted the Physical Education and Sports Law (Physical Education and Sports Law, 1996).

Essentially – from social-state management, the physical education and sports passed to state- social

management in the country. This means, to look for a balance between the two basic principles of the management of physical education and sports, as two inter-connected structural-functional systems of the national system – physical education and sports. The application of this approach aims to enhance the role of the state steadily, for more complete realization of the functions of physical education and sports – social, educational, health, cultural, rehabilitation.

The *aim* of this development is to analyze the situation existing, to lay open prospects for the management of physical education and sports, among the students.

For achievement of the aim, we have put forth the following *tasks*:

To investigate the contents of the state normative documents/papers and scientific-methodic literature, with relation to the physical education and sports in the higher schools.

To take out the basic preconditions and arguments of the necessities, possibilities and efficiency of realization of theoretic and scientifically-applied

surveys in the educational-training activity of students, as perspectives for successful management of the physical education and sports, among the students.

ANALYSIS OF RESULTS

The management of physical education and sports in higher schools (HS), is a structural-functional system of the national system for management of the physical education and sports. In the Higher Education Law and Physical Education and Sports Law, are defined the basic legislative priorities of management and development of the physical education and sports in higher schools (Higher Education Law; Physical Education and Sports Law, 1996).

The priorities in the Physical Education and Sports Law are: 1) the education of students at HS, under the form of obligatory and optional exercises, 2) development of curriculums, in conformity with the vocational of HS (with the participation and on the proposal of Council of Students), 3) the training and competitive activity is to be free and to be realized by the Sport clubs of students, their activity to be stimulated by HS managements, 4) the Sport clubs of students to be structures of the National Sport Federations and Associations (Physical Education and Sports Law, 1996).

The national strategy and National program for development of physical education and sports in HS envisage the following: 1) methodical support by the Ministry of education and science, for establishment of students sport clubs in HS, 2) to render assistance to HS, for expansion of the contingent of specialized sport-pedagogic personnel, needed to carry out adequate education, 3) introduction of mechanisms for efficient monitoring on observing the requirements of the Physical Education and Sports Law, on the number of obligatory and optional exercises of students, on physical education and sports, 4) maintaining and further development of the physical capacity of students, being one of the main priorities of the activity of HS, 5) to render assistance to the students community for establishment of sport clubs, for organizing and conducting of sport-competitive activity and 6) optimization of sport calendars of the University Sport Association, in view of conforming it to the sports, practiced in the Universities of EU countries (National Strategy and National Program for development of physical education and sport in the Republic of Bulgaria in the period "2005-2008", 2005).

Various wordings, set in the International char-

ters and conventions in the field of sport, refer to the development, social functions, management, resource ensuring (financial, material-technical, personnel, scientific and etc.) of the physical education in universities (European charter for sports /Council of Europe/, 2004); European charter for sports for all, 2004; Sports Law in the countries of EU. Collection of normative papers in the field of sport, 2004). In this connection, in the European sports charter, underlined is the significance of: 1) co-operation between the municipal authorities and non-governmental sport organizations, in creation of mechanisms for development and co-ordination of the sport, 2) volunteering to be the root of activity of sport organizations, 3) building up of suitable conditions for continuing the sport exercises, after the completion of the obligatory education, 4) stimulation and support at practicing of sports, from all population groups, by making available for them - suitable equipment, various programs and qualified instructors, advisers or "animators" and 5) ensuring of possibilities for the young people to get education on physical culture, and those showing ambition and capacities - to improve the level of their sport achievements (European charter for sports /Council of Europe/, 2004).

In the European charter of sport for all, it is said – "Sport, as an aspect of social-cultural development, on local, regional and national level, will be connected with other fields, at the formation of policy and planning, such as education, health, social insurance, civil and territorial planning, security, arts and services in the field of active relaxation" (European charter for sports for all, 2004).

In the International charter of physical education and sports it is underlined, that "programs of physical education and sports should satisfy the needs of any individual and society", "to be intended and to comply with the individual characteristics of those, who practice it, as well as the institutional, cultural, social-economic and climatic conditions of each country. Further on, backed with arguments is the necessity of further development of all forms for sporting and improvement of methods of education, and the ways of organization and management of the educational system, as well as the role and assessment, as integral components of the development of physical education and sports (International Charter of physical education and sport (UNESCO), 2004).

In the Charter for participation of young people in life of municipals and regions, an accent is put on the acceptance and approval of a policy for establishment of optimal possibilities for participa-

tion of the youth in sports, i.e. a policy for adequate use of the free time of young people (Physical Education and Sports Law, 1996).

The European model of sports is of paramount importance for the management of students sport in Bulgaria. In the countries, members of the European Union, the sport clubs are the basis for the sport organizations. The hierarchy chain starts with the regional federations and associations of municipal and regional level, followed by the national and European federations, i.e. a pyramidal model is created for management of the sport in the European countries

The analysis of the sport legislation in some European countries (Spain, Austria, France, Great Britain, Finland and etc.), as theory and practice show that in the greater part of the countries, the development of students sport as a structure, management and resource, has its place in the national legislation and law-normative regulation.

In the strategy for national youth policy, for the period 2003-2007, with coordinator the Ministry of youth and sports, it is indicated that "about 14% of children and young people have some long-term diseases, or permanent physical disabilities". Smoking and alcohol consuming are widespread, i.e. the share of smokers among young people in the age group 15-24 years, has increased up to 43%, in comparison with 38,8%, in 1996 (Strategy for national youth policy for the period "2003-2007", 2004).

According to the data of the survey, 'almost half of the young people (of age 15-18 years and 2/3 of the age 19-25 years) do rarely, or do not practice any sport at all'. The final aim of the strategy is the realization of physical activity, healthy way of life and prevention of the negative social processes. Grounding the above-said, "the physical activity of youth and people in the country" becomes the first priority (Strategy for national youth policy for the period "2003-2007", 2004).

During the recent 15-16 years, the physical education and sports, among the students is not an object of profound theoretic and scientific-applied researches. At the "round table" held in 2005, teachers and experts from HS backed with arguments the necessity of solving the issues, of paramount importance, on the physical education and sports, among the students in the country (Proposals of Heads of Departments "Physical education and sport", at HS and Universities in the Republic of Bulgaria, 2006).

Bankov (2007, deems, it is expedient to improve the structure and functions of management of stu-

dents sport, to plan a national strategy and program for development and increase of the social functions of physical education and sport, at the conditions of higher schools, to improve the organization, maintenance and use of the sport equipments, to secure financial funds for the development of students sport, to make amendments to Higher Education Law and Physical Education and Sports Law, with the purpose, to create preconditions and conditions for expansion of the participation of students in forms of physical education and sport

Nikolova and. Kostov (2006, exposed the trends for development of a strategy for giving reasons of students to sport activity. They recommend incorporation of justifying factors of active sport of students, all over the chain system and updating and synchronizing the state normative papers, related to the education and sports in HS, as well as permanent monitoring on their application, at all levels

As a result of an investigation, (Tsvetanov, 2006) has established the influence of some factors on the development and management of physical education and sports, among the students in Bulgaria, after 1989. According to the author, they include: 1) detachment of the state from active and regular support for the development of students sport, 2) managements of HS and Institutes do not assess adequately the necessity of attracting and including of students in a regular physical activity, 3) for a long period of time, the activity of the Association for university sport has been centralized, limited, sporadic and non-efficient and 4) students sport clubs have not been established, according to the new legislative and law-normative regulation, in the field of management of social sport organizations and etc.

At a variety of forums in 2005-2006, the Ministry of Education and Science, State Agency of Youth and Sport, Council of Students and other bodies and organizations, united around the idea, non-realized later, for consecutive realization of a new approach in the development and management of students sport. It had been emphasized on the necessity of changes in the structure, functions, activities, resource and legal ensuring, technology and mechanisms for management of sport of students

CONCLUSIONS

The analysis of the normative papers, with relation to the physical education and sport in HS shows that:

they define as vital, the activities directed towards a healthy way of living, by building of

habits for systematic training with physical exercises, sport and tourism in the time free, but clear strategic program is lacking;

joining of learners, students included, to systematic training with physical exercises and sport is sporadic in character.

As per our opinion, the main preconditions and arguments for the needs, possibilities and efficiency of realization of theoretic and scientific-training researches in the field of theory, methods and practice of educational-training and sport-competitive activity of students are reduced to:

necessity in planning and realization of contemporary national, unified system of steady and balanced binding of the educational process, the outside lecture-hall and outside university activity, on development of physical education and sport;

by applying contemporary scientific methods in the educational process, to establish possibilities for increasing the number of students, practicing sport regularly, and participating the sport-competitive activity in their free time;

improvement of methods and means of education and education-training activity, on sport types. The purpose of this pedagogic process is to gain knowledge, skills and habits in practicing the sport type chosen, at the conditions of HS;

possibility for theoretic and scientific-applied researches to give contemporary and qualitative information for improvement and increase of efficiency of the educational process, on physical education and sport;

enhancement of the role and contribution of the pedagogic theoretic and scientific-applied researches, in inter-relation with the medical, social, economic, managing and other aspects of processes of realization of the social functions of the physical education and sport in HS.

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УПРАВУВАЊЕТО НА ФИЗИЧКОТО ВОСПИТУВАЊЕ И СПОРТОТ НА СТУДЕНТИТЕ ВО РЕПУБЛИКА БУГАРИЈА

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(Сѝручен ѝруд)

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Апстракт:

Преминувањето кон државно-оштетено управување на физичкото воспитување и спортој во државата, укажува дека треба да се бара баланс меѓу двајта основни принципи на овие подрачја како два меѓусебно поврзани структурно-функционални системи на националниот систем - физичко воспитување и спорт. Осигурувањето на тој природ има за цел sukcesивно да ја зајакне улогата на државата за реализација на функциите на физичкото воспитување и спортој (социјалните, образовните, здравствени, културните, развојните). Во трудот се анализирани државните нормативни документи за физичкото воспитување во високите школи и изведени се основни препорачки и аргументи за употребите, можностите и ефективностите при реализацијата на теоретските и научно-практичните истражувања во наставно-тренирањата работи со студентите како перспектива за успешна реализација на физичкото воспитување и спортој на студентите.

Клучни зборови: нормативе, документи, закони, високи школи, истражувања