

**ACTIVITIES IN PHYSICAL
EDUCATION AND SPORT**
**International Journal of Scientific and Professional
Issues in Physical Education and Sport**

**The Journal ACTIVITIES IN PHYSICAL
EDUCATION AND SPORT**
(ISSN 1857-7687 print version, ISSN 1857-8950 online)

Editor-in-Chief: Biljana Popeska, North Macedonia

Editors: Boryana Tumanova, Bulgaria

Dario Novak, Croatia

Publisher: Federation of the Sports Pedagogues of the Republic of Macedonia
in cooperation with the Department of Sport at Sofia University St. Kliment Ohridski, Sofia, Bulgaria
FIEPS Europe (FÉDÉRATION INTERNATIONALE D'ÉDUCATION PHYSIQUE ET SPORTIVE)

Section Editors

Sport Activities

Dimitar Mihailov - National Sports Academy „Vasil Levski“, Bulgaria

Physical Education

Vladimir Findak - University of Zagreb, Croatia; **Marjeta Kovač** - University of Ljubljana, Slovenia

Procedures in Kinesitherapy

Mariana Tudor - University of Pitesti, Romania; **Krasimira Staneva** - Sofia University „St. Kliment Ohridski“, Bulgaria;

Sport Medicine and Physiology of Sport

Gorazd Rosoklija, Columbia University, New York City, U.S.A.; **Ignat Ignatov**, Scientific Institute of Medical Biophysics, Switzerland;

Vera Simovska - St. „Kliment Ohridski“ University - Bitola, Macedonia

Recreation in Sport and Physical Education

Goran Nikovski - Ss.Cyril and Methodius University – Skopje, Macedonia; **Bistra Dimitrova** - National Sports Academy „Vasil Levski“, Bulgaria

Motor and Functional Abilities

Vihren Bachev - National Sports Academy „Vasil Levski“, Bulgaria

Biomechanical Analysis and Research

Radoslav Bubanj - University of Niš, Serbia

Sports Sociology

Ivan Anastasovski - Ss.Cyril and Methodius University - Skopje, Macedonia

Anthropological Measurement and Tests

Serjoža Gontarev - Ss.Cyril and Methodius University - Skopje, Macedonia; **Tym Timov** - Centre europeen de recherche nucleaire, Switzerland;

Psychological and Pedagogical in Sport and Physical Education

Stoyko Ivanov - Sofia University „St. Kliment Ohridski“, Bulgaria; **Galina Domuschieva - Rogleva** - National Sports Academy „Vasil Levski“, Bulgaria

History of Sport and Physical Education

Dushan Stanimirović - Ss.Cyril and Methodius University - Skopje, Macedonia

Editorial Board

Lucio Martinez Alvarez - University of Valladolid, Spain; **Branislav Antala** - Comenius University in Bratislava, Slovakia;
Josip Babin - University of Split, Croatia; **Strasho Gligorov** - Federation of the Sports Pedagogues, Macedonia; **Stojan Ivanov** - South West University „Neofit Rilski“, Bulgaria; **Astrit Iseni** - University of Tetovo, Macedonia; **Marjeta Kovač** - University of Ljubljana, Slovenia;
Živorad Marković - University of Kraguevac, Serbia; **Dimitar Mihajlov** - National Sports Academy „Vasil Levski“, Bulgaria;
Antoaneta Momchilova - „Angel Kanchev“ University of Ruse, Bulgaria; **Goran Nikovski** - Ss. Cyril and Methodius University - Skopje, Macedonia; **Snežana Jovanova Mitkovska** - „Goce Delchev“ University of Štip, Macedonia; **Nenad Rogulj** - University of Split, Croatia;
Vatromir Srhoj - University of Split, Croatia; **Ratko Stanković** - University of Niš, Serbia; **Spas Stavrev** - University of National and World Economy, Bulgaria; **Daniela Tomova** - South West University „Neofit Rilski“, Bulgaria; **Mariana Tudor** - University of Pitesti, Romania;
Fatma Saçli Uzunös - Nevsehir Haci Bektas Vely University, Turkey; **Svitlana Vlaseva** - Polessky State University, Belarus; **Andzelina Yaneva** - Sofia University „St. Kliment Ohridski“, Bulgaria; **Katerina Mitevka Petruševa** - International Balkan University - Skopje, Macedonia; **Nevenka Zrnzević** - University of Priština - Kosovska Mitrovica, Serbia; **Eleonora Mileva** - National Sport Academy „Vasil Levski“, Bulgaria.

Activities in Physical Education and Sports

Presented and included in full text by:

EBSCO (USA) SPORTDiscus with Full Text

Indexed in:

WorldCat

COBISS.MK - Co-operative Online Bibliographic System and Services

**COBIB.MK - Union cooperative bibliographic database Wissenschaftszentrum Berlin
für Sozialforschung (WZB) Journals Library - Social Science Research Center Berlin**

GETINFO - TIB German National Library of Science and technology

CHENGFIND - David and Lorraine Cheng Library, William Paterson University, Universität Zürich

Proofreading:

Negica Glasnović, Miodrag Dadasovic

The Journal Activities in Physical Education and Sports

ISSN 1857-7687 (print)

ISSN 1857-8950 (online)

published twice a year

Technical Editing / Layout: Aleksandar Popeski

Account No. 300000001971367

Tax. No. 4030995161010

Komercijalna banka AD Skopje, Macedonia

Editorial Office: Activities in Physical Education and Sport

Federation of the Sports Pedagogues of the

Republic of Macedonia

Gradski park, Sala KK "Rabotnički" b.b.

1000 Skopje, Macedonia P.O. Box 5,

Phone: + 389 2 3220 750

Fax: + 389 2 3220 750

e-mail: fsprm@yahoo.com

URL: <http://www/fsprm.mk>