

ANNOTATIONS OF THE MATERIALS
UNDER ART. 65 FROM THE REGULATIONS FOR THE DEVELOPMENT OF THE
ACADEMIC STAFF OF PLOVDIV UNIVERSITY PAISII HILENDARSKI
PRESENTED BY
CHIEF ASSISTANT MARTIN VESELINOV MARGARITOV PHD
for participation in a competition for aquisition of the academic position of
"Associate Professor"

in the area of higher education: **1. Pedagogical sciences**, professional field: **1.3. Pedagogy of teaching in ...**, scientific specialty: **Theory and methodology of physical education and sports training**

The numbering used reflects the serial number of the respective scientific work participating in the competition.

MONOGRAPH

B.1. **Margaritov, M.** (2018). *Sportat sreshtu hipodinamiyata i stresa*. [Sports against hypodynamics and stress]. Monograph (130 pages). Paisii Hilendarski University Press, Plovdiv. ISBN 978-619-202-328-7

Summary: This monograph highlights the need to apply new technologies, tools and methods to combat hypodynamics and stress. Our research interests are focused on theoretical analysis of existing problems, setting specific goals and objectives and tools for tackling them. Important conclusions and recommendations are made; alternative models in theoretical and practical aspects for the problems of diagnosis and prevention of hypodynamics and stress are indicated.

ARTICLES AND REPORTS FROM SCIENTIFIC CONFERENCES

Independent

(Articles published in scientific journals, refereed and indexed in world-famous databases of scientific information)

Г.6.1. **Margaritov, M.** (2022). *Diagnostika i metodika za optimizirane na fizicheskata deesposobnost na 10-godishni uchenitsi.* [Diagnosis and optimization of the physical capacity of students of primary school age]. *Pedagogy*, Book 4/2022, Year XCIV, pp. 530 – 541. ISSN 1314-8540 (Online), ISSN 0861-3982 (Print) <https://doi.org/10.53656/ped2022-4.09>

Abstract. *Contemporary school children grow and develop under conditions of physical inactivity and that reduced physical activity causes great and irreparable damage to the developing organisms. This lack of activity most significantly affects children's physical capacity. The present research reveals the components that determine the physical capacity and the possibilities for its improvement through the development of the basic fitness components /speed, strength, endurance, agility and flexibility/. The presented study traces the dynamics of the development of fitness components of primary school students through tests of physical capacity. The objective of this study is to diagnose and optimize the level of physical capacity of students of primary school age. The subject of the study are the skill-related fitness components of 10-year-old students, which are a main factor reflecting the physical capacity of children. The object of the study are 40 ten-year-old boys, formed in two groups - control and experimental. The research involved literature review; classroom observation; educational experiment - a physical fitness test battery to measure the level of students' physical capacity; processing and analysis of the collected data. A program for optimizing the fitness components is proposed - trainings, indicative training volume and repetitions. It*

was found that the program that was implemented led to an increase in the physical capacity of the students that were studied.

Independent

(Articles published in non-refereed journals with scientific review)

Г.7.1. **Margaritov, M.** (2018). *Psihofizicheskie osobennosti obucheniya detey 7-10 let sportivnim tantsam. Spisanie Uchitel.* [Psychophysical features of teaching dance sport to children aged 7-10]. *Teacher Journal*, Iss. 4/2018, Oct. Dec., p. 71 – 76, ISBN 5-8288-21, ISSN 1997-7735

Summary: *The aim of the pedagogical research is to prove the effectiveness of the impact of psychophysical exercises in children of primary school level practicing dance sport. It was established that the model of the activity 'dance sport' applied by us increases the quantitative and qualitative values of the mental readiness of the children.*

Г.7.2. **Margaritov, M.** (2015). *Anketno prouchvane na sportnite interesi pri studenti ot PU Paisii Hilendarski i VUSI (Visshе uchilishte po sigurnost i ikonomika).* [A survey of sports interests of the students from the University of Plovdiv *Paisii Hilendarski* and HSSE (Higher School of Security and Economics)]. *Current Issues of Physical Education and Sports* №3, pp. 29 - 38. Paisii Hilendarski University Press, Plovdiv. ISSN 2367-8216

Summary: The present study introduces a survey on sports interests of students from the University of Plovdiv *Paisii Hilendarski* and HSSE (Higher School of Security and Economics) and the answers to some questions. The aim is to determine whether the physical activity of the students increases by using the proposed models. The conclusions which can be drawn are the following: in the first study we note the positive impact of the applied methods on the subjects from the experimental groups; in the second study, no significant change is observed in the surveyed students of the University of Plovdiv, given the specifics of the studied specialty and the activity practiced; among the students from HSSE, the

percentage of those who did not do sports was reduced, which we consider to be our contribution.

Г.7.1.3. **Margaritov, M.** (2015). *Sravnitelnen analiz na psihicheskata podgotovka na studenti ot PU Paisii Hilendarski i VUSI (Visshe uchilishte po sigurnost i ikonomika)*. [Comparative analysis of the mental training of students from *Paisii Hilendarski* University of Plovdiv and the Higher School of Security and Economics]. *Current Issues of Physical Education and Sports* №3, pp. 20 - 28. Paisii Hilendarski University Press, Plovdiv. ISSN 2367-8216

Summary: *The aim of the present study is to perform a comparative analysis of some basic mental indicators in students of PU and HSSE. Strong correlations were found, the students of Plovdiv University have better mental indicators (perception of the passage of time, components of attention and self-confidence, activity, mood and speed), compared to students of HSSE. Some important conclusions and recommendations for theory and practice are made.*

Г.7.4. **Margaritov, M.** (2017). *Hranene pri sportistite*. [Athlete Nutrition]. *Current Issues of Physical Education and Sports* № 4, pp. 34 - 43. Paisii Hilendarski University Press, Plovdiv. ISSN 2367-8216

Summary: *The problem of nutrition has always been of interest to those involved in sports. The article discusses the basic nutrients, nutritional requirements during sports activities, water intake and regime of those actively involved in sports. The bioenergy of physical activity is discussed and guidelines for practice are given.*

Г.7.5. **Margaritov, M.** (2018). *Rolyata na futbolnata igra v uroka po fizichesko vazpitanie i sport ot I do III klas*. [The role of football during physical education and sports class from I to III grade]. *Current Issues of Physical Education and Sports* № 5, pp. 64 –75. Paisii Hilendarski Press, Plovdiv. ISSN 2367-8216

Summary: *Football is the most popular and practiced game among children. It is this great popularity that allows it to be used as a means of physical development*

and education. The aim of the present study is to reveal the effectiveness of the football game as a means of physical development and functional and motor development of adolescents in school as well as in extracurricular activities. We used a series of tests to more fully reveal the physical and technical training, the dynamics and the interrelation of its indicators. In conclusion, football can be used in the education of students from 1st to 3rd grades as a game with simple rules, attracting the interest of children, by which very good results in terms of health and fitness can be achieved.

Г.7.6. **Margaritov, M.** (2018). *Izsledvane na dvigatelno-koordinatsionnite sposobnosti pri podrastvashti tenisisti (10-12 godini)*. [A study of motor-coordination abilities in adolescent tennis players (10-12 years)]. Current Issues of Physical Education and Sports № 5, pp. 26 - 34. Paisii Hilendarski University Press, Plovdiv. ISSN 2367-8216

Summary: *Tennis is practiced by young and elderly, by amateurs and professionals. Suitable for all ages, tennis is gradually entering the school's physical education programs, becoming a sport which helps develop a number of physical qualities and build moral virtues. The purpose of this article is to determine the influence of physical qualities which lead to improved motor-coordination abilities of adolescents aged 10-12. It was found that in order to improve the physical capacity of tennis players, complex, synchronized measures are needed to further increase the effectiveness of training. Tight organization and a richer variety of tools support the interest and activity of tennis players. Predicting the future development of children's functional and motor-coordination abilities is of great importance for the effective selection of young promising athletes.*

Г.7.7. **Margaritov, M.** (2018). *Izsledvane na fizicheskata gotovnost na uchenitsi, praktikuvashhti aerobika*. [A study of the physical fitness of students practicing

aerobics]. Current Issues of Physical Education and Sports № 5, pp. 35-42. Paisii Hilendarski University Press, Plovdiv. ISSN 2367-8216

Summary: Physical training as a sports-pedagogical process is aimed at multifaceted physical development through the acquisition and improvement of various motor habits to achieve a certain degree of physical performance. The aim of the study is to determine the physical fitness of students practicing aerobics. An exemplary set of aerobic exercises for students aged 10-11 years was developed, combined with an appropriate methodology for complex development and improvement of motor-coordination qualities. We found that it is necessary to constantly work to improve the physical fitness and physical capacity of children; once physical fitness is reached, it is much easier to maintain it. Achieving it is due to systematic activities, not individual ones, but also to self-discipline, motivation and desire on the part of the trainees.

Г.7.8. **Margaritov, M.** (2018). *Optimizirane na dvigatelno-koordinatsionnite sposobnosti na 17-18 godishni uchenitsi.* [Optimization of the motor-coordination abilities of 17-18-year-old students]. Current Issues of Physical Education and Sports № 5, pp. 76 - 84. Paisii Hilendarski University Press, Plovdiv. ISSN 2367-8216

Summary: Through the current research we aim to optimizing the motor-coordination abilities of 17 - 18-year-old students by studying the main quality indicators. It was found that there is a lack of, in theoretical terms, a scientifically based theory for optimizing the level of motor-coordination abilities of students of high school age, and more precisely there are no uniform criteria for assessing motor-coordination abilities. We can conclude that the studied quality indicators and the obtained results are of essential practical importance for the management of motor-coordination abilities.

Г.7.9. **Margaritov, M.** (2019). *Faktori na dvigatelnoto kachestvo izdrazhlivost.* [Factors of the motor quality of endurance]. Current Issues of Physical Education and Sports № 6, pp. 16 - 24. Paisii Hilendarski University Press. ISSN 2367-8216

Summary: *The article discusses the motor quality endurance and the main factors which determine its manifestation. The overall concept for its development is studied. The role of the psychological factors for the manifestation of endurance in sports practice is outlined.*

We can conclude that in the pursuit of improving the educational process in physical education and sports and optimizing sports training, the development and accurate diagnosis of the quality endurance becomes one of the promising paths. In the framework of sports preparation the development of this motor quality should be seen as an integral part of the general physical training and a necessary prerequisite for increasing the volume and intensity of the training process in any sport.

Г.7.10. **Margaritov, M.** (2019). *Teoretichni osnovi na psiho-fizicheskata podgotovka na uchenitsi ot nachalniya etap na SU.* [Theoretical foundations of psycho-physical training of students from the initial stage of school education]. Current Issues of Physical Education and Sports № 6, pp. 25 - 34. Paisii Hilendarski University Press, Plovdiv. ISSN 2367-8216

Summary: *The current scientific research examines the psycho-physical preparation of students from the initial stage of school education. It provides an overview of the better known theoretical concepts related to the understanding of psycho-physical training, as well as the methods for its achievement. The conclusions which can be drawn are the following: sports activity is the main source of mental and physical fitness of primary school students; the mental and physical preparation of students is a good prevention against the risks which accompany their development. Educational institutions must take daily care of the psycho-physical preparation of students.*

Г.7.11. **Margaritov, M.** (2019). *Optimizirane na razvitiето na dvigatelните kachestva na uchenitsi v nachalna uchilishtna vazrast.* [Optimization of the development of motor skills of primary school students]. Current Issues of

Physical Education and Sports № 6, pp. 35 - 45. Paisii Hilendarski University Press, Plovdiv. ISSN 2367-8216

Summary: *The article presents the results of a methodology for optimizing the development of motor skills or more precisely - the motor-coordination abilities of students in primary school age. The present study reveals the components which build physical fitness and the opportunities for its improvement through the development of basic motor skills (speed, strength, endurance, agility and flexibility). Depending on the actions performed by the students, they develop a willingness to act in different situations. By stimulating the motor activity, the physical capacity is optimized and the morphological improvement of the organism of the student of primary school age is promoted.*

Г.7.12. **Margaritov, M.** (2020). *Metodika za razvitie dvigatelните kachestva pri podrastvashti futbolisti.* [Methodology for the development of motor skills in adolescent football players]. Current Issues of Physical Education and Sports № 7, pp. 47 - 56. Paisii Hilendarski University Press, Plovdiv. ISSN 2367-8216

Summary: *The presented study traces the development of motor skills - strength, speed, endurance, flexibility and agility, and offers basic guidelines for work on individual countries of technical and physical training in adolescent players. The conclusions of the study show that a properly selected training methodology has a positive effect on various aspects of the physical training - mastering motor skills, habits and qualities.*

Г.7.13. **Margaritov, M.** (2020). *Sravnitelnа analiz na fizicheskata podgotovka na studenti ot PU Paisii Hilendarski i VUSI (Visshe uchilishte po sigurnost i ikonomika).* [Comparative analysis of the physical preparation of students from the University of Plovdiv Paisii Hilendarski and HSSE (Higher School of Security and Economics)]. Current Issues of Physical Education and Sports № 7, pp. 163 - 172. Paisii Hilendarski University Press, Plovdiv. ISSN 2367-8216

Summary: *This scientific article has a complex focus, systematizing the current problems of hypodynamics and stress among students, enriching the basic*

theoretical and practical statements, as well as leading concepts of local and foreign authors on the problems of hypodynamics and stress. New models for diagnosis and prevention of hypodynamics and stress were applied, which lead to improved functions of the cardiovascular, respiratory and nervous systems. Their effectiveness was proven after studying physical indicators, which can be a good basis for the development of models (programs) combating hypodynamics and stress. The scientific experiment we conducted unequivocally proved the need for different approaches to effectively combat hypodynamics and stress among young people.

Г.7.14. Margaritov, M. (2021). *Metodicheski nasoki v nachalno obuchenie po ski na studenti ot spetsialnost pedagogika na obuchenieto po fizichesko vazpitanie.* [Methodological guidelines in the initial ski training of students majoring in Pedagogy of Physical Education Training]. Current Issues of Physical Education and Sports № 8, pp. 86 - 93, Paisii Hilendarski University Press, Plovdiv. ISBN 2367-8216

Summary: *This article presents a brief overview of the development and history of skiing. It reveals and directs the focus to the basic principles and methods of work in ski education of students majoring in Pedagogy of Physical Education. In order to optimize the educational process, the curriculum used in their training was considered.*

Г.7.15. Margaritov, M. (2022). *Izsledvane na fizicheskoto natovarvane pri elitni futbolni sadii.* [Study of the physical intensity of elite football referees]. Current Issues of Physical Education and Sports № 9, pp. 60 - 66, Paisii Hilendarski University Press, Plovdiv. ISBN 2367-8216

Summary: *One of the main components of the educational and training activity in physical education and sports is physical activity intensity. The article presents some of the tests for physical fitness of elite football referees. An in-depth study of physical activity during the FIFA Fitness Test is performed. A detailed analysis of the pulse curve obtained from a pulse tester is presented. It is observed how the*

recovery is maintained or changed during the test by varying the pulse curve. The importance of the correct reading of the pool programs in the training of football referees is emphasized. In order to more objectively report the results, it is necessary to use specialized equipment.

Г.7.16. **Margaritov, M.** (2022). *Doping i doping control*. [Doping and doping control]. Current Issues of Physical Education and Sports № 9, pp.25 –33, Paisii Hilendarski University Press, Plovdiv. ISBN 2367-8216

Summary: *The article considers doping as the most serious threat to sports. The use of doping substances by athletes in professional, amateur and leisure sports leads to serious risks to public health and necessitates preventive action. The World Anti-Doping Agency is concerned with doping control and prevention of the use of banned substances and banned methods in sport. Every year a ban list is published, which acts as an international standard and identifies substances and methods banned for use in sports. The list is updated annually and each new version comes into force on January 1 of the respective calendar year. The goal of the WADA is to give all athletes an equal chance by neutralizing the use of unauthorized means to improve athletic performance.*

Г.7.17. **Margaritov, M.** (2022). *Po nyakoi teoretichni problemi na sporta i stresa*. [On some theoretical issues of sports and stress]. Current Issues of Physical Education and Sports № 9, pp. 5 - 11, Paisii Hilendarski University Press, Plovdiv. ISBN 2367-8216

Summary: *It has been proven many times in a number of studies that physical activity and sports have a great influence on a person's emotional and mental state. They are a major factor in the fight against depression and mental disorders. They help build better self-confidence and satisfaction and they increase the sense of significance and individuality. The positive emotions which people receive from physical activity help them overcome stress and have a fulfilling lifestyle. However, despite all the claims about the therapeutic nature of sports, it can also lead to stress.*

Co-authored

(Articles published in non-refereed journals with scientific review)

Г.7.18. Margaritov, V., Boeva, S., **Margaritov, M.** (2015). *Diagnostitsirane na dvigatelno-koordinatsionnite sposobnosti na kandidat-studenti chrez prakticheski izpit po gimnastika.* [Diagnosis of motor-coordination abilities of university applicants through a practical exam in gymnastics] in Current Issues of Physical Education and Sports, № 3, pp. 7 - 11. Paisii Hilendarski University Press, Plovdiv. ISSN 2367-8216

Summary: Gymnastics is one of the main types of sports. Gymnastic exercises have an educational-developmental and applied orientation and help to improve the motor functions of students. The purpose of this article is to diagnose the motor-coordination abilities of prospective students through a practical exam in gymnastics. It was established that the proposed gymnastics exam is consistent with both the curriculum in secondary school and the capabilities of the future sports teachers. Allocating enough time, diligence and training by a qualified specialist provide the necessary requirements for a very good performance at the entrance exam in gymnastics.

Г.7.19. Margaritov, V., Boeva, S., **Margaritov, M.** (2015). *Otsenka na vzrivnata sila i koordinatsionnite sposobnosti na kandidat-studenti chrez troen skok ot myasto.* [Assessment of the explosive power and coordination abilities of university applicants through a triple jump from a static position] in Current Issues of Physical Education and Sports № 3, pp. 12 - 14. Paisii Hilendarski University Press, Plovdiv. ISSN 2367-8216

Summary: An integral part of the practical complex entrance exam for the specialty Physical Education at the University of Plovdiv Paisii Hilendarski is the triple jump. The purpose of this article is to present the technique of performing the triple jump from a static position, the norm and the results. It was established that the examination norm allows assessing both the speed-power abilities and the general coordination of the candidates.

Г.7.20. Margaritov V., Boeva, S., **Margaritov, M.** (2015). *Neobhodimost ot otsenka na dvigatelната podgotovka v oblastta na sportnite igri na badeshtite sportni pedagozi.* [Necessity of assessment of the motor training in the field of sports games of the future sports educators] in Current Issues of Physical Education and Sports № 3, pp. 15 - 19. Paisii Hilendarski University Press, Plovdiv. ISSN 2367-8216

Summary: *The curriculum in physical education and sports in primary and secondary education involves mastering technical elements and strategies, tactical interactions and competition rules of sports games - football, basketball, volleyball or handball. The purpose of this article is to justify the need to establish the degree of mastery of basic techniques of sports games of the future sports educators. Based on the obtained results we can confirm the need to conduct an exam in physical education as an opportunity to give a comprehensive assessment on the level of motor-coordination abilities of the assessed.*

Г.7.21. Margaritov, V., **Margaritov, M.** (2017). *Dzhoging.* [Jogging] in Current Issues of Physical Education and Sports № 4, pp. 7 - 15. Paisii Hilendarski University Press, Plovdiv. ISSN 2367-8216

Summary: *One of the universal means of maintaining good psycho-physical health is running. The article examines the positive features of jogging and provides guidelines for its full practice. Its characteristic features, technique and the basic principles which guide it are indicated. Jogging programs for advanced and beginners are recommended. Jogging has proven to be a great tool for ensuring a healthy and harmonious body, as well as for mental relief from daily fatigue and stress.*

Г.7.22. Margaritov V., **Margaritov M.** (2017). *Podbor i prognoziranje na talanti.* [Talent selection and forecasting] in Current Issues of Physical Education and Sports № 4, pp. 16 - 33. Paisii Hilendarski University Press, Plovdiv. ISSN 2367-8216

***Summary:** This article presents the role of talent selection and talent forecasting. The development of human abilities requires the acquisition of certain knowledge, and at a later stage - their creative application in building certain skills and habits. In psychology it is known that talent as a quality of personality is a higher level of abilities and gifts. Human gifts allow for optimal development of abilities in various types of activities. It is necessary to distinguish abilities from knowledge and habits in order to avoid lasting negative consequences.*

Г.7.23. Yordanov V., **Margaritov, M.** (2017). *Vazdeystviето na ekstsentrchnata trenirovka za maksimalna sila varhu maksimalnata sila i muskulnata masa.* [The effect of eccentric training for maximum strength on maximum strength and muscle mass] in Current Issues of Physical Education and Sports № 4, pp. 49 - 58. Paisii Hilendarski University Press, Plovdiv. ISSN 2367-8216

***Summary:** The effect of workout for maximal strength improvement on motor speed and speed of strength has been studied for more than 30 years. These studies are particularly important for sports which require particularly high speed movements. The present study aims to trace the effect of strength training with supramaximal weights and eccentric movements on maximum strength and total muscle mass. Based on the applied methodology, the conclusions which can be made are the following: increase of the maximum strength, the muscle mass of the participants did not increase and did not lead to an increase in total weight. The methodology used can be integrated into the normal training process.*

Г.7.24. **Margaritov, M.**, Georgieva, Ts. (2020). *Povishavane na fizicheskata aktivnost na uchenitsite ot nachalen uchilishten etap na osnovno uchilishtno obrazovanie, chrez izpolzvane na podvizhni igri.* [Increasing the physical activity of primary school students in primary school education through the use of mobile games] in Current Issues of Physical Education and Sports № 7, pp.145 - 153. Paisii Hilendarski University Press, Plovdiv. ISSN 2367-8216

***Summary:** The current research aims to determine the role of mobile games by optimizing physical activity and improving the physical capacity of primary school*

pupils. With the inclusion of more and more diverse mobile games in the curriculum of primary school students and through the gradual workload, their interest is activated and it contributes to the complex development of physical qualities.

Г.7.25. Kabakov, G., **Margaritov, M.** (2021). *Iziskvaniya kam deynostta na Video asistent sadiya (VAR)*. [Requirements for the activities of the Video Assistant Referee (VAR)] in *Current Issues of Physical Education and Sports* № 8, pp. 14 - 22, Paisii Hilendarski University Press, Plovdiv. ISBN 2367-8216

Summary: *The article presents the modern technologies in football refereeing - Goal Line Technology, as well as the video surveillance system Video Assistant Referee (VAR). The present work reveals the high requirements for the various personal qualities and types of preparation for the successful operation of VAR, especially mental resilience and action in extreme situations, for making the right decisions in football matches. Video Assistant Referee (VAR) statistics prove the positive impact of modern technology on football refereeing.*

Г.7.26. **Margaritov, M.**, G. Kabakov (2021). *Faktori na fizicheskata podgotovka na futbolniya sadiya*. [Factors of the physical training of the football referee] in *Current Issues of Physical Education and Sports* № 8, pp. 23 - 32, Paisii Hilendarski University Press, Plovdiv. ISBN 2367-8216.

Summary: *Modern football refereeing is the subject of great attention not only among the sports community, but also by the average football fan. The constant development and improvement of football places ever higher demands on the training of the football referee, which is a key factor for good game management. The dynamics of the football match requires adequacy of action, as well as optimal physical and mental preparation. The purpose of this article is to highlight the main factors influencing the development of physical qualities which determine and influence the overall physical fitness of the football referee. Physical training, realizing and developing motor habits, becomes the basis for stimulating and*

improving motor activity. Optimizing physical capacity helps to improve the performance of the football referees.

Г.7.27. **Margaritov, M.**, Kabakov, G. (2022). *Aktualni testove za opredelyane na fizicheskata deesposobnost pri futbolni sadii – Singal-Dabal-Singal Test (SINGLE-DOUBLE-SINGLE/SDS)*. [Current tests to determine the physical capacity of the football referees - Single-Double-Single Test (SINGLE-DOUBLE-SINGLE / SDS)] in Current Issues of Physical Education and Sports № 9, pp. 50 - 59, Paisii Hilendarski University Press, Plovdiv. ISBN 2367-8216.

***Summary:** This paper presents one of the most current tests for determining the physical capacity of football referees - Single-Double-Single Test (SDS). An in-depth study of twenty football referees was carried out in two stages - initial coverage of the test without adapted preparation for it. A one-month model for physical training was applied, after which a second study of the same group was performed. The results of the sprint runs were monitored and analyzed, as well as the values obtained in the actual endurance test in both studies. The significance of planned and consistent physical training is analyzed.*

STUDIES

Г.9.1. **Margaritov, M.** (2022). *Parvi stapki v uindsarfinga*. [First steps in windsurfing] (23 pages). Plovdiv University Press, Plovdiv. ISBN 978-619-7663-10-5

***Summary:** The current rhythm of economic and technological development is undoubtedly leading to the promotion of sports which were not so widespread in the past.*

Windsurfing is one of those sports which are gaining popularity and interest from sailing enthusiasts. The large number of children who are attracted to windsurfing is impressive.

For a better understanding of the theoretical foundations of this sport it is essential to develop manuals which provide the necessary information in an

accessible way. The current studio aims to introduce beginners to windsurfing and help them with useful knowledge so that they can skillfully make their first steps in this new for them sport.

11.05.2022

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