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both groups significantly, though comparatively in the experimental group it was more significant. Passive mobilizing techniques decreased the pain. There was statistically significant difference in the number of treatment sessions: on average 15.2 for mobilisation techniques versus 19.5 for conventional physiotherapy. **CONCLUSIONS:** The clinical comparison showed that mobilisation techniques were more effective than conventional physiotherapy in regaining wrist joint mobility and improving overall function, and also that they required less treatment sessions.

4539

A SURVEY ON THE EFFECT OF CAFFEINE INTAKE ON HR AND BP CHANGES IN FEMALE ATHLETES

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Purpose. The caffeine affect consumption on HR and BP changes in athletic women.

Method: This study is a semi-experimental research. The Subjects includes 13 volunteer female athletes who have been kept from in taking caffeine, sugar, smoking and drinking alcohol for twelve hours. Initially, the athletes underwent a brachial blood pressure, Then they drank a healthy solution holding special properties successive HR and BP measurements were performed 30 minutes, 60 minutes and 90 minutes after the solution consumption subsequently .For Data analysis used t test and significant alpha ($P < 0.05$) was considered.

Results. The results showed that caffeine consumption to the mean systolic and diastolic blood pressure gradually increased. In connection with resting diastolic blood pressure - diastolic blood pressure 90 minutes and 30 minutes -90 minutes the difference was significant compared to other measurements was not a significant difference.

Conclusion. It may be suggested that the athletes doing sports that have the nature of elevating blood pressure like weightlifting to pay attention to the amount of caffeine contained in the drinkable solution while using caffeine.

4546

PEDAGOGICAL ASPECTS OF TRAINING PERSONS WITH MENTAL DISABILITIES

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Introduction. People with mental disabilities take up sports according to the Special Olympics programme. Training such people becomes harder not only because of mental disabilities but also because of complications caused by them [1]. Nowadays pedagogical aspects of training persons with mental disabilities are researched not well enough witch defines the urgency of this article.

Aim - to optimize training process with persons with mental disabilities.

Methods. The analysis of the special literature and practice, curriculums and mate-Medical and biological aspects of sport

rials of the Internet, pedagogical supervision, the analysis, synthesis and statistical processing of the received results.

Results and discussion. During the competitions while dividing athletes into divisions the degree of mental disability is not taken into consideration. They are divided in accordance to sex, age and level of ability. But during the training process it is important to take into consideration mental abilities. According to ICD-10 there are 4 degrees of mental disability: light, moderate, serious, profound. Mental disability has numerous forms, kinds and clinical presentations [2, 3]. For this people processing and learning occurs at a slower rate. Their attention span is short. During the trainings with persons with general intellectual disabilities it is important to provide repetition (key to athlete gaining new skill development), to train for short periods of time, to think of athletes as literal thinkers. Persons with autism have communications difficulties. While working with this category it is needed to provide highly structured and least distracting environment, to craves established routines, to signal transition change, loud noises, etc [4]. Down syndrome is common for anywhere from moderate to significant intellectual disability. It is genetically caused. People with Down syndrome have atlanto-axial instability. About 10 % of people with Down syndrome have weakened vertebrae [1, 3, 4]. While working with them set clear expectations and limits, use eye contact when talking; work one-on-one to demonstrate new skill (gain full attention), use repetition and review.

Conclusions. During the trainings with persons with intellectual disabilities it is demanded to take into account not only the degree of mental disability, but its forms and characteristics of clinical presentations as well. It will contribute to the improvement of training process and the effective realization of goals of Special Olympics.

4563

COMPARATIVE ANALYSIS OF THE MORPHOLOGICAL FEATURES OF AEROBICS AND DANCE SPORT ATHLETES

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The specificity of the movement activity in the different sports defines different models of the motor system.

In this study we aimed to compare the morphological features of aerobics and dance sport athletes depending on the specificity of movement activity.

36 athletes were studied, 23 in aerobics and 13 in dance sport.

Their height, weight, armspan, length of lower limb, muscular measurement of armpit and thigh, were measured. Derivative indexes were deduced – percentage of body fats, absolute quantity of fats, active body mass, absolute quantity of muscular mass, percentage of muscular mass, mass-water component. The data were statistically processed through variation analysis. The Student's T-criterion was used to compare the two groups. Significant differences can be seen in the indexes: weight, active body mass, absolute quantity of muscular mass, % muscular mass. A connection with the different movement activity is made. The study of the morphological features can be used in the monitoring of the effectiveness of the training process.

E

- Ellouzy, M.171
Emini, B.152, 94, 98

F

- Fazlani, T.34
Fenerova, D.146, 151, 161
Fokina, N.66

G

- Galov, M.56
Ganchev, D.185
Gantcheva, G.43, 54
Garkov, V.88
Gateva, M.68
Gaber, M.166
Gencheva, N.101, 195, 200, 201
Genchev, K.201
Genchev, K.195, 200, 101
Georgiev, M.151, 161
Georgiev, N.73
Georgiev, M.146
Gevat, C.65, 77, 140
Ghiami, R. A.186
Ghiami Rad, A.146
Gigova, V.89
Gihan, Y. Elsayy187
Gikova, M.192, 193
Golmaganizadeh, N.146
Goncharenko, E.191
Goranova, Z.208, 209
Gotova, Z.180
Grancharska, K.183
Groshev, O.71, 74
Gülmez, I.41
Gutev, Gr.79

H

- Hadjiev, H.29
Hamza, S. A.177, 187
Hartmann, K.27
Hoshair, A.M.163, 176
Hristov, R.82

I

- Iancheva, T.142, 154
Ianeva, A.56
Ignatov, P.174
Ignjatović, B.103
Ikonomov, M.71
Ilic, J.150
Iliev, I.93
Iordanov, P.71, 74

- Iotov, I.63
Ivanov, A.94, 124, 97
Ivanova, E.194
Ivanova, St.101
Ivanov, Iv.101
Ivanov, V.106

J

- Jakovljevic, S.47, 55, 143
Jelev, I.38
Jelazkov, St.62
Jemni, M.34
Jordanova, N.130
Jordanov, J.164
Jordanov, V.150, 160
Jorgić, B.103
Jovanovic, S.60
Jovanovski, J.61

K

- Kanaan, I. M.88
Kaloupsis, S.42
Kancheva, M.154
Karalejic, M.45
Karlenko, V.66
Kasnakova, P.194
Kasum, G.143
Kaupuzs, A.113
Kawolexe, A.69, 70
Kazaklis, K.58
Khazhal, K.86
Kirov, P.173
Kiuchukov, I.44
Kobrinsky, M.168
Kocergina, N.74
Koleva, S.98
Köseoğlu, A.92
Kossev, A.39
Kostov, Z.,156
Krustev, L.45, 71, 74
Kraydjikova, L.186, 211
Krejci, M.148
Krisjanis, K.81
Kropivnitskaja, T.133
Krulj-Draškovic, E.104, 153
Kurtovic, N.61, 206
Kutincheva, P.127

L

- Lankmaag, E.209
Larins, B.113
Larion, A.65, 77, 140
Lefterov, Ev.145, 164
Liah-Porodka, O.136