

IVSS SEMINAR BOROVETZ 2012



7 Nations - 30 Participants - 12 Presentations



Oral and poster presentations

Prof. Bachev Vihren PhD, DSc (IVSS Executive board member, Bulgaria):

IVSS - Characteristics, Missions And Benefits

1. **Irma Linartaite** (student from Lithuania): **Snow sports for students in Lithuania**
2. **Константин Чолаков** – Адаптация на съвременни методики за ски обучение при студенти; **Konstantin Cholacov** (PhD student, Bulgaria): **Adaptation of ski teaching methods to university students**
3. **Kamil Borowski; Magdalena Beginska; Damian Daniel Swierszcz** (students, Poland): **Organization on the winter students camps in Poland**
4. Assoc.prof. **Nicolay Panayotov**, PhD (NSA, Bulgaria); **Ermach Aicora** (PhD student, Turkey) –Удоволетвореността при студенти –водещ фактор при заниманията със снежни и планински спортове: **The satisfaction of skiing– favorite factor by students ski teaching**
5. **Yoanis Psaracos**, PhD (Greece); **Zlatev Boyan** (student, Bulgaria): **Comparative analyses between children and students ski teaching**
6. **Татяна Христатијева** Специализирана терминология за сноуборд при чуждоезиково обучение на студенти от НСА; **Tatiana Christacieva** (NSA, Bulgaria): **The snowboard terminology by foreign languages teaching for students**
7. Assoc.prof. **Atanas Dimitrov**, PhD (Bulgaria) – Обективен контрол на физическото натоварване при студенти скиори –алпйци: **Objective control of physical skiing loads by alpine students skiers**
8. **Magdalena Beginska; Damian Daniel Swierszcz; Kamil Borowski** (students from Poland): **Games on snow**
9. Prof. **Alexander Naumovsci**, PhD; Assoc.prof. **Strasho Gligorov**, PhD; Assoc.prof. **Seryoja Gontarev**, PhD (Macedonia): **Comparison of basic training techniques ski synthetic and analytical methods by the students**
10. Assoc.prof. **Seryoja Gontarev**, PhD; Prof. **Alexander Naumovsci**, PhD; Assoc.prof. **Strasho Gligorov**, PhD (Macedonia): **Differences in motor abilities of students who are included skiing and wrestling freestyle**
11. Assoc.prof. **Strasho Gligorov**, PhD; Assoc.prof. **Seryoja Gontarev**, PhD.; Prof. **Alexander Naumovsci**, PhD (Macedonia): **Attitudes and interests of students for dealing**





IVSS - CHARACTERISTICS, MISSIONS and BENEFITS

Prof. Vihren Bachev, PhD, DSc
IVSS Executive board member - Bulgaria



Structure of the Lecture

- * 1. IVSS – what this mean ?
- * 2. Mission and goals
- * 3. Benefits
- * 3. Members
- * 4. Executive board
- * 5. IVSS activities
- * 6. Intention
- * 7. Some important rules
- * 8. Conclusions





BORO  **SPORT**



Conclusions

1. We should assume in the future that universities and schools are especially characterized by ski instructors who will be not only trained.

2. They will be pupils who will be taught and furthermore open questions of skiing can find an answer -movement phenomenon, questions about capacity and security.

3. However it is important that the IVSS gives consideration to the variety of the countries which the organization includes and that the IVSS offers models and does it without any constrained structures.

Irma Linartaite (student from Lithuania):

Snow sports for students in Lithuania



“Snow and winter activities for students in Lithuania”



Lithuanian academy of physical education, Kaunas

- As an independent institution – Lithuanian State Institute of Physical Education was founded after the Second World War in 1945.
- In 1999 the Institute was renamed into Lithuanian Academy of Physical Education.
- The Academy has 2 faculties, 9 departments, 8 research laboratories and 1 continuing education centre.
- The Academy offers 19 study programmes: 8 undergraduate, 9 Master and 2 doctoral study programmes.



“Snow arena”

Skiing complex „Snow Arena“ – complex, located in territory of 8 hectares, where three skiing slopes covered with snow, for the alpine skiing and snowboarding are equipped under one roof.



Activities in “Snow arena”

- The skiing slopes
- Snowboard park
- Equipment rental
- Skiing school
- Fun park for children
- Restaurants and bars
- Skydiving
- Accomodation





Skiing center in Birštonas

Birštonas ski center in winter is a ski trail to the mountain of Vytautas on the right bank of the Nemunas river.



Birštonas prepared ski slopes extension project. Preparing to install a second lift, the additional track skiers and snowboarders. During the summer season is expected to 40 m high hill to use the summer toboggan and mountain biking.

Kamil Borowski, Magdalena Beginska, Damian Daniel Swierszcz
(students from Poland):

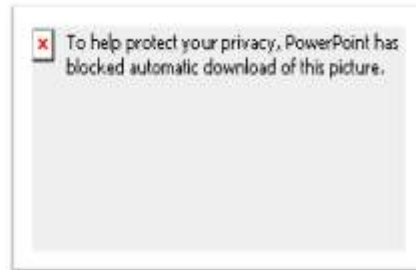
Organization on the winter students camps in Poland



Schedule of presentation:

- ▶ 1. **Mountains in Poland.**
- ▶ 2. **Physical education in Lomza.**
- ▶ 3. **Description of winter base in Kluszkowce.**
- ▶ 4. **Basic information about winter camp.**
- ▶ 5. **Particular program of education on the winter camp.**





Days of skiing: 10 days

- basic practical classes 5h per day;
- extra practical classes – depends of your ambitions;
- theoretical lessons: 1h per day / including: techniques of skiing, safety on slope, first aid, method of learning;
- games and fun – almost every day of our stay.

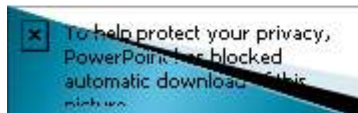
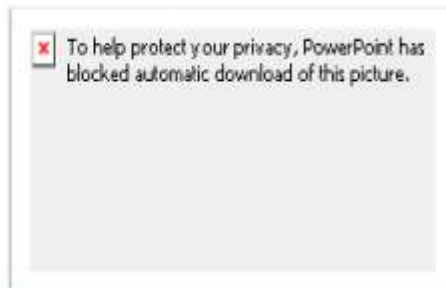


Particular program of education on the winter camp:

Our curriculum:

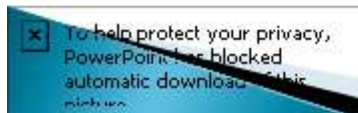
The hardest days on the winter camp :

- Learn basic skiing skills.
- 1/3 days: Learn basic skiing skills: wearing ski boots, skis, clothes walking, running, learning how to travel by plow, improve.
- 4/5 days: learn parallel riding, rally from the different slope, learning body carving.



Enjoy skiing:

- 6/7 days: Perfecting your skiing skills.
- 8 day : The competition and theoretical exam.
- 9 day: Verification and summary our skiing skills.



Night skiing:

- 5/9 day : Free time on the slop in the evening.











