FOREWORD

The Department of Sport at Sofia University „St. Kliment Ohridski" is an academic unit whose primary mission is the organization and implementation of physical education and sports, as well as the promotion of physical activity and a healthy lifestyle within the academic community.

Alongside its significant pedagogical and practical role, the Department of Sport purposefully strives to establish modern physical education and sports on a rigorous scientific foundation. This commitment is reflected in a long-standing tradition of organizing an annual scientific forum. In 2025, the Department of Sport at Sofia University organized and held – for the seventeenth consecutive year – the International Scientific Conference titled "Modern Trends in Physical Education and Sports." The forum continues to establish itself as a platform for the exchange of ideas, the presentation of research findings, and the discussion of current issues in the fields of physical education, sports, and recreation.

The scientific forum covers four main thematic areas, which address issues related to physical education, sports, and recreation, as well as their connections to other activities and scientific disciplines:

- Physical education, sport and recreation in the educational system.
- Prevention for health – recreation, animation, and sports for all.
- Theory and methodology of physical education and sport.
- The relation of physical education and sport to other activities and science areas.

The conference team's primary objectives are to enhance the quality of research in sports science and to foster the development of young researchers, PhD students, and teachers. The Department of Sport at Sofia University remains committed to refining the forum's organization and elevating the scientific standard of the presented publications – aligning them with contemporary academic requirements and the broader mission of advancing sports science in Bulgaria.

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Assoc. Prof. Ivanka Karparova
Chair of the Organizing Committee