



Fund “Nauka” Project № 18003 Resume – Competitive-based Session 2018:

“Influence of the Bulgarian folk dances on health and quality of life of the students from Medical University of Varna”

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The study presents scientific evidence that would lead to successful health and educational solutions to physical activity problems, by tackling high levels of stress through primary prevention among students in higher education.

Globally, researchers are increasingly interested in the benefits of dancing on health and well-being of people of all ages. Bulgarian folk dances (BgFD) are a unique national treasure, and in recent years, the interest of young people in them has revived. Therefore, research in this direction is timely and necessary.

The aim of the project was to study the impact of BgFD on the health and quality of life of students from the Medical University - Varna (MU-Varna), taking into account the changes in their emotional, mental and physiological state during BgFD classes. On this basis, a Delphi study was conducted, which reached an expert consensus on the place of BgFD in the students' curriculum. The driving hypothesis has been proven: BgFD are equivalent in terms of physical activity to sports activities, e.g. BgFD have a beneficial effect, as well as sports activities, on the organization of everyday life, on stress levels and on the overall health of students studying BgFD. Consensus has been reached on the role and place of BgFD in higher education.

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The achieved results can be framed in six directions:

1. History of physical activity; students' attitudes and motivation.
2. Assessing the levels of subjective health among students.
3. Assessment of the stress levels of students.
4. Anthropometric profile of the students.
5. Delphi technique, which reached a consensus on the special place of the BgFD in the academic curriculum.
6. Developed an innovative electronic educational tool "Guide for BgFD" in order to enhance physical activity among the students.

The dissertation is a scientific contribution to the "National Strategy for the Development of Physical Education and Sport in Bulgaria 2012-2022". The study of BgFD is a health promotion strategy, an equal alternative to sports activities. BgFD are a social phenomenon that has its special place in the academic curriculum.

Research articles are published indexed in Web of Science and in other scientific platforms.