



**5<sup>th</sup> International Conference**  
of Physical Education and Sport Sciences

**“New Direction of Physical Education and Health: From Theory to Implementation with Turkish and Global Perspective”**

**04-06 December 2018**  
**Nevşehir/Cappadocia**  
**TURKEY**

**PROCEEDINGS**



# 5<sup>th</sup> International Conference of Physical Education and Sport Sciences



04-06 Dec 2018  
Nevşehir, Cappadocia /TURKEY

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## PROCEEDINGS

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## PREFACE

On behalf of the organizing committee of the 5th International Conference of Physical Education and Sport Sciences, we are delighted to have the opportunity to continue such a prestigious conference at Nevşehir Hacı Bektaş Veli University, School of Sport Science and Technology in Cappadocia, Turkey. Therefore, we are especially thankful to the Rektor, Prof. Dr. Mazhar BAĞLI for his full supports. On behalf of the organizing committee of the 5th ICPESS 2018, it is our pleasure to present to you the official book of full-text of the conference. The scientific program of the conference concentrates on the theme of "New Direction of Physical Education and Health: From Theory to Implementation with Turkish and Global Perspective ". We hope this book will be a platform for the dissemination of research results in the field of physical education, sports and health without borders, also a platform for the interaction between local and international experts, and encourage further research via the exchange of ideas among researchers and representatives from schools, universities, Ministry of Education and Ministry of Sports. Many of the dignitaries who shared their special time with us in this event, have also changed previous commitments in their academic and professional duties to find time to render stimulation and appreciation to the international scientific community from more than 30 different countries from all over the world and more than 20 different cities of Turkey. We hope you enjoy the conference programme that has been put together and wish you all a very productive and successful conference and also a very pleasant time in Cappadocia

Kind regards

**Prof. Dr. Ming Kai CHIN**  
International Advisor

**Assoc. Prof. Dr. Fatma SAÇLI UZUNÖZ**  
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### **School, community and university partnership in promotion of healthy and active lifestyle – Macedonian perspective and experiences**

Promotion of health and wellbeing, creating habits for healthy and active lifestyle and behaviour is a goal of every country worldwide. It's a process that starts at the very early age and continues during the life span. This process starts in the family surrounding, continuous with the process of physical education through the educational system, from pre – school education up to universities. It's a process that requires joint efforts of all authorities including pre – school institutions, schools, universities, community and stakeholders. The aim of this workshop is to share the Macedonian perspective of this partnership, sharing the experiences in cooperation between pre – school institutions and schools in Stip, Republic of Macedonia, initiated by the Goce Delcev University and supported by the municipality and local stakeholders. Several examples of good practice from Macedonian perspective will be presented. They refer to cooperation of Goce Delcev University in Stip and local schools including coorganization of sport events such as: day of sport for parents and children, family day for traditional movement games, sport and family values, implementation of BB projects in schools etc. Several examples will be shared regarding the partnership between university and community as well as the university and local stakeholders. The main emphases will be pointed toward the gains from such form of partnership and cooperation, the impact toward changing the awareness for healthy and active living as an essential issue, but also toward the usual problems that arise during such cooperation. Possible solutions and directions for future actions will be suggested. A possible proposal for international cooperation and partnership between countries and institutions will be shared, as a manner of acting local and thinking global toward the mutual goal – healthy and active children as citizens of the world.