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**GOVERNMENT POLICY FOR DEVELOPMENT OF SPORT AND  
PHYSICAL ACTIVITY AMONG THE BULGARIAN POPULATION  
1944–1989**

(Summary)

The new government in Bulgaria after September 9, 1944 turned sport and physical activity into state policy aiming to: improve the health of the nation under the conditions of increasing automation of industry; increase the working capacity and defense capabilities, as well as to broaden the base for recruitment of athletes capable of doing high performance sport. Requirements for physical activity covered all age groups and were implemented by organizing tourist excursions, mass exercises, local and republican competitions and para-military training. The study traces the organizational and methodological development of forms to mobilize the population in sports and tries to reveal how effective the policy was in respect to goals.