**Dear participants and guests!**

 On behalf of the International Association of the Physical Education and Sport Universities, I`m glad to salute the participants of the XX International Scientific Congress "Olympic Sport and Sport for All", which takes place in the hero-city of Saint-Petersburg.

Over the past decades, with the increasing public attention to health and physical exercise, the interest in sport has grown even bigger. Sport is one of the best ways to improve people's health and it's also an effective form of education, which develops great qualities such as determination, courage and endurance, strengthening the international authority of the nation.

For us - sports activists, scientists, and educators - is important to incorporate into the society the principle of a healthy lifestyle, based on regular physical training and sports, which is the foundation of the Olympic movement.

There are wise range of problems to be discussed on the Congress - Olympic sport and sport for all, creation of new forms of physical education and sports activities and engineering of health-recreational programs. All of this will promote the further development of the theory and practice of Olympic sports, international sports movement and the world of sports science.

It is noteworthy that this congress is held at the Lesgaft National State University of Physical Education, Sport and Health, which is the cradle of sports science, a major scientific, educational and sports center in Russia, and which is now celebrating 120 years since its foundation.

I am sure that the XX International Congress "Olympic Sport and Sport for All", in which will participate major foreign and domestic scholars and experts, will contribute to the expansion of the international cooperation, the deepening of scientific research in the field of physical culture and sport, Olympic education, and will unite sports movements in our countries.

I wish to the participants of the Congress success and productive work.



President of the International Kairat Zakiryanov

Association of Physical

Education and Sports

Universities,

Professor