

OPINION

by **Full Prof. Iren Yordanova Peltekova, PhD**
SU "St. Kliment Ohridski",
member of the jury on the basis of Order №1360/12.05.2022
of the Rector of Trakia University - Stara Zagora.

The competition for the occupation of the academic position "associate professor", field of higher education 7. Health care and sports, professional direction 7.6. Sports, in the scientific specialty "Theory and methodology of physical education and sports training, including the methodology of therapeutic physical education (physical education, sports and therapeutic physical education)" for the needs of the Department of "Physical Education and Sports" of the Faculty of Economics, was announced in the State Newspaper. No. 24/25.03.2022.

The only candidate is senior lecturer Plamen Georgiev Petkov, doctor.

Brief biographical data

Senior lecturer Plamen Petkov, PhD is a full-time teacher with 11 years of work experience at TrU (Stara Zagora), Faculty of Economics, Department of Physical Education and Sport - from 2011 to the present. Prior to that, the applicant had 13 years of experience as a pedagogical specialist - a teacher of physical education and sports in school education - from 1997 to 2010.

Plamen Petkov defends his doctoral thesis on 21.02.2019 at VTU "St. St. Kiril and Metodi" (Veliko Tarnovo) on the topic: "Specialized fitness training for students".

The candidate acquired his secondary education at "Hristo Botev" Secondary School in St. Zagora in 1991. Plamen Petkov's next step was related to the acquisition of a bachelor's degree in education from PU "Paisiy Hilendarski" (Plovdiv) with the qualification "Primary teacher", specialization: Physical education - 1997. The same year, the candidate successfully acquired a specialty "Teacher of FES" at the "Vasil Levski" NSA (Sofia) in Postgraduate (SDK). In 2010, Plamen Petkov graduated with a professional qualification "Master of Physical Education" at the Faculty of Teachers of the National Academy of Sciences "Vasil Levski" (Sofia).

The coaching experience of Plamen Petkov, PhD is related to training, competition and organizational work with the representative volleyball teams (men and women) of Trakia University. With these teams, he participated in zonal championships, open tournaments, varsity championship finals, championships, summer varsity games and more.

Plamen Petkov is a holder of the 4th Dan in Taekwondo. As a Taekwondo competitor, he has won gold, silver and bronze medals from republican, Balkan and international competitions.

Educational and pedagogical activity

The candidate for associate professor Petkov, as can be seen from the reference and from the duly attached documents, has the required classroom workload – 554 study hours, of which 47 hours of lecture course and 507 practical course, all related to the direction of the competition. Information related to scientometrics shows that it meets requirements to a very high degree. Senior lecturer Plamen Petkov, PhD participated in the competition for associate professor with presented materials for 925 points, with a required minimum of 360 points. This gives me reason to accept the presented materials as sufficient scientific production of the candidate.

Scientific and applied scientific activity

The package of opinion materials includes: one monographic work, 16 scientific reports and articles and a reference with 8 citations of the author.

The cited articles are correctly bibliographically written, both the cited article and by whom it is cited - no self-citation is noticeable. It makes a good impression that six of the articles are cited in the indexed Trakia Journal of Sciences, one is in a foreign edition (Poland) and one is in a collection of the MNK of the MU, Pleven.

The monographic work proposed for opinion entitled "*Optimization of strength training of students using the circular method*" is presented in total in 157 pages, of which - 149 main text, used literature - 8 pages with 115 sources. The work is illustrated with 32 tables and 98 figures. The entire text in the monograph is structured in a preface, three chapters, references and a conclusion.

Of the publications presented, 12 were published in English in Trakia Journal of Sciences (Web of Science), 4 in Bulgarian. As independent works, the candidate has written 9 articles and reports and 7 in co-authorship.

The list of scientific publications, their abstracts and the contribution reference is distinguished by accuracy and presents full information about their content.

The scientific publication activity shows the upward development of Plamen Petkov as a teacher, researcher and improving specialist in physical education and sports.

Senior lecturer Plamen Petkov, PhD has participated in 16 international scientific conferences and 5 national ones, as well as in 7 scientific research projects.

Contributions

Plamen Petkov's research interests are in the field of teaching physical education and sports to students with a non-sport orientation and the publications show a step-by-step and in-depth analysis of topics related to physical education and sports in higher schools. The methods of teaching and developing physical qualities and the motivation of students for a healthy lifestyle through physical exercises both during studies and in their free time were investigated.

The main contributions of the candidate are presented in the monograph "*Optimizing strength training of students using the circuit method*" (2022).

The monographic book enriches and modernizes the content of the curricula of physical education and sports in higher schools. The specialized model for fitness training developed by Dr. Plamen Petkov, based on the circular method of motor activity, proves its applicability in students' practical activities, stimulates their activity for physical exercises in class and in their

he performs, looks for new methods of working with students, is interested in new technologies, while at the same time using time-proven approaches in his work. With this, it contributes both to its development and strengthens students' interest in sports not only during school hours, but also in their free everyday life. Plamen Petkov always treats colleagues and students with respect. He seeks the opinion of more experienced teachers, is always an active participant in sports forums of teachers from universities.

Critical notes and recommendations


I have no critical comments on the materials presented by the candidate.

I would recommend Senior Prof. Plamen Petkov, PhD to increase his participation in scientific conferences outside his university, which will contribute to a wider dissemination of his results and create opportunities for joint work and scientific discussions with other colleagues, working in the field of physical education and sports.

Conclusion

Bearing in mind the above and based on the presented scientific contributions, scientific production, teaching activity, participation in scientific projects and forums, which meet the requirements and in the capacity of a member of the scientific jury, I offer to the honorable members of the scientific jury, senior lecturer Plamen Georgiev Petkov, PhD to be elected to the academic position of "associate professor" at the University of Trakia in the Faculty of Economics, department of "Physical Education and Sport" in the professional direction 7.6. Sport, majoring in "Theory and methodology of physical education and sports training, including methodology of therapeutic physical education (physical education, sports and therapeutic physical education)".

18 July 2022 г.

Member of the Jury: 
/Prof. Dr. Iren Peltekova/