



To the Chairman
of the scientific jury

STANDPIONT

From Full Prof. Nadejda Georgieva Yordanova – Stoyanova D. Sc.

On the contest for the academic position “Associate Professor”, Scientific field 7. Healthcare and Sport, Professional direction 7.6 Sport Scientific specialty “Theory and methodology of physical education and sport training, including physical therapy”

Trakia University, Stara Zagora, Department ‘Physical Education and Sport’, announced at DB, No 24, on 25th March 2022.

1. Information about the contest

The contest is for **one Associate Professor** Position in the field of “Theory and methodology of physical education and sport training, including methodology of medicinal exercise” at Trakia University, Stara Zagora, Department ‘Physical Education and Sport’, announced at DB, No 24, on 25th March 2022.

There is only one candidate in this contest, Mr Plamen Georgiev Petkov, who has a basic employment contract at the Department ‘Physical Education and Sport’. The candidate meets the criteria of Art. 42 of the Law of the Development of Academic Staff of the Republic of Bulgaria and the Rulebook of Trakia University for the regulation and order of acquiring a scientific degree and award of academic position.

The procedure of the contest was followed. There were no violations of the rules.

2. Information about the candidate

Mr Plamen Georgiev Petkov secondary school diploma from COY “Hristo Botev” school, Stara Zagora in 1991. He continued his education at Pedagogical University “Paisiy Hilendarski” in Plovdiv where he graduated in 1997 with a bachelor degree in ‘Primary School Pedagogy’. He has a Master degree in ‘Physical Education and Sport’, which he received in 2010 at National Sports Academy “Vasil Levski” in Sofia.

The main steps in his professional development can be described as below:

- 1997; 2010 – Graduates from university
- 1997 – Graduates from National Sports Academy and obtains a teacher qualification
- 2002-2008
- 2019 – Successfully awarded the educational degree "Doctor" in area of Higher education after completing a dissertation on a topic ‘Specialty Fitness Preparation for Students’.

Project work: Mr Plamen Georgiev Petkov has participated in 7 university projects

The professional development of the candidate for the academic position of ‘Associate Professor’ shows an upward trend. His efforts deserve my high appreciation of his work.

Personal Competencies:

Mr Plamen Georgiev Petkov has a very good level in Russian language and good level in English. His computer literacy is at a very high level. He is very precise in his work, has very good communication skills and adapts easily when working with others.

3. Description of the academic work

The candidate for the academic position of 'Associate Professor' has provided a list with 17 titles where he is the sole author or a joint co-author (1 monograph and 16 articles in scientific annuals and collections of scientific conferences) as below:

- Publications and reports published in scientific publications, referenced and indexed in world-renowned databases of scientific information - 12
- Publications and reports published in non-refereed peer-reviewed journals or published in edited collective volumes – 4
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The majority of them treat problems related to the motor abilities of students, training in sports and increasing their physical performance through the means of physical education and fitness. Other students and teachers can also use them.

According to the scientometric criteria, the candidate has presented a monograph "Optimization of the strength training of students using the circuit method" in volume 158 pages, in which he examines the possibilities of increasing the physical training of students in higher education through a built training model, the results of which he analyzes.

All the works in the list submitted by the candidate for the academic position 'Associate Professor' have been published.

A very good impression is made by the fact that almost all publications are directly related to the theme of the announced competition and are placed in yearbooks, in collections of scientific conferences, which are subject to review before their printing.

The scientific pursuits of the candidate for the academic position of 'Associate Professor' are clearly outlined and can be split in the following categories:

- Theoretical and methodical problems of sports training in higher education institutions;
- Prevention and healthy lifestyle;

It is clear from the attached documents that the citations noticed are 8 in number.

4. Scientific Contributions

The following main scientific contributions stand out in the research activity of Mr Plamen Georgiev Petkov:

- The candidate has developed and implemented in practice an adapted fitness program with expanders and another based on the application of the circular method. Both programs can be used in sports education in other higher education institutions.
- Studied the attitude of students towards the learning process of physical education and sports, their activity in their free time and their motivation for practicing fitness. He pointed out ways to optimize, as well as recommendations for observing a healthy life.
- He researched the problem of prevention of spinal distortions by tracking disorders in the posture of students. He has developed prevention programs.

Teaching Work

Mr. Plamen Petkov provides the training for the students from SF and AF in the disciplines "Physical education and sport" and in "TOLFC". He gives lectures on these disciplines with a horarium at 16 hours and 15 hours respectively and leads the exercises. His total annual workload is 554 hours.

I cannot fail to note the contribution of colleague Petkov to popularizing the game of volleyball among students. He carries out a training process with the representative teams of Trakiya University, with which he participates in the calendar of AUC "Akademik", in the summer university games and other sports events.

CONCLUSION

The scientific works presented by Mr. Plamen Georgiev Petkov meet the requirements for holding the academic position 'Associate Professor' according to the announced competition. They contain sufficient and essential scientific-theoretical and scientific-applied contributions to pedagogical science. Bearing in mind all this, as well as the thematic focus of the announced competition, I give my positive assessment and call on the members of the scientific jury to support senior lecturer Mr. Plamen Georgiev Petkov to occupy the academic position '**Associate Professor**' in Theory and Methodology of Physical Education, sports training (incl. physical therapy), field of higher education 7. Health care and sports, professional direction 7.6. Sports.

25.07.2022.

Reviewer: Prof. Dr. N.  Yordanova