

ТРАКИЙСКИ УНИВЕРСИТЕТ  
Стара Загора  
Спортишки факултет

Вх. №: 828  
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## О P I N I O N

To Assoc. Prof. Ruslan Lyubomirov Hristov, PhD - National Sports Academy "Vasil Levski", member of a specialized scientific jury on:

the participation of senior lecturer Plamen Georgiev Petkov, PhD in a competition for the academic position of "Associate Professor" in the field of higher education 7. Health and Sports, professional field 7.6. Sports, specialty "Theory and methodology of physical education and sports training, including methodology of physical therapy (physical education, sports and physical therapy), for the needs of the Department of Physical Education and Sport at the Thracian University of Stara Zagora.

The submitted documentation for participation in the competition for the academic position "Associate Professor", announced in the State Gazette, issue 24 of 25.03.2022, p. 151, meets the requirements for admission to participation. Senior lecturer Plamen Petkov graduated from the Paisii Hilendarski University of Plovdiv in 1997. with a bachelor's degree. In the same year he successfully completed a bachelor's degree at the National Sports Academy "Vasil Levski" with a degree in "Physical Education Teacher". In 2010 graduated with a Master's degree from the Vasil Levski National Sports Academy with a professional qualification in Physical Education and Sports.

From 1997 to 2010 is a teacher of physical education and sports at Zheleznik High School, PGSAG "L. Bayer "and the 3rd Kolyo Ganchev Primary School. From 2010 to 2011 is a part-time lecturer at TrU-Stara Zagora, Faculty of Economics, Department of Physical Education and Sports. From July 2011 Until now he is a full-time lecturer at the Faculty of Agriculture, teaching classes with students from the Faculty of Economics, the Faculty of Veterinary Medicine and the Faculty of Agriculture.

In 2019 successfully defended her doctoral dissertation at the University of Veliko Tarnovo "St. St. Cyril and Methodius "in Veliko Tarnovo on the topic "Specialized fitness training for students ", for which he received an educational

and scientific degree "Doctor" in Theory and Methodology of Physical Education and Sports Training.

In parallel with the teaching activity in TrU, senior lecturer Plamen Petkov, since 2013. leads the representative volleyball team (men) of the university, and since 2016. is also the coach of the women's volleyball team. With these teams, he regularly participates in volleyball tournaments from the AUS sports calendar, where he has worthy rankings.

The scientific production with which the candidate participates in the competition meets the legal requirements for the award of the academic position "Associate Professor".

The presented materials show that the candidate has experimented, published and implemented methodological approaches and results of diverse scientific and applied research activities, such as:

- Dissertation for the award of educational and scientific degree "Doctor";
- Habilitation work - monograph;
- Publications and reports published in scientific journals, referenced and indexed in world databases with scientific information - 12 pcs. independent and co-authored;
- Publications and reports published in non-refereed journals with scientific review or published in edited collective volumes 4;
- Citations or reviews in scientific journals, referenced and indexed in a world-famous database of scientific information or in monographs and collective volumes 8;

The main contributions from the research and teaching activities of Prof. Plamen Georgiev Petkov, PhD, are most closely related to his professional interests, as well as to specific research in the field of:

Experimentation, testing and implementation of new motor programs for students, including "Fitness program with expanders" and "Specialized fitness program based on the circular method".

The theoretical and applied aspects of physical fitness are considered and the need to create an educational program for a healthy lifestyle to physical education classes is revealed.

The adaptive changes in the pulse rate of the students were experimentally studied.

Develops and optimizes problems of general theoretical and practical importance such as: - study of the attitude of students to the learning process in physical education and sports and their motivation for fitness in leisure time; study the

eating habits of students and their attitude towards the use of dietary supplements and anabolic steroids by athletes.

Directs attention to the prevention and prevention of students' health.

Conclusion:

Based on the overall scientific-applied and teaching activity, I believe that senior lecturer Plamen Georgiev Petkov, PhD, has met all the requirements for obtaining the academic position of "Associate Professor", for which he has proven scientific and pedagogical competence.

The above gives me a reason to propose to the Distinguished Members of the Specialized Jury to award him the academic position of "Associate Professor".

05.07.0722

Sofia

Prepared the opinion:



/ Assoc. Prof. Ruslan Hristov, doctor /