

ТРАКИЙСКИ УНИВЕРСИТЕТ	
Стара Загора	
Спортистки факултет	
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## REVIEW REPORT

**By Assoc. Prof. Anna Tihomirova Bozhkova, DSc**

Member of the scientific jury at the competition for the academic position "Associate Professor", order №1360 / 12.05.2022, Thracian University - Stara Zagora

### **I. Competition data**

The competition procedure is open for the position of an associate professor in the scientific specialty "Theory and Methodology of Physical Education and Sports Training, including Methodology of Therapeutic Physical Education (Physical Education, Sports and Therapeutic Physical Education)" for the needs of the Thracian University - Stara Zagora, Department of Physical Education and sport, promulgated in the State Gazette, issue 24 / 25.03.2022.

The only candidate in the competition is **Senior Lecturer Plamen Georgiev Petkov, PhD**, who meets the requirements arising from the meaning of Art. 24 of the Act on development of academic staff in the Republic of Bulgaria, the Regulations for its application and the Regulations of the Thracian University - Stara Zagora on the terms and conditions for obtaining scientific degrees and holding academic positions in the field of higher education 7. Health and sports, professional field 7.6. Sports.

*I do not find any violations of the procedure for the announced competition for the position of "Associate professor".*

### **II. Candidate details**

- In 1991 he finished secondary education at the "Hristo Botev" High School, Stara Zagora;
- In 1997 he graduated from "Paisii Hilendarski" University of Plovdiv, speciality "Primary School Pedagogy", Bachelor's degree;
- In 1997 he acquired from Postgraduate Education Centre of the National Sports Academy, Sofia, the qualification "Physical Education Teacher";

- In 2010 he receives a Master's degree from NSA, Sofia, in "Physical Education and Sports";
- In 2019 he obtained the educational and scientific degree Doctor in the field of higher education 1. Pedagogical sciences, Professional field 1.3. Pedagogy of training in... Scientific specialty "Theory and methodology of physical education and sports training" on "Specialized fitness training for students."

### **II.1. Other skills and competencies**

- In the period 2002-2008 the candidate defended II, III, IV and V Professional qualification degrees in the Department for information and professional development of teachers at the Thracian University - Stara Zagora;
- He completed the Professional and Pedagogical Specialization "Working with Computers and Information Technology for students 1.-4. grade" at the Department of Information and Teacher Training at the Thracian University - Stara Zagora in 2006;
- He has experience in organizing and conducting sports competitions;
- He conducts a training process with the representative volleyball teams of the Thracian University (men and women) and participates in competitions of various ranks (zonal championships, open tournaments, student championship finals, summer university games);
- He participated in the development and implementation of seven university research projects.

### **II.2. Teaching experience**

From the submitted Reference document №1, attached to the reports for announcing the competition for an academic position, it can be seen that the planned classroom teaching employment of Senior lecturer Plamen Petkov, PhD is 554 hours, out of which 32 hours are Lectures and 507 practical hours in the discipline Physical education and sport, and 15 hours Lectures in the discipline "Theory of the training in therapeutic physical education".



In my opinion, the candidate is a good pedagogue who manages to motivate his students in the classes by using and introducing modern methods in the taught curriculum.

*The presented data give an idea of successful professional development of Senior lecturer Plamen Petkov, PhD, with a hierarchy in the academic growth for a competent and well-trained specialist in the field of the announced competition.*

### **III. Research production**

For the purposes of the competition procedure for associate professor, Senior lecturer Plamen Petkov, PhD, has presented 17 titles as an independent author or co-author.

The list of scientific productions includes:

- *Habilitation work - monograph (B.3.) – 1 p.;*
- *Publications and papers published in scientific journals, referenced and indexed in world-famous databases of scientific information (Г.7.) – 12 p.;*
- *Publications and papers published in unreferred scientific peer-reviewed journals or published in edited collective volumes (Г.8.) – 4 p.*

Senior Lecturer Plamen Petkov, PhD, is an independent and first author in 12 publications and second and next author in 5. They undoubtedly show the contribution of the candidate and reveal his ability to carry out scientific and experimental activities not only individually but also in a team. The scientific works are written professionally and are directly related to his teaching activities; some of them have been reported at authoritative international and national scientific conferences.

In the analysis of the scientific production of Rev. Plamen Petkov, PhD, I will pay special attention to his Monograph, which is the result of his rich professional experience and the experimental results obtained by him.

Regarding the scientific value of the Monograph, I can confidently say that it will enrich the contents in the discipline of Physical education and Sport in higher

education with a new, more modern, and scientifically sound fitness model, developed by Senior lecturer Plamen Petkov, PhD.

The presented reference containing eight citations (in refereed and indexed journals) with relevant evidence demonstrates the interest of the specialized community in the scientific production of the candidate.

#### **IV. Scientific contribution**

The scientific production of Senior lecturer Plamen Petkov, PhD, presented in connection with his participation in this competition, enriches on the one hand the theory and practice in the field of fitness, and on the other - opens opportunities for a better quality of teaching, improving the physical activity of students and their quality of life. Contributions can be conditionally systematized in several separate areas, as follows.

##### **IV.1. Contributions of publications related to experimentation, testing and implementation of new motor programs for students:**

- The effectiveness of the studied programs - "Fitness program with expanders" and "Specialized fitness program based on the circular method" was experimentally established;
- Possibilities for improving the indicators of physical fitness, morphofunctional development, and correction of the shapes of the human body have been revealed;
- The author's programs - "Fitness program with expanders" and "Specialized fitness program based on the circular method" have been successfully and effectively implemented in the teaching and training activities of students.

##### **IV.2. Contributions of publications related to research on physical fitness, physical activity and lifestyle:**

- The theoretical and applied aspects of physical fitness are considered;

- The adaptive changes in the pulse rate of the students were experimentally studied;
- The need for creating an educational program for a healthy lifestyle for physical education and sports has been revealed.

**IV.3. Contributions of publications related to the development of problems of general theoretical and practical importance:**

- The attitude of the students to the educational process in physical education and sports has been studied and ways for its optimization have been indicated;
- The students' eating habits were studied. Their attitudes towards physical activity in physical education and sports classes and in their free time were studied. Recommendations have been made to improve a healthy lifestyle;
- The motivation for fitness exercises of athletes in leisure time has been studied and ways to increase it have been identified;
- Attitudes towards the use of dietary supplements and anabolic steroids by athletes have been studied. The benefits and harms of their use are explained.

**IV.4. Contributions of publications related to the prevention and prevention of students' health:**

- Research has been done in the field of prevention of postural disorders among students. Appropriate exercises are recommended for students with established disorders;
- Disorders in students' posture were studied. Exercise programs have been created, including sports, sports games and appropriate exercises to maintain proper posture;
- Low values of vital signs (the ratio between lung capacity and weight) were found in a large percentage of students;
- Indicators of students' body weight were studied and compared with previous years.



## V. Conclusion

A well-established sports pedagogue participates in the announced competition. Senior lecturer Plamen Petkov, PhD successfully combines research with specific teaching work in physical education and sports at the Thracian University - Stara Zagora. The overall activity of the candidate deserves a high positive assessment and fully meets the criteria, requirements, and conditions for holding the academic position of "Associate Professor" in the competition. Senior lecturer Plamen Petkov, PhD, exceeds significantly the minimum required 360 points in the individual groups of indicators for "Associate Professor" in the Professional field 7.6. Sport, as his points score a total of 925 points.

Based on the above, I give my positive assessment and recommend the esteemed members of the Scientific Jury to vote for the award of the academic position of "Associate Professor" to Plamen Petkov, PhD in the scientific area "Theory and Methodology of Physical Education and Sports Training, including methods of therapeutic physical education (physical education, sports and therapeutic physical education)", in professional field 7.6. Sports.

15.07.2022

Reviewer:



/Assoc. Prof. Anna Bozhkova, DSc/