

ТРАКИЯ УНИВЕРСИТЕТ
Стара Загора
Економически факултет
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Scientific field: 7. Health protection and sport

Professional trend: 7.6. Sport, Specialty "Theory and Methodology of Physical Education and Sports Training, including Methodology of Therapeutic Physical Education (Physical Education, Sports and Therapeutic Physical Education)"

Trakia University, Faculty of Economics,
Department of Physical Education and Sport

REVIEW

by Prof. Galina Petrova Dyakova, Ph D
regarding the scientific production

Senior Lecturer Plamen Petkov, Ph D in connection with his entering a competition for holding the academic position **ASSOC. PROFESSOR**,
SN issue 24 dd 25.03.2022

COMPETITION DATA

By order №1360/12.05.2022 of the Rector of the Trakia University Stara Zagora I was appointed as a member of the scientific jury in the competition for the academic position "Associate Professor".

The announced competition is for 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 Department of Physical Education and Sport, Faculty of Economics at Trakia University Stara Zagora, published in SN Issue 24 of 25.03.2022.

Senior Lecturer Plamen Petkov, Ph D is the only one candidate who participates in the competition, he has been on an employment contract for an indefinite period of time at the Trakia University Stara Zagora from 29.07.2011.

The procedure on the competition has been held as per the requirements of the Law for development of the academic staff in R Bulgaria, Regulation of

its application and the Regulations for the development of the academic staff at the Trakia University Stara Zagora. No breaches have been found.

CANDIDATE DATA

Plamen Georgiev Petkov graduated from the University of Plovdiv "Paisii Hilendarski" – "Primary School Pedagogy" and received a Bachelor's degree, in 1997. Graduated from the Postgraduate Qualification "Teacher of Physical Education", in 1997 at NSA "V. Levski ". He received a Master's degree –"Physical Education" from the NSA "V. Levski ", in 2010.

In 2019 he acquired the educational and scientific degree "Doctor" in the scientific specialty "Theory and Methodology of Physical Education and Sports Training" in the Department of "Theory and Methodology of Physical Education" at the Faculty of Pedagogy of VTU "St. St. Cyril and Methodius".

Plamen Petkov's professional realization began as a teacher of Physical education in 1997 at Zheleznik High School. He works as a teacher of Physical Education at Professional High School "L. Bayer " (2009) and in the Third Primary School " Kolyo Ganchev "2009-2010.

He started teaching Physical Education and Sports as a part-time lecturer at the Trakia University Stara Zagora, in the academic year 2010/2011. From 29.07.2011 he is a lecturer on a basic employment contract at the Department of Physical Education and Sports at the Faculty of Economics, Trakia University of Stara Zagora.

Since 2014 he has been a Senior lecturer. Since 2020 he has been the Deputy Head of the Physical Education and Sport Department. He is a member of the Scientific Commission at the Faculty of Economics.

Since 1990 deals with Taekwon-Do. He is a Holder of a black belt - 4th dan (International instructor). He has won many awards as a competitor in national and international tournaments. He was in the extended composition of the national team for juniors in 1990. He has more than 10 years of coaching

experience. The children and adults, trained by him, have won many medals and awards from competitions.

He has been a volleyball referee since 2008. He is currently a 1st category volleyball referee. Conducts the trainings of the volleyball teams – men and women of the Trakia University. Organizes and conducts competitions in various sports from the Internal Sports Qalendar of the Trakia University

He is a participant in seven university research projects. He is the leader of a two-year research project 3E/22 on the topic: "Health Profile During Online Learning".

He has very good technical skills and competencies related to working with a computer – Word, Exel, Power Point, SPSS; sports, fitness and health equipment. He speaks Russian and English.

DESCRIPTION OF SCIENTIFIC PAPERS AND CONTRIBUTIONS.

In the announced competition for 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)", Senior Lecturer Plamen Petkov, Ph D, presented 17 publications and are allocated as follows:

- Habilitation paper – Monograph – 1 copy;
- Publications and Reports, published in scientific issues, reported and indexed in world-known data base with scientific information 12 copies – 8 copies independently and 4 copies in joint authorship.
- Publications and reports, published in non-reported magazines of scientific reporting or published in edited collective volumes – 4 copies, of which 1 copy independently and 3 copies in joint authorship.

In the announced competition the candidat presents 8 citations in reports, published in scientific issues, reported and indexed in world-known data base with scientific information

All papers have been published, there are no such under printing. Research paper of the applicant corresponds to the scientific specialty, the competition is announced on. The quality of his work from a linguistic point of view is at a very good level. There is no evidence of plagiarism.

Senior Lecturer Plamen Petkov, Ph D has participated in 16 international conferences and 5 national conferences.

Very good assessment deserves the monograph "Optimization of strength training of students through the circular method", containing scientific-applying contributions, useful for the theory and practice of sports science in the field of fitness. The monograph consisting of 156 pages. It is perfectly illustrated with 98 figures, 32 tables and three block diagrams. The bibliography contains 131 literature sources. Included are: introduction; literature review of the researched problem; a chapter in which the specialized fitness model is presented; a chapter in which the results and analysis are presented; used literature and conclusion.

The research of Senior Lecturer Plamen Petkov, Ph D can be grouped in four trends: experimentation, approbation and implementation of new motor programs for students; research on physical fitness, physical activity and lifestyle; developing problems of general theoretical and practical significance and prevention of the health condition of students.

In the first direction, the effectiveness of the studied programs was experimentally established – "Fitness Program with Expanders" and "Specialized Fitness Program Based on the Circular Method"; 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 the students; opportunities have been opened for improving the indicators of physical fitness, morphofunctional development and correction of the shapes of the human body.

In the second direction the theoretical and applied aspects of physical fitness are studied; the adaptive changes in the pulse rate of the students were

experimentally studied; the need to create an educational program for physical education and sports for a healthy lifestyle has been revealed.

In the third direction the attitude of the students to the educational process in physical education and sports is researched and ways for its optimization are indicated; the eating habits of the students were researched; their attitudes for physical activity in the classes of physical education and sports and in their free time were researched; recommendations have been made to improve the lifestyle; the motivation for fitness in athletes' leisure time has been researched and ways for its increase have been indicated; the attitude towards the use of food supplements and anabolic steroids by athletes was researched, the benefits and harms of their use were indicated.

In the fourth direction, research has been done in the field of prevention of postural disorders in students, appropriate exercises are recommended for established disorders; students' posture disorders were researched, motor programs were created, including sports, sports games and appropriate exercises to maintain proper posture; in a large percentage of students, low values of vital signs (the ratio between lung capacity and weight) were found.

The scientific production of the candidate has scientific-theoretical and scientific-applied contributions, which will expand the theoretical and practical knowledge related to Physical Education, Sports, Therapeutic Physical Education.

EDUCATIONAL ACTIVITY

Educational loading of Senior Lecturer Plamen Georgiev Petkov, Ph.D. is a total of 554 hours, allocated as follows: 32 hours of lectures on Physical Education and Sports at the Faculty of Economics and at the Faculty of Agriculture; 15 hours of lectures on Theoretical Foundations of Therapeutic Physical Education at the Faculty of Economics and 507 hours of exercises at the Faculty of Economics, Faculty of Agriculture and Faculty of Veterinary Medicine.

Senior Lecturer Plamen Georgiev Petkov, Ph.D. has a very good theoretical and methodological training. He is a very good lecturer. He shows responsibility and creative skills in his professional activity. He is a correct, well-meaning and hard-working lecturer, coach and colleague. He invests energy and time for the realization of new ideas and their implementation in the teaching and training process at the Trakia University. Petkov has in-depth theoretical knowledge in the specialty and abilities for independent research and teamwork.

CONCLUSION

Senior Lecturer Plamen Georgiev Petkov, PhD is an established university lecturer and ambitious researcher.

The scientific production submitted for review by Senior Lecturer Plamen Georgiev Petkov, PhD, in quantitative indicators significantly exceeds the minimum national (925 are the total points collected by the candidate).

His application under this competition covers all requirements and criteria laid down by the Law of the Development of Academic Staff in the Republic of Bulgaria, the Regulations for its application and the Regulations for the development of the academic staff at the Trakia University Stara Zagora.

It is a ground enough for me to express my positive vote, regarding his employed at the academic position „ASSOC. PROFESSOR“ in Scientific field: 7. Health protection and sport, Professional trend: 7.6.Sport, 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 Department of Physical Education and Sport, Faculty of Economics at Trakia University Stara Zagora, recommending to the esteemed members of the scientific jury to confirm this vote.

June 30, 2022

Prof. Galina Petrova Dyakova, Ph D

