

## **R E V I E W**

**by Prof. Dr. Dimitar Davidov**

**St. Cyril and St. Methodius University of Veliko Tarnovo**

**Member of scientific jury for granting academic position “Associate Professor”**

**Field of Higher Education: 1. Pedagogical sciences**

**Professional Field: 1.3 Pedagogy of teaching of...**

**(Methodology of teaching physical education and sports)**

**For needs of: Department of “Theory and Methodology of Physical Education”,  
Konstantin Preslavsky University of Shumen**

**Candidate: chief assistant Teodora Zhelyazkova Ignatova, Ph.D.**

The contest for taking academic position “Associate Professor” was announced in DV, issue 64 from 03 of August 2021. According to the presented documents for the contest, no violations were found. The requirements of the Law for the Development of the Academic Staff in the Republic of Bulgaria, Konstantin Preslavsky University’s Regulations are fulfilled.

### **Biographic Data about the Candidate**

The only one candidate for the contest is chief assistant Teodora Zhelyazkova Ignatova, Ph.D. In 1989 she graduated Teacher of Physical Education at Sports Academy Georgi Dimitrov (now National Sports Academy Vasil Levski). During the period 1989-1999 she worked like Teacher of Physical Education in Yoan Ekzarh Bgarsky Humanitarian High School, after that moment she was employed like assistant in Konstantin Preslavsky University.

During 2002 she become senior assistant, from 2007 until now is chief assistant. She defended her dissertations and obtained the education and scientific degree “Ph.D” in scientific specialty 05.07.05 “Theory and Methodology of Physical Educations and Sports Trainings (including Methodology of Remedial Gymnastics) on the topic: “Methodology for the formation of psychophysical readiness in students for professional pedagogical activity.”.

She speaks Russian and English certified by a certificate. Teodora Ignatova was an athlete in Rhythmic Gymnastics and has a covered sports category - candidate master of sports. Her active sports activity continues as a coach in Rhythmic Gymnastics and Aerobics. She also gained international experience as a fitness coach at the TYK sports club - Istanbul. In the period 2004 - 2021 she was an organiser of a big number of sports events and as a coach of student teams in aerobics and volleyball in Shumen University. Proof of her good work is the public response in the media and electronic publications.

Along with her involvement in the University Teodora Ignatova is also involved in administrative and public activities - she is a member of the General Assembly of Shumen University; she is a member of the commission for attestation of teachers in the department of Theory and Methodology of Physical Education and Sports; Head of NIHTD in the Department of Theory and Methodology of Physical Education and Sports; Chairman of the Board of FC Hitrino.

### **Areas of Scientific Interest**

According to the materials submitted for review, the research and practical-applied interests of Teodora Ignatova are directed in five directions:

1. Gymnastics.
2. Aerobics, callanetics, stretching, port de bra.
3. Rhythm and dance.
4. Kinesitherapy.
5. Theoretical and practical-applied aspects of physical education and sports in our educational system.

### **Teaching Activities**

As a lecturer at the Konstantin Preslavsky University of Shumen, Teodora Ignatova provided the educational process with lectures and exercises in the Bachelor's Degree (7 disciplines) and in the Master's Degree (2 disciplines) in a number of specialties and has prepared the relevant curricula. She has also taught two Erasmus + courses in Poland. All disciplines taught by the candidate refer to the different types of gymnastics and their teaching methodology.

Ignatova's extracurricular activities are related to the scientific guidance of graduates in the two educational qualification degrees "Master" and "Bachelor" and as a consultant of students in conducting their practical training in primary schools, as well as in their participation in various projects. Every year Ignatova actively

participates in commissions for admission of candidate students at the University of Shumen.

### **Research Activity**

During the period 2001 - 2021 Teodora Ignatova presented 1 monograph, 1 Study, 52 scientific materials of participations in scientific seminars and meetings. She has been co-author in 4 teaching books and teaching aids for the needs of the specialties of Shumen University. She has participated in 22 scientific forums with reports, of which 6 are abroad. Participates in 3 international research projects, in 5 national and 14 universities, of which one is a leader (Project "Current issues of the sports-pedagogical process in the educational system and sports" #RD10-566 / 27.02.2017). The observed citations from the candidate's publications are 13 out of 8 authors of scientific materials.

Teodora Ignatova is the author of a review of State educational requirements for the specialty "Assistant fitness instructor" - III degree of professional education at the Ministry of Education, Youth and Science, 2011.

### **Scientometric Indicators**

Teodora Ignatova presented a scientific publications, materials and evidences in his participation in the contest for taking academic position "Associate Professor" – 28 units. There is: 1 monograph, 1 Study, 26 scientific materials of participations in scientific seminars and meetings. The largest is the number of independent publications - 16, nine are co-authored and one is with three authors.

According to the minimum national requirements, the candidate Teodora Ignatova covers the required number of points for the indicators from group "A" and group "B" and exceeds the requirements for group "G". For the indicators in group "D" 2 citations in monographs and 8 citations in non-peer-reviewed journals were noted, as the total number of points in this section is 60 with a minimum requirement of 50 points.

The information provided on the overall research activity of the candidate meets the minimum national requirements for the academic position of "associate professor", as the total number of points from the scientometric data is 443.33 with a mandatory minimum of 400 points.

From the presented materials it can be seen that the candidate T. Ignatova meets the additional indicators under Art. 57A, para. 2 of Law for the Development of the

Academic Staff in the Republic of Bulgaria - classroom and extracurricular employment, project activity, administrative and public activity.

### **Publications on the announced competition and scientific contributions**

The publications presented by the candidate are in the following thematic areas:

- Sports in high school (1, 4, 14, 16, 18, 20, 22, 23, 24, 26, 27);
- Theoretical and practical-methodical problems of physical education in our educational system (6, 8, 9, 10, 11, 13, 15);
- Medico-biological problems of physical education and sports (2, 3, 5, 11, 19);
- Professional pedagogical image of the modern teacher (7, 17, 21, 25).

The monograph "Aerobics in Higher Education" is of the greatest scientific and practical value. It is developed in a modern style, with quality illustration and can be a necessary and useful material, both in aerobics training in the classes regulated by the curriculum at the university, and in the activities of this sport in leisure time.

The monograph is structured in four chapters. The first chapter analyzes sport as a social phenomenon in our time and makes a brief analysis of the state and prospects for the development of physical education and sport in higher education.

In the second chapter the author characterizes the labor activity and the professional realization of the person. The need for specialized mental and physical training for the formation of a high degree of adequate psychophysical readiness for professional activity is indicated. The main substructures of readiness are characterized in order to determine which of them is most appropriate to influence in the course of psycho-physical training with specific approaches, methods and means.

The third chapter clarifies the essence of the modular training in aerobics in the system of physical education and sports in higher education and proves the need for innovative approaches in preparation for future professional activity. A model for psychophysical preparation for professional activity is presented, in the center of which is aerobics. The purpose, tasks, means used and methods in applying the model in practice are indicated. The essence of aerobics and the opportunities it gives in its practice for solving the set goal are revealed in detail.

In the fourth chapter the results from the application of the Model in practice are presented and analyzed. In the course of the modular training in aerobics the dynamics of the physical development and functional state of the students are traced. The state of elements of physical fitness (strength, speed, flexibility, endurance, etc.) under the influence of aerobics is analyzed. Indicators characterizing the state of some elements

of mental readiness in the course of preparation (attention and its properties, elements of the emotional substructure, etc.) were also measured. The dependence between the studied elements of the psychophysical readiness for professional activity in the course of application of the model is established. The author offers assessment tables for the state of physical fitness of students who have practiced aerobics, which allow to quantify the effect of the applied Model.

The monograph has its indisputable scientific and practical contribution. It presents modern concepts in the theory and practice of teaching physical education and sports at universities. It raises and solves in practice the problem of the need for coherence of the content of the curricula in physical education and sports with the specifics of the future professional realization of the students. Ten more of the scientific publications submitted for review are devoted to the problems in the teaching of physical education and sports at the University.

The study "Control and assessment of the physical fitness of students" is written on the basis of many years of pedagogical and scientific experience of T. Ignatova. It is structured in two main chapters (theoretical and applied-practical), conclusion and literature. The main goal of the research is to create a system for control and assessment of the physical fitness of students. A large contingent of individuals on 8 main indicators was researched. Normative tables for assessment of physical fitness for both sexes are proposed. The study has a scientific and applied contribution to the development of uniform standards for assessing the physical capacity of students in higher education in Bulgaria.

Ten of the evaluations for reviewing scientific publications (4, 14, 16, 18, 20, 22, 23, 24, 26, 27) are dedicated to the problems in Physical Education and sports at Universities.

- Considering the possibility for folk dances and dances to be an alternative to sports activities at the university. The attitude and motivation of the students in their choice, their preferences regarding the educational content and the form are monitored, the effect of their practice is analyzed (4, 14).

- The beneficial effect of aerobics on the general mental and physical condition of students involved in this sport has been studied. The importance of aerobics for increasing the psychophysical performance of students and its positive effect on their learning activities has been proven. It is indicated as a good tool in the fight against hypodynamics (16, 18, 23, 24).

- The effectiveness of the modular swimming training and its impact on the formation of mental readiness of students in pedagogical specialties has been monitored (20, 22).

- The need for periodic updating and development of the system of physical education and sports in higher education, caused by the dynamic social changes and problems of different nature in our time. (26, 27).

Reports 2, 3, 5, 11 and 19 deal with medical and biological problems of physical education and sports. The attitudes and expectations of people with permanent

disabilities in the practice of adapted motor activity (dance) were studied. The problem of overweight in adolescents is raised. The positive influence of the practice of folk dances and dances on a special program on body weight is proved. The current physical condition and functional development of students is monitored.

Theoretical and practical-methodical problems of physical education in our educational system are the subject of research in publications 6, 8, 9, 10, 13 and 15. The specifics of the lesson in Physical Education with a gymnastic character, the development of motor skills and qualities of students are considered and athletes with the means of aerobics and dance; dancing as a motor activity in preschool age.

Four reports research the professional pedagogical image of the modern teacher (7, 17, 21, 25). The opinion of the teachers about the educational content is studied, aspects of the professional image of the modern teacher are revealed and his activity and psychophysical condition are characterized.

Scientific and applied contributions can be summarized as follows:

- The University program in the discipline Physical Education has been optimized, in accordance with successfully experimented methodology and models of psychophysical impact.
- A system for control and evaluation of the results in the discipline Sport has been developed on the basis of the quantitative assessment of the physical working capacity of the students. A control and evaluation system has been created, which has been adapted to the Eurofit system.
- The tested models and the control can be applied in other higher schools or can be adapted in secondary schools.
- Scientific developments are presented, which can be a basis for future research.
- In connection with an international project, a model "Dances" for people with special needs has been developed and tested, which is also applied in some European countries.

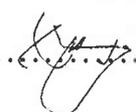
The presented scientific production, published in Bulgarian and international collections and magazines, eloquently shows the high level of scientific activity of the candidate Teodora Ignatova. In all her publications there are serious interests and current knowledge on the researched issues. The materials submitted for review correspond to the specifics of the announced competition.

Recommendation: Based on the conducted research and good applied and practical experience, the candidate should issue a textbook or guide providing the learning process in the disciplines she teaches (Aerobics and Rhythmics and Dance).

## **CONCLUSION**

The presented materials on the competition and the stated findings, in compliance with the requirements of Law for the Development of the Academic Staff in the Republic of Bulgaria and the Regulations for the development of the academic staff at the Konstantin Preslavsky University give me grounds for a positive assessment of the candidacy of Ch. Assistant Professor Dr. Teodora Zhelyazkova Ignatova.

I propose to the respected members of the scientific jury that she be elected to the academic position of " Associate Professor " in the field of higher education: 1. Pedagogical sciences, professional field: 1.3. Pedagogy of education in... .., scientific specialty: Methodology of Education in Physical Education and Sports, for the needs of the department "Theory and Methodology of Physical Education and Sports of Konstantin Preslavsky University.

Member of the scientific jury: ..........  
(Prof. Dr. Dimitar Davidov)

10.11.2021