

REVIEW

by Prof. Stefan Hristev Bazelkov, PhD, University of Shumen "Bishop Konstantin Preslavski"
- Shumen, member of the Scientific Jury in a competition for the academic position of
"Associate Professor", announced in the State Gazette, issue. 64 of 03.08.2021. Field of
higher education 1. Pedagogical sciences, professional field 1.3. Pedagogy of education in ...
(Methodology of education in physical education and sports).

I. Data for the competition

The competition for the academic position of "Associate Professor" has been announced in SG no. 64, dated 03.08.2021 for the needs of the University of Shumen "Bishop Konstantin Preslavski" - Faculty of Pedagogy, Department of "Theory and Methodology of Physical Education and Sports". Participates in it as the only candidate Ch. Assistant Professor Teodora Zhelyazkova Ignatova, Doctor, Member of the Department "Theory and Methodology of Physical Education and Sports". After reviewing the documentation for this competition, I believe that the requirements of the Law on the Development of Academic Staff in the Republic of Bulgaria are met. The applicant has fulfilled the minimum national requirements under Art. 2b, para, 2 and 3 of ZRASRB.

II. Biographical data about the candidate

Teodora Zhelyazkova Ignatova was born on October 21, 1964 in the town of Shumen. In 1982 she graduated from the Secondary School "Nikola Vaptsarov", Shumen. In 1987 she graduated from VIF "Georgi Dimitrov", Sofia, Master's degree in "Physical Education Teacher" and "Rhythmic Gymnastics Coach". In the years 1983 - 1986 she was a trainer in rhythmic gymnastics at the SFS "Shumen", Shumen. From 1989 to 1999 she worked as a physical education teacher at the Humanitarian High School "John the Exarch of Bulgaria", Shumen. She began her academic career as an assistant at the University of Shumen "Bishop Konstantin Preslavski" in 1999. In 2002. has been re-certified as a senior assistant. From 2007 to present she has been a senior assistant at the Department of Theory and Methodology of Physical Education and Sports.

In 2010, after defending a dissertation on "Methodology for the formation of psychophysical readiness in students for professional pedagogical activities", Teodora Ignatova was awarded a doctorate in "Theory and methodology of physical education and sports training (including methodology of therapeutic physical education) "with code: 05.07.05. Holds a certificate for public aerobics coach and choreographer and leader of cheerleading teams.

For the period 2008 - 2021 Teodora Ignatova has developed significant project activity, which is expressed as participation in 22 projects. Of these, three are international, 5 are national and 14 are intra-university. Takes an active part as an academic mentor in the project "Student Internships" in the period 2013 - 2014 and in 2016 in phase - 1, and in 2020 in phase - 2.

She is responsible for scientific and artistic activities in the Department of Theory and Methodology of Physical Education and Sports. She is Chairman of the Management Board of FC Hitrino.

In the period 2015 - 2021 she was the research supervisor of 1 graduate for the acquisition of a bachelor's degree and one for the acquisition of a master's degree. Both have successfully defended their work. Leads the representative student teams (men and women) in aerobics.

In the field of study she lectures on "Basic Gymnastics", "Gymnastics and Methodology", "Rhythmics and Dances", "Applied aspects of kinesitherapy in physical education", "Sports Management", "Aerobics", "Corrective Gymnastics", " Callanetics and stretching ", " Fitness and bodybuilding ". Takes an active part in the current and internship of students from the last courses.

III. Description and summary of the scientific production

The scientific production submitted for review by Ch. Assistant Professor Dr. Teodora Ignatova for participation in the competition includes a total of 28 publications, of which one monograph, one study and 26 articles and published conference papers. Five of them are in English and the rest are in Bulgarian.

Of the presented publications, the monograph "Aerobics in Higher Education" with a volume of 134 printed pages deserves special attention. The book is intended for sports professionals, higher school students, teachers and students in secondary education, coaches and instructors in sports clubs and other associates related to sports.

The methodological basis, purpose, subject and object of the research are hinted at in the introduction. The basic scientific concepts of the monographic research are also indicated. In the first chapter the system of sports is considered and the tendencies and perspectives for its development in the conditions of higher education are outlined. Chapter two lays the scientific foundations of modern labor and professional activity of man. A theoretical justification of the psychophysical readiness for professional realization is made. The third chapter is dedicated to aerobics as a sport. After a brief retrospective, the specific features and basic principles of aerobics are indicated. The structure of the aerobics class is considered, the means, methods and the physiological effect of the system classes and the correct observance of the diet and motor regime are specified.

The articles and reports submitted for review are divided into four main areas:

1. Physical education and sports in higher education:

Of the publications presented in this thematic area, the study for control and assessment of the physical fitness of students is of interest. A theoretical analysis of the basic formulations of the control and evaluation systems and the innovative concepts for the age dynamics of the physical capacity is made in the elaboration. On the basis of the unified methodology "Eurofit" normative tables for control and assessment of the physical capacity of students have been developed (6.1).

Some of the presented works are addressed to the state and dynamics of the system of physical education and sports in higher education. A survey was conducted on the role and place of physical exercise and sports in the student regime. (6.26, 6.27). The possibilities for using rhythmic and dances as a means to increase the motor activity of students and the use of this activity as an alternative to sports in higher education are analyzed (6.4, 6.14). Other possibilities in this direction, to which Teodora Ignatova has turned her attention, are the application of the means of different types of aerobics for the formation of adequate physical fitness in students. A large-scale social survey was conducted on the interests, motives and needs of students for sports. A modified methodology for training and improvement of aerobics students has been developed for the formation of adequate psychophysical readiness for professional pedagogical activity. (6.16, 6.18, 6.24). In this regard, the dynamics of the physical capacity and mental readiness of students in the specialized training in swimming was monitored. (6.20, 6.22). We find a study addressing the problems of the impact of specialized sports education on the mental state of students, their self-esteem, activity, anxiety

and mood. (6.23).

2. Theoretical and practical-applied problems of physical education and sports in the educational system:

In this direction, Teodora Ignatova has mentioned a wide range of practical and applied problems of physical education and sports in the various educational levels and stages of the educational system. Her interest is primarily provoked by the motor needs of children in kindergarten, due to the fact that this age is sensitive to sports results, which depend on the accuracy of movements and the manifestation of quality flexibility, as well as rhythmic feeling of children. After the conclusions, she logically raises the discussion question "Is it not necessary to include a "sports pedagogue" in the kindergarten" for the purpose of initial sports training and discovery of young talents. In this direction are the considerations for the inclusion of the rhythmic and dance classes in the preparatory group of the kindergarten for the improvement of the coordination and psychomotor abilities of the future students (16.8).

Of interest is the search for interdisciplinary and integrative links between different forms of sporting events in fundamentally different sports. Such a connection is sought between aerobics and the dynamic flexibility of adolescent and non-professional footballers. The study of such problems has a direct and indirect significance for the general and special sports training of the participants in the sports games (6.6).

The effect of the use of gymnastics as ensemble compositions for provoking the motor activity of students and cultivating a sense of collectivism, responsibility, as well as aesthetic enjoyment of the beauty of mass movements, the field of basic and gymnastics is traced. The staging of the composition in combination with appropriate music further enhances the effect of learning and realizing the mass gymnastic exercises (6.9).

The effect of teaching gymnastics at school is largely determined by the training and attitude of teachers of physical education and sports. In this regard, the survey among students majoring in "Pedagogy of Physical Education" is important for analyzing their attitude to gymnastics as a mandatory area of educational content in the State Educational Standard (6.10). The analysis of such a sociological survey contributes to the optimization of the quality of education of future teachers and sports educators.

The problem of overweight among adolescents has always been faced by teachers and sports professionals. Therefore, periodic screening in this direction is useful for analyzing obesity as a risk factor, which requires the organization and implementation of timely measures. Solving the problem in its infancy in the junior high school stage is a perceived

necessity. The attention in the publication is sharpened mainly in the high school stage of Middle school, among girls and boys from 9th and 10th grade (6.11).

3. Medico-biological problems of physical education and sports:

In this direction is presented a publication for the treatment of the problems of people with reduced opportunities for movement and communication with the environment. The resulting disharmony can be overcome to a large extent with the help of exercise and sports. According to the author, the application of an adapted dance model is one of the appropriate ways to overcome the differences between people with disabilities. Dance means, with their emotional taste and in combination with the musical accompaniment, naturally contribute to the improvement of the neuropsychological status of people with special needs (6.3).

Another medical-biological problem is the dynamics of physical development, neuropsychological reactivity and functional capabilities of students in professional field 1.3 "Pedagogy of teaching...". The positive influence of an applied model and adapted methodology for profiled training in physical education and sports of the students of the University of Shumen "Bishop Konstantin Preslavski" (6.19) is traced.

4. Professional pedagogical image of the modern teacher:

One of the conditions for the full development of the student's personality is their upbringing in the spirit of patriotism and national self-determination. Rhythmic and dance training provides an opportunity to solve many of these tasks. The realization of the additional core "Dances" depends in all cases on the opinion, attitudes, competencies and opportunities for realization of the teachers of physical education and sports. The conducted sociological research provides information about the need to study dance in one form or another and outlines the possibilities for solving a number of integrative connections in education (6.7). In this regard, it is not unimportant what the factors that build the modern image of the physical education teacher are. The candidate has made a serious study on the professional image of the modern teacher, revealing the main components of their pedagogical activity in high school (6.17). An analysis of the results of the diagnosis of the degree of anxiety in teachers depending on their sports activities was made. The connection between active motor activity and overcoming stress, as well as the neutralization of mental stress was sought (6.21).

The publication on the role of sport in the formation of specialists with higher education is aimed at the perceived need and benefit of systematic exercise and sports. At the heart of the overall development of the personality the author puts the sports-technical and functional readiness, as well as the high sports culture, the striving for personal expression,

self-improvement and meaningful leisure (6.25).

The candidate has participated in 22 scientific forums, 6 of which are international scientific events abroad, which meets the requirements of the Law on the Development of Academic Staff in the Republic of Bulgaria.

From the presented 27 publications ch. Assistant Professor Teodora Ignatova is an independent author of 19 copies. and in 8 is part of author teams. The candidate's works have been quoted 13 times by graduates, doctoral students and specialists from various universities in the country.

In general, after a thorough review of the candidate's publications, it should be noted that in the areas of scientific knowledge used and the search for purposeful experimental and applied activity, a good academic expression and style is shown.

IV. Scientific contributions

The presented scientific publications contain the following more important contributions of scientific and practical nature:

1. The main characteristics of the physical fitness of the students are clarified. The existing university program in the discipline "Physical Education and Sports" has been optimized in order to increase the physical fitness of students.
2. On the basis of a sociological survey, the perceived need for exercise and sports (dancing) by people with permanent physical disabilities or disadvantages has been proven.
3. A sociological survey was conducted among students to establish their attitude to rhythm and dance as an alternative form of sports.
4. A model has been constructed to improve the dynamic flexibility of adolescent football players and those from non-professional, amateur, groups
5. A study was made on the possibilities for using folk dances to stimulate physical activity in the preschool group of the kindergarten. In this direction, a survey was conducted among parents about their attitude to activities with folk dances and dancing in kindergarten.

6. The place of the musical-rhythmic gymnastics and the ensemble gymnastic compositions in the lesson of physical education and sports in the secondary school is analyzed.
7. The overweight students of the high school stage of the high school were screened. The risk factors are indicated and ways to neutralize the problem are suggested
8. The dynamics of the system for physical education and sports in higher schools is traced. Models for training in the discipline "Sport" of the students from the pedagogical specialties of SHU "Bishop K. Preslavski ". A study was made to establish the effectiveness of the models by quantitative assessment of the dynamics of physical development, physical capacity and neuropsychological reactivity of students. Normative tables for control and evaluation have been prepared on the basis of the unified Eurofit system.
9. A model for impact through physical exercises on disadvantaged people and with special educational needs is proposed
10. The level of anxiety in teachers depending on the performance of physical exercises is considered. The role of sport for the formation of the modern image of the Bulgarian teacher is analyzed.

V. Conclusion

Based on the above data on the contributions and overall activities of Chief Assistant Teodora Zhelyazkova Ignatova, PhD, I believe that they meet the requirements of the Law on the Development of Academic Staff in the Republic of Bulgaria and the Regulations for its implementation at the University of Shumen "Bishop Konstantin Preslavski ", Shumen. This gives me grounds to propose to the esteemed members of the scientific jury to vote "for" the award of Teodora Zhelyazkova Ignatova, PhD, to the academic position of "ASSOCIATE" in the field of higher education 1. Pedagogical sciences, professional field 1.3. Pedagogy of education in ... (Methodology of education in physical education and sports).

09.11.2021

Prepared the review:.....

(Prof. Dr. Stefan Bazelkov)