

Opinion

on the presented scientific papers and teaching activity of ch. Assistant **Teodora Zhelyazkova Ignatova**, Ph.D. for participation in a competition for the academic position "Associate Professor" in the field of higher education I. Pedagogical sciences, professional field I.3 Pedagogy of teaching in ..; scientific specialty: Theory and methodology of physical education and sports training (incl. Methodology of physical therapy), for the needs of Department of TMFV and Sports at the University of Shumen "Bishop Konstantin Preslavski"

Reviewer: Prof. Bonka Dimitrova, Ph.D.

1. Brief information about the candidate

At the announced competition for the academic position of "Associate Professor" in the professional field 1.3 Pedagogy of teaching: Theory and methodology of physical education and sports training (incl. Methodology of physical therapy), for the needs of SU "Bishop Konstantin Preslavski", the only candidate is ch. Assistant Teodora Zhelyazkova Ignatova, Ph.D. She was born on October 21, 1964 in the town of Shumen. In 1989, he graduated with a master's degree in VIF/NSA/ with a degree in "Physical Education Teacher" and "Rhythmic Gymnastics Coach". During the period 1989 - 1999 she was a teacher of physical education at the Humanitarian High School "John the Exarch of Bulgaria", Shumen. She won a competition for an assistant at the University of Sofia "Bishop Konstantin Preslavski" in 1999, and in 2002 she became a senior assistant. Since 2007 she has been a senior assistant. This prepares the candidate for the next step in her education, namely the defense of a dissertation.

In 2010 he defended a dissertation on "Methodology for the formation of psycho-physical readiness in students for professional teaching."

2. Research activity of the candidate

In the competition for associate professor, ch. Assistant Teodora Ignatova presented the following scientific and educational products subject to review:

- Monograph -1;
- Studio - 1;
- Scientific articles and reports printed in full - 26.

The presented data for the candidate's publications speak of consistency, systematization and depth of scientific research. The main scientific-theoretical and scientific-applied research achievements of Ch. Assistant Ignatova are extremely focused and closely focused on the topic of the announced competition. The considered problem in the monographic work on the topic "Aerobics in higher education" is very relevant and its study is timely. In four chapters and conclusion are analyzed:

- The state and prospects of physical education and sports in higher education;
- The scientific bases of labor activity and professional realization of man;
- Modular aerobics training in the system of physical education and sports in higher education;
- A model for aerobics training in higher education is presented.

A new look at aerobics has been made as a means of optimizing physical education and sports in high school. The presented innovative ideas are related to the modeling of sports activities. Ignatova constructed an experimental model "Aerobics". The planned exercises are applied in accordance with the individual

capabilities of the practitioners. The program has a complex impact on the physical and mental preparation of the student.

The study presented for review is on the topic "Control and assessment of the physical fitness of students." The realized by ch. Assistant Professor Teodora Ignatova research is the result of many years of work related to the adaptation of the system for control and assessment of the physical fitness of students in accordance with the new realities. It prepares evaluation tables, which are based on the Eurofit system and opens opportunities for research both in our country and for comparison between EU countries.

There are 26 scientific articles designated for review. Of these, 18 are independent and 8 co-authored. Scientific production can be divided into several areas:

- Problems of physical education and sports in higher education / 2,4,6,10,16,18,20,22,23,24,25,26,27 /;
- Dance - role and place in the modern educational system / 2,3,4,5,7,8,13,14 /;
- Medico-biological problems of physical education and sports in our educational system / 2,3,5,11,15,19 /;
- Problems of physical education and sports in our educational system / 9,10,11,17,21,25 /.

The conducted research allows Ignatova to present innovative solutions in the proposed areas. The study in university physical education and sports is especially extensive. Here ch. Assistant Professor Ignatova examined the most current problems of students related to the ability to work, the role of dance, overweight, habit and desire to engage in physical education and sports. She gave interesting ideas for innovative changes in university sports. The peer-reviewed publications from her research activity reveal the diversity of the

considered problems and the creative and research spirit of the author and can be united in the following **scientific and practical contributions**:

- A model for aerobics training in higher education is presented;
- The system for control and assessment of the physical fitness of the students has been adapted in accordance with the new realities;
- Evaluation tables have been prepared, which are based on the Eurofit system and open opportunities for research both in Bulgaria and for comparison between EU countries.
- Characterizes the role of dance in our educational system;
- Develops and approves a model of Dances for people with special needs, which is applied in some European countries;
- A program for psycho-physical training has been prepared and implemented in the general university program in physical education and sports.

Ch. Assistant Teodora Ignatova proves her professional competence and skills for research work by participating in an enviable number of scientific and educational projects, including three international, five national and fourteen university. In the peer-reviewed period he co-authored four textbooks and teaching aids. The candidate for associate professor has a total of 14 citations in publications and scientific papers, which brings her 60 points according to national requirements. According to the report on the implementation of the minimum national requirements, Ignatova has a total of 443.33 points, which is an excellent certificate for the academic position of "associate professor".

3. Teaching and learning activities of the candidate.

The candidate for associate professor is a lecturer with over 30 years of experience, of which 22 years at the University of Sofia "Bishop Konstantin Preslavski". She conducts lecture courses at the Bachelor's and Master's degrees, full-time and part-time. Participates in the teams for development and periodic updating of the curricula in the taught disciplines. Organizes and conducts annually "Gymnastics Festival", "Aerobic Marathon for the Cup of the Rector of Sofia University", sports festival of Sofia University and other events related to physical education and sports of students.

Teodora Ignatova is a proven pedagogue and scientist with high professional competence and experience. She is a specialist with erudition and innovative thinking.

Conclusion

In conclusion, I will note that the realized research and teaching activity gives me confidence and reason to believe that Ch. assistant Teodora Ignatova, doctor is a proven university lecturer and scientist. Having in mind all this, as well as the thematic focus of the announced competition, I give my positive vote, the candidate Ch. Assistant Professor Ignatova to take the academic position of "Associate Professor" in a professional field 1.3. Pedagogy of teaching the Theory and Methodology of Physical Education and Sports Training (incl. Methodology of Physical Therapy), for the needs of the Department of TMFV and Sports at the University Shumen "Bishop Konstantin Preslavski".

Reviewer: 

Prof. Bonka Dimitrova, Ph.D.