

OPINION

by prof. Teodora Davidova, D.Sc.

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

During 1989 the candidate for the contest is chief assistant Teodora Zhelyazkova Ignatova, Ph.D. is graduated Teacher of Physical Education at Sports Academy Georgi Dimitrov (now National Sports Academy Vasil Levski). She defended in 2011 her dissertations and obtained the education and scientific degree “Ph.D” in scientific specialty “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". Improves his qualification as a sports specialist by participating in seminars and courses, certified by the relevant diplomas and certificates (public aerobics coach, choreographer and leader of cheerleaders).

She speaks English level A2 + and very good Russian. She has computer literacy and skills to work with Microsoft programs. In the period 1983-1989 he successively worked as a coach in rhythmic gymnastics and a teacher of Physical Education, and since 1999 she has been a lecturer at the Konstantin Preslavsky University.

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 in Turkey.

Scientometric Indicators

For her participation in the competition for the academic position of "Associate Professor" Teodora Ignatova has presented 28 scientific publications. These are: 1 monograph, 1 study and 26 reports from participation in scientific conferences published in scientific articles. There are 18 individual publications and the other 10 are co-authored.

The citations noticed from the scientific publications of the candidate in monographs and collective volumes with scientific review are 2. Besides them, 8 citations are registered in non-refereed journals with scientific review. Chief assistant professor Teodora Ignatova Ph.D is a participant in 3 international research projects, one of which is under the Erasmus + program, in 5 national and 14 projects at the University of Shumen. She has participated with reports in 21 scientific forums, 6 of which are abroad and in a round table on the problems of physical education and sports.

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.

Publishing activity and scientific contributions

According to the materials submitted for review, the research and practical interests of T. Ignatova are focused mainly in the field of Theory and Methodology of Physical Education and Sports in our educational system, which fully corresponds to the announced competition. The scientific publications for participation in the competition can be conditionally divided into the following thematic groups: Gymnastics and aerobics (28.6%); Rhythm and dance (28.6%);

Theory and methodology of physical education (32.1%); Kinesitherapy (10.7%). All contain original scientific contributions as a result of the candidate's research and have a high practical value.

Ignatova's research works include problems concerning the effectiveness of the means used in Physical Education and Sports Education at Universities, the dynamics of the physical fitness and mental condition of students is monitored and the system for control and assessment of their physical capacity is updated, innovative methods are indicated and approaches for working with students in higher education (1-study, 20, 22, 26, 27).

The possibility of folk dances and dances to be a sufficiently effective alternative to sports, both in high school and in the youngest - in preschool age. They have been shown to be a good tool for adapted motor activity in people with disabilities. The problem of overweight in adolescents and the possibility of regulating it through a special program with the main tool folk dances and dances (2, 3, 4, 5, 7, 8, 13, 14).

Gymnastics and aerobics are defined as an indispensable tool in PE and sports classes in our educational system, influencing the general mental and physical condition of students. The importance of aerobics for increasing the psychophysical performance of students and as a means of combating hypodynamics has been proven (monograph, 6, 9, 10, 11, 16, 18, 23, 24).

Publications 7, 12, 17, 21, 25 define the professional pedagogical image of the modern teacher, outline the parameters of the necessary theoretical and practical training of future teachers.

Summarized the scientific contributions of chief assistant professor Teodora Ignatova, Ph.D are the following:

1. The dynamics of the physical development and mental state of the students from Konstantin Preslavsky University is monitored. A system for control and assessment of the physical capacity of students in the discipline "Sport" has been developed at the Konstantin Preslavsky University and has been implemented in practice.
2. On the basis of an analysis of the sport "Aerobics" a Model for aerobics training in higher education has been prepared and tested in practice. Its effectiveness has been proven and is included as an

innovative tool in the classes in Physical Education and Sports at the Konstantin Preslavsky University.

3. The effectiveness of folk dances and rhythmic has been proven as an excellent tool for influencing the psychophysical development and condition of different age groups and in solving health problems.
4. The theory and methodology regarding the professional training of future teachers of physical education and sports have been enriched.

Teaching Activities

Chief assistant professor T. Ignatova, Ph.D has 14 years of teaching experience at the Konstantin Preslavsky University , successively holding the positions of "assistant", "senior assistant" and "chief assistant". Carries out his teaching activity in bachelor's and master's degree. She has conducted Erasmus + classes in Poland. He is the supervisor of two graduates. She was a course leader in Pedagogy of Physical Education - Bachelor and "Physical Education and Sports at School" - Master.

Concusion

The candidate chief assistant professor Teodora Ignatova, Ph.D is a researcher and lecturer with the necessary pedagogical experience in the field of higher education. Her candidacy for the announced academic position of "Associate Professor" fully meets the requirements of this competition.

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: *Teodora Davidova*.....

(prof. Teodora Davidova, D.Sc.)

11.11.2021