

## ABSTRACTS OF SCIENTIFIC RESEARCH PUBLICATIONS

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for participation in the competition, announced by Konstantin Preslavski University of Shumen in State Gazette, issue 87/09.10.2020, for the academic position of 'Professor' in the field of higher education 1. Pedagogical Sciences, Professional Field 1.3. Pedagogy of Teaching in... (Methodology of Teaching Physical Education in Kindergarten and School)

### I. HABILITATION PUBLICATION - MONOGRAPH

#### **Habilitation Publication - Monograph**

**Sotirov, Ch.**, *Physical Culture and Physical Education in Preschool Education*, Konstantin Preslavski University of Shumen 2020, 175 p.; ISBN 978-619-201-375-8; COBISS.BG-ID 1293331684

The monograph *Physical Culture and Physical Education in Preschool Education* is oriented towards the national strategy of Bulgaria for preschool and school education in the light of the classical views that the child should have certain knowledge, ideas and life concepts about objects and phenomena in its environment, initial knowledge about the moral qualities of people, the requirements for behavior .... a child should be aware of concepts like space and time; master movements and activities to do with labour, everyday duties and learning, on the basis of which various habits are created. Children should already have some intellectual skills - of observation and listening to other people speaking, concentration, etc.

Preschool education lays the foundations for lifelong learning by ensuring the physical, cognitive, linguistic, spiritual, moral, social, emotional and creative development of children, taking into account the importance of play in the process of pedagogical interaction. In this respect, it should be noted that the physical development and health of children are of paramount importance for achieving everything else.

In the research paper the central idea is the requirement for pre-school education to be carried out... in a secured environment for learning through play, in accordance with age characteristics and guaranteeing the overall development of the child, while enabling protection of the child's physical and mental health. Along with other texts in the Pre-School and School Education Act and its Regulations, the thesis put forward is that physical culture, physical education, sports and daily physical activity are of paramount importance for the health and quality of life of children.

The aim of the monographic study is to present the methodological basis of the emerging pedagogy of physical culture and the positions of physical culture and physical education at kindergarten age, in the course of the educational reform and in today's educational environment, arguments are provided within the current legal and regulatory framework.

The main objectives of the research are:

1. To study and analyze the specialized information sources and to outline the scientific problem related to the topic of the monograph.
2. To identify the basic research concepts of the study.
3. To study the philosophical and pedagogical aspects of the educational field of Physical Culture.
6. To study the changes in the curriculum of the educational field of Physical Culture in the content regarding the means, methods and forms of the educational process.
7. To propose a vision for amendments and additions to the Preschool Education Conception.

The subject of the research is the process of transformation of pre-school education and acquiring competencies as expected outcomes of the education, upbringing and socialization of children for each age group in the educational field of Physical Culture.

The object of the study are the basic constructs of the curriculum of preschool education, which are hypothetically determined as guaranteeing the achievement of State Educational Standards in the educational field "Physical Culture".

The methodological basis of the research is the pedagogical diagnostics and system analysis. The research methodology tools used are mainly meta and content analysis, as well as specific methods of medicine: anthropometry; tests for control and

assessment of physical capacity and psychomotor development. Statistical data-collection methods were used to analyse the collected empirical information.

## II. PUBLISHED MONOGRAPH WHICH IS NOT PRESENTED AS A MAIN HABILITATION WORK

**Malchev, M., Ch. Sotirov**, *Balneological Tourism*, Faber, 2015, 160 p. (protocol for distribution of author's contribution: Sotirov, Ch. - 77% -122 pages; Malchev, M. 23% - 36 pages); ISBN 978-619-00-0357-1; COBISS.BG-ID - 1276186340

The book is one of the many publications in the field of tourism and the tourism industry.

The experience and professional qualification of the authors have given them credit to be invited on the team of experts in NAVET (National Agency for Vocational Education and Training) and the Ministry of Education, Youth and Science. They worked on developing the State Educational Requirements (SER) for acquiring professional/vocational qualifications in the fields of "Social Work and Counseling", "Travel, Tourism and Leisure" and "Sports".

The book *Balneological Tourism* has a monographic character. The study seeks to shed light on the problems of balneological/spa tourism in our country in an atmosphere of intensive multiplication of new kinds of tourism and increasing competition. It comes to fill, to some extent, the lack of current literature on the subject matter and to arrange the multifaceted vocabulary in a style understandable to the general reader. The book contains interesting references to the history, geography, natural and anthropogenic resources for spa tourism (interesting tourism destinations), the cultural and historical heritage of Bulgaria, tourism management and marketing, tourist entertainment etc.

It is designed for students, college students, teachers, university professors, human resources in the fields of Travel, Tourism and Leisure, SPA and Wellness Services", Thalasso-therapy Services and all those who are interested in such topics.

The aim of the monographic study is to structure balneological/spa tourism in the tourism system in the context of its definition as a social phenomenon and the increasing need for recreation of the working people.

The research subject is the state of balneological/spa tourism at the present stage of development.

The object of the study are the stages of development of balneological/spa tourism in historical (traditional) terms, the availability of its resource and future trends while assessing the present state and its prospects in view of the complex economic and geopolitical changes.

The contribution of the authors writing the monograph is as follows: Author Chavdar Georgiev Sotirov has a 77% contribution to the publication - for writing an introduction, first and second chapters with a total volume of 122 pages; Author Malcho Stoyanov Malchev has a 23% contribution to the publication - for writing the third chapter, the conclusion and list of bibliography with a total volume of 36 pages.

### **III. ARTICLES AND REPORTS PUBLISHED IN SCIENTIFIC PUBLICATIONS, REFERRED AND INDEXED IN WORLD FAMOUS DATABASES WITH SCIENTIFIC INFORMATION (SCOPUS AND WEB OF SCIENCE)**

**Sotirov, Ch.**, *Pedagogy of Physical Culture - Border Pedagogical Science*, Strategies for Policy in Education and Science Journal, year XXVII, book 1, 2019, p.57-73; ISSN 1314-8575 (Online); ISSN 1310-0270 (Print).

The idea of writing this article originated from the tangible appearance of the concept of physical culture in pedagogical literature, and more recently in legislative and normative documents, such as the Pre-School and School Education Act and its Regulations.

The aim of the research is to defend the phrase “pedagogy of physical culture”, its right to exist and vitality, which at first sight is evident from the mutual interaction of the two main concepts “pedagogy” and “physical culture”.

The very short historical discourse made in this relation predetermined to a sufficient extent the main aim and directions of our efforts, namely - to defend the hypothesis for the formation and development of pedagogy of physical culture, which is actually the scientific research question (problem).

The presented introductory notes logically lead to the need to clarify, as far as possible, the methodology tools, the subject and object of our study. In this respect, taking into account the modern theoretical foundations of general pedagogy, we assume that the subject of research is the overall process of formation and purposeful

development of physical culture of the human person in terms of training, education and upbringing, and for the object of study - social the pedagogical functions of pedagogy of physical culture, which we assume to have its place in the field of interdisciplinary scientific fields and border pedagogical sciences.

The narrowing of reasoning naturally leads us to the sociological approach to the study of culture and perceiving education as its specific institution at the level of preschool education.

#### IV. ARTICLES AND REPORTS PUBLISHED IN NON-REFEREED JOURNALS WITH SCIENTIFIC PEER-REVIEWS OR PUBLISHED IN EDITED COLLECTION VOLUMES

**Sotirov, Ch.**, *On Some Aspects of the Child's Aptitude for School*, Innovations in Education Collection of Papers, "Innovations in Education" Traveling Seminar (Istanbul - Kusadasi - Izmir 30.04.2019 - 07.05.2019, Faber Publishing House, 2019. pp. 446-454; ISBN: 978-619-00-0996 -2; COBISS.BG-ID – 1293002980

The scientific article builds on the fact that the child's entry into the first grade is a new period of childhood, a new way of life that has a significant impact on the further formation of their personality. Certain special adaptation is required, a degree of development of intellectual processes, motivation. At school, the child is faced with the need to keep to certain rules, they should be able to master the norms for creating educational cooperation.

The transition between the kindergarten and the primary school is essential, which ensures continuity in the child's social adaptation. In this regard, pre-school preparation plays an important role in the child's aptitude/readiness for school and his/her successful transition to school education.

Preschool education lays the basics of lifelong learning by ensuring the physical, cognitive, linguistic, spiritual, moral, social, emotional and creative development of children, it is carried out in a secured environment for learning through play, age-appropriate and ensuring the overall development of the child, as well as enabling the protection of his physical and mental health.

According to Regulation №5 of 03.06.2016, *Preschool education creates conditions for: overall development of the child's personality; acquisition of a set of competencies - knowledge, skills and attitudes necessary for the successful transition of the child to school education.*

The aim of this article is to present a brief overview of the child's aptitude for school, which is an expression of the outcomes of preschool preparation and changes in the development of 6-7-year-old child.

The article pays attention to motorics, which is a component of psychomotor aptitude/readiness and an important indicator for the development of children at pre-school age. It is an active factor in the education of children, especially those aged 6-7, in a number of areas. Physiologists and psychologists have long accepted the postulate that there are no manifestations of locomotor activity without mental participation and there is no dynamics of mental processes detached from motor activity. It is with this purpose that motor (motorics) tests predominate in human psycho-diagnostics.

Being acquainted with the dynamics of children's motor abilities is a prerequisite for the children's teacher to be able to select and use in practice the most effective methods of managing children's locomotor activities.

**Sotirov, Ch.,** *Theoretical and Methodological Aspects of Psychomotor Aptitude/Readiness of Preschool Children*, Collection: Contemporary Aspects of Pedagogical Communication, Konstantin Preslavski University of Shumen, 2019, p. 292-300, ISBN 978-619-201-342-4; COBISS.BG-ID - 1293490404;

At pre-school age children are actively adapting to the environment. This is a complex and permanent process in which they explore space and get orientated in it through dynamic mental and diverse motor activity: outdoor games and various types of activities and sports. The independent movement of children requires the inclusion of all mental processes, the degree of development of the musculoskeletal system, motor skills and the ability to coordinate and manage movements, ie. from the so called psychomotor development examined in physiology (more precisely in neurology) and psychology.

It is known that psychomotor development has a characterized phase structure. At preschool age it depends not only on some genetically determined prerequisites, but also on many social factors, among which the leading ones are the educational environment and the effectiveness of the process of pedagogical interaction in kindergarten and day-care institutions. The knowledge, skills and competencies acquired by children at this age also depend on the quality of education, the content of the curricula and the teaching methodology.

In everyday life the child becomes independent, acquires and improves his/her self-care skills. With the help of the adult, they learn and master the independent performance of many physical exercises and motor activities (riding scooters, cycling, outdoor games, etc., which require one or another acquired ability to coordinate movements).

At the end of preschool age the child must acquire a set of competencies according to State Educational Requirements - knowledge, skills and attitudes necessary for the successful transition to school education and the formation/building of school aptitude.

The purpose of this publication is to present some aspects of children's psychomotor aptitude/readiness for school - its definition, interpretation and diagnostics.

**Sotirov, Ch.,** *Integrating Functions of the Educational Field of Physical Culture in Preschool Education*, Yearbook of the Konstantin Preslavski University of Shumen, Volume XXIII D, 2019, pp. 1048-1055, ISSN 1314-6769; COBISS.BG-ID

In recent years, physical culture and sports have exhibited the characteristics of areas with insufficient management and social commitment. The opinion of various researchers about the need to change the approach to the organization of physical education and sports in the formal and non-formal education system is increasingly prevalent. The problems of physical culture, physical education, health and quality of human life have risen to significant levels in modern society. In this regard, we should add that the physical education of the modern child is a problem of a special nature, of social and pedagogical importance. It helps the child in the process of his/her overall social realization. At the same time, it contributes to the quality formation of children as individuals. Naturally, this is not an isolated pedagogical process, but conceptually planned and internal communications of the educational fields related to... acquisition of competencies - knowledge, skills and attitudes necessary for the successful transition of the child to school education.

The ideas outlined in the article focus on the detailed study of the interrelations of the educational fields and the extent to which it is possible to develop an integrated approach in the education of preschool children.

**Sotirov Ch,** *Natural Locomotions and Physical Qualities as Determinants of the Education and Training of 5 - 7 Year Children by Climbing*, In: Journal homepage:

This article draws attention to worrying trends in the health status of children and adolescents. Inevitably and traditionally, the hopes and views of humanity are focused on sports and environmentally friendly living, stimulating physical activity as a counteraction to sedentary lifestyle. The fact that the UN, the World Health Organization, the IOC, the governments of the most powerful countries and the world's scientific minds have worked hard to solve this global problem speaks of its seriousness and irrevocability.

In the context of the latter, we should add that all international and national sports federations and sports are also involved and have the responsibility to solve these problems. The International Federation of Sport Climbing (IFSC) and the Bulgarian Federation of Alpine Climbing (FBAC), which has been a full member since January 27, 2007, are no exception. We are witnessing a series of facts and evidence in this respect, among which the development of children's and youth climbing standing out with special significance.

In this sense, the article outlines the issue of the dynamics of development of natural locomotion and physical qualities of 5 - 7 year-old children. It is revealed that better knowledge of these has significant epistemological and practical application in the process of physical education in kindergarten - especially in 3<sup>rd</sup> - and the 4<sup>th</sup> pre-school groups and early sports orientation, initial education and training in sports.

The aim of the research is to reveal the relation between the components of general motor skills, balance stability, arm and shoulder girdle strength, and coordination abilities for climbing, as determinants of climbing training and practice.

The sports theory basis of the research is the general theory of physical education, and the theory of children's and youth sports, in particular, as well as didactic aspects of competitive climbing. To achieve this aim, the following objectives have been met:

1. Diagnose the natural locomotion of children from the 3<sup>rd</sup> pre-school group and assess their motor capacity.
2. Examine the equilibrium stability of the children in the research sample.
3. Children's self-strength abilities (arms and shoulder girdle, and partly the corpse muscles) have been established.
4. Coordination abilities of the children for climbing and their interrelation with the balance and power abilities have been studied.

**Sotirov, Ch.** *Health Education of Preschool Children*, Educational Technologies Collection of Papers, Konstantin Preslavski University of Shumen, UI, 2017, pp. 282-289; ISBN 978-619-201-200-7; COBISS.BG-ID - 1285638884

Taking care of the health of children from birth is extremely important for their proper physical, personal and social development. In this sense, scientific research in recent years has revealed alarming evidence of increased number of diseases and abuse of psychotropic substances at an even younger age, low physical activity, reduced interest in sports, tourism and outdoor activities, escalating violence and aggression among children.

This requires a totally new approach of educational institutions and society, as a whole, to the problems of health and health culture of children and adolescents. There is a need for a unified strategy towards building healthy hygiene habits, habits of proper nutrition, sports and body strengthening, attitude to nature, a balanced daily routine, as well as efforts aimed at achieving health educational attitudes and competencies. In this regard, our goal in this publication is to present the most important aspects of health education within the framework of preschool education in our country.

**Sotirov, Ch.,** *Tourism Practices at School*, Collection of Papers, Traveling Seminar BELGRADE - LJUBLJANA - ITALIAN RIVIERA - ZAGREB, 03.05.2016 - 11.05.2016, pp. 391-399; ISBN 978-619-00-0477-6; COBISS.BG-ID - 1278081764

The article presents some good practices and opportunities of active tourism in school education. The main objectives in the concept are aimed at creating conditions for active sports and physical activity of students, acquiring knowledge, skills and attitudes for a healthy lifestyle. This, in turn, implies the provision of opportunities to choose various means, innovative methods and approaches. These prerequisites contribute to the manifestation, expression and development of students' abilities in a certain type of physical activity or sports activity.

The focus of the publication is on modular training - module "tourism" in the regulatory framework and the need for introducing an additional third lesson in a week in physical education and sports in school.

The research methods used in the study are mainly theoretical analysis, sociological method - survey with a questionnaire, analysis of regional natural and

man-made tourism resources of the well-developed Shumen tourism micro-area, and analysis of educational documentation.

**Sotirov, Ch.**, *Relationship between the Social Development and Motor Activity of the Child*, Journal homepage: [www.sociobrain.com](http://www.sociobrain.com), ISSN 2367-5721, ISSUE 24, AUGUST, 2016, pp. 60-64

The article presents an overview of some basic concepts related to the process of socialization of children at preschool age and its relation with the motor activity and motor skills of children.

Nowadays, the problem of the child's socialization is especially relevant. The intensity of this process predisposes adaptive and conscious orientation of the child in the surrounding environment, mastering ways of examining it towards building social skills and relationships. In this regard, the aim is to present some aspects of the socialization of the child at preschool age. The main issues addressed in the article are related to: studying the evolutionary development of the concept of socialization of preschool children; studying the motor activity of children as genetic and realization factors of children's socialization; identifying the relation between the social development and the motor activity of the child at preschool age.

After studying the conceptual theories of various authors, it becomes clear that the term "socialization" is too broad and can be considered from many aspects. From a socio-pedagogical point of view and as a conclusion drawn from the theoretical research in children's socialization, we recommend understanding the process through which the child acquires behavior, skills, motives, values, beliefs and culture norms in their childhood at preschool age.

**Sotirov, Ch.**, *Motor Aptitude - A Determinant for School Aptitude*, Yearbook of the Konstantin Preslavski University of Shumen, Volume XIX D, 2015. pp. 1001-1008; ISSN 1314-6769; COBISS.BG-ID

The topic of children's preparation and aptitude for school is one of the widely discussed in modern reforms projects in Bulgarian education. The topicality is

determined by the importance of preschool age, as a "valuable period of development" of the child and by the intensive development of children at this age and the significant place of pre-school institutions in the educational system. This, in turn, requires a thorough solution to the challenges at this age. It is in this aspect there is the need for overall consideration of all sides of the child's personality, such as intellectual, motivational, physical, motor, emotional and social-moral, which are the main aspects of preparing children for school.

In most literature sources, physical development is defined as a component of school aptitude. In this regard, there is the use of concepts that have to do with the biological development of preschool children such as: physical fitness, physical development, physical capacity, development of coarse and fine motor skills, physical well-being, psychomotor skills and others.

From the presented theoretical ideas and approaches, the article presents a concept about the aptitude of children for school. It relates to their specific motor activity, taking place in a special (social) environment, which leads to the building of "motor readiness/aptitude".

The proposed structural model of motor readiness/aptitude methodically presents a wide range of functionality and inter-dependence of the individual elements. This corresponds to the achievement of the main goal - to provide the necessary level of motor and socio-personal adaptation for a smooth transition of the child in the new socio-pedagogical conditions of the school environment.

## V. PUBLISHED CHAPTER OF A COLLECTIVE MONOGRAPH

**Malchev, M., Ch. Sotirov.** Mountain Tourism, Konstantin Preslavski University of Shumen, 2015, 177 pp. (distribution of the author's contribution in writing the monograph: Sotirov, Ch. - 16% - 27 pages; Malchev, M. 84% - 149 pages) SBN 978-954-577-899-51; COBISS.BG-ID - 1273091812

The book Mountain Tourism contains scientific information in the field of history, geography, pedagogy, cultural and historical heritage, management and marketing of tourism, tourism entertainment and more.

It addresses students, college students, teachers, human resources in the field of travel, tourism and leisure, sports and tourism entertainers and anyone interested in such topics. Researchers in this field might be interested in the SWOT analysis of

strengths and weaknesses, opportunities and threats in the development of mountain tourism in Bulgaria. The results of the analysis give us grounds to conclude that mountain tourism in Bulgaria has significant potential for its future development, especially regarding establishing its status on the world tourism market as an excellent tourism destination offering a quality tourism product.

The author Chavdar Sotirov has a 16% contribution to the publication - for writing the third chapter of the monograph, the conclusion and list of bibliography sources with a total volume of 27 pages.

## VI. VI. PUBLISHED UNIVERSITY TEXTBOOK OR TEXTBOOK USED IN THE SCHOOL NETWORK

**Sotirov, Ch.**, Tourist practices in kindergarten and school. IM "Bishop Konstantin Preslavski", Shumen, 2020. ISBN 978-619-201-439-1

The presented textbook "Tourist practices in kindergarten and school" is intended for the preparation of students studying for bachelor's and master's degrees, specialists from the pedagogical specialties in the Professional Qualification Degree system in the Departments for advanced training and for practicing pedagogical specialists in kindergartens and secondary schools. It can help parents who are involved in the tourist activities and practices of children in family endeavors in their free time.

The textbook discusses crucial educational issues. Numerous, mostly Bulgarian, authors have been cited. Among them are leading academic professors. Based on the analyzes, relevant conclusions and summaries have been made.

Developed in a volume of 190 pages, the textbook structurally contains six chapters with separate paragraphs to them. The first chapter - entitled Introduction to Tourism, is undoubtedly distinguished by the necessary educational value. The proposed historical discourse and little-known facts and evidence will enrich the students' knowledge. The other chapters have mainly the didactic, methodical and practical-applied orientation, which is in unison with the general author's concept.

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