

REVIEW

by **Prof. Iren Yordanova Peltekova, PhD – Sofia University "St. Kliment Ohridski"**

for scientific works and scientific contributions

of Assoc. Prof. Teodora Nikolaeva Simeonova, PhD,

a candidate in the competition for the academic position of "professor" under 1.3. Pedagogy of training in ... (Methodology of training in physical education and sports), announced in State Gazette No. 4 of 13.01.2023

Contest details

As an external member of the Academic Jury, appointed by Order No. RD-16-020/06.03.2023 of the Rector of the Konstantin Preslavski University of Shumen, Prof. G. Kolev, D.Ec.Sc. have been provided with a set of documents for review. The review of the documentation showed that it fully meets the requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria and the Regulations on the Terms and Conditions for Acquiring Scientific Degrees and Holding Academic Positions.

In the competition for the academic position of "professor" in field of higher education: 1. Pedagogical sciences, professional direction 1.3. Pedagogy of training in... (Methodology of training in physical education and sports), announced in the State Gazette No. 4 of 13.01.2023 for the needs of the Department of Physical Education and Sport at the Faculty of Pedagogy of the Konstantin Preslavski University of Shumen as the only candidate participating is Assoc. Prof. Teodora Nikolaeva Simeonova, PhD - a long-time full-time teacher in the same department.

Applicant data

Teodora Nikolaeva Simeonova completed her secondary education at a mathematics high school in 1983 and her higher education at the Higher Pedagogical Institute (VPI), Shumen, with a master's degree in "Chemist teacher of chemistry" and with a second specialty in Physics, in 1987. In 1994, she obtained a new professional training in "Physical Education and Sport" at the Vasil Levski National Sports Academy, Sofia. In 2007, she completed a master's course of study in three semesters with excellent performance and acquired a diploma for higher education with a specialty in Pedagogy within the Master's program "Sports Pedagogy (Physical Education and Sports in School)" at Konstantin Preslavski University of Shumen. In her educational development, Teodora Simeonova acquired additional qualifications and in 2001 she reached the First professional-qualification degree, which is the highest degree. In 2012, she defended her dissertation on "Models and methodology for improving basketball shooting technique based on the students' ability to anticipate" and obtained an educational and scientific degree (ONS) "doctor" in the scientific specialty "Theory and methodology of physical education and sports training (incl. PE methodology).

In the period 1988-2004, she worked as a physical education and sports teacher in Smyadovo and Shumen. Since 2004, the professional development of Teodora Simeonova has been deeply connected with the Konstantin Preslavski University of Shumen. She was

successively a teacher (2004-2007), a senior teacher (2007-2017), and in 2017 she was elected as an associate professor in the "Theory and Methodology of Physical Education" department. Since 2023, she has been the Deputy Dean for "Accreditation and Quality" at the Faculty of Pedagogy of the Konstantin Preslavski University of Shumen.

Assoc. Prof. Simeonova, PhD actively participates in the development of the curricula of the "Physical Education and Sport" specialty and continuously improves her professional qualification and teaching skills by participating in trainings (2022 - training of Alejandro Morales) and research projects (over 25 international, national and university led). She is a known expert and reviewer.

Assoc. Prof. Teodora Simeonova, PhD impresses with her commitment in working with students, specialists, and doctoral students. She is the supervisor of 19 graduate students and the supervisor of five PhD students.

Assoc. Prof. Simeonova, PhD participation in international exchanges under the Erasmus+ educational programs (2016, Fafe, Portugal; 2018, Narva, Estonia; 2019, Vigo, Spain and 2019, Shtip, North Macedonia) increases and enriches her scientific qualification and contributes to her professional contacts with colleagues from various universities in Europe.

It is worth noting the serious commitment of Assoc. Prof. Teodora Simeonova, PhD to the attraction, organization and development of sports and competition activities among the students at Shumen University. The representative teams in basketball, 3x3 basketball, table tennis, etc. are among the best student teams at national and international level, which can be seen from the presented reference with the rankings. Assoc. Prof. Simeonova, PhD has built a stable relationship between the students and the development of university sports. She is a member of the "Basketball" and "Table Tennis" associations of AUC "Akademik".

The high professionalism and responsibility of Assoc. Prof. Teodora Simeonova, PhD is manifested in her active work in numerous committees related to the preparation of study documentation at the university, faculty and department level, documentation for the accreditation of the Higher Education Institution and for self-evaluation. Assoc. Prof. Simeonova, PhD is the Chairman of the union organization FUNIS of SHU, a member of the Board of the same organization, a member of the General Assembly, of the Methodological Council of the Faculty of Pedagogy and a member of the General Assembly of Shumen University.

Teaching activity

The teaching commitment of Assoc. Prof. Simeonova, PhD, related to the educational activity, is impressive and diverse. She conducts 25 lecture courses and exercises, of which 15 in the "Bachelor" OCS and 10 in the "Master" OCS - "Basketball and methodology", "Basketball and knowledge of rules", "Basketball for children with SEN", "Theory and methodology of sports training", "Sports for all", "Segregation, discrimination and violence in sport", "Adapted physical activity", "Adapted physical activity in children with SEN", "Olympism and the Olympic movement", "Good practices in sport", "Table tennis", "Innovations in sports games", "Sports for recreation in NEO", "Theory and teaching methodology of physical education and kinesitherapy for children with SEN", etc.

Assoc. Prof. Teodora Simeonova, PhD has professional interests in the theoretical and practical-methodical problems of physical education, the methodology of basketball training, the theory and methodology of sports training, sports psychology, adapted physical activity and adapted physical education.

Scientific works

A. *Publications about her scientific research activity* - **a total of 5 monographies**, of which two are independent and three are co-authored in collective monographies; **a total of 6 textbooks and study aids**, of which one is an independent textbook and five are co-authored; **studies, articles, reports** (from 55 participations in regional, national and international conferences), mainly in Bulgarian and English - **a total of 127** (independent and co-authored).

B. *Publications submitted for participation in the competition for professor* – **1 independent monograph**; co-author in **3 collective -monographies** ; **25 studies and articles** in the field of physical education and sports - theory and methodology of PE training, control and evaluation, preventions against discrimination and violence in sports, the connection of sports with a healthy lifestyle and PE for children with special educational needs; **2 textbooks**, one of them is independent; **2 co-authored textbooks**.

The main place among the works is occupied by the monograph "Technique and anticipation in basketball for 8th - 10th grade students" Shumen, 2022, 302 p.

The monograph is of a contributory nature, and the main contribution of the work is the emphasis on the relationship between the technical training in basketball of students, the accuracy of shooting, and anticipation, which has not been the subject of scientific research in sports training in basketball. Both the main qualities of attention - concentration, intensity, productivity, as well as the perception of the passage of time and the anticipatory forecasts of the students in different types of shooting at the basket - are shown. The indicators for the average values, variability and significance of the indicators characterizing mental readiness were analyzed. The dynamics in relation to the qualities of attention and anticipatory predictions of the studied persons were revealed. The concurrences between the predictions and the resulting shooting result are established, giving the anticipation value. Average scores and anticipation values for close-range shooting, shooting on the move, rebound shooting, long-range shooting and free-throw shooting were examined. The author concludes that the obtained high values of anticipation in close-range shooting are due to the fact that this technical element has been studied for the longest time and the students have good technical skills, therefore the predicted results for it are also high. In shooting from a long distance, the author explains the high antipathy values obtained by the fact that the students predict a negative outcome of the shooting and this leads to concurrence between outcome and accuracy. (No. 3.1, 3.2).

Another main contribution of the work is the disclosure of the structure and the identification of the main factors of the physical, technical and psychological preparedness of students 8th-10th grade, which presents opportunities to improve their psychophysical readiness to play basketball successfully. Teodora Simeonova investigated the factor weights of 28 indicators for four groups of students - boys and girls from an experimental and control group, which shows a great comprehensiveness of data and possibilities for comparative analysis on

a wide number of indicators. The author summarizes and analyzes the obtained results, which proves her in-depth knowledge of the researched matter (No. 4).

Another contributing point with a practical focus is that, for the first time, an object of scientific interest is the development of anticipation tests in physical education and sports classes with subject: basketball. After an in-depth analysis of the experimental materials, Assoc. Prof. Simeonova, PhD presents: 1) a developed system of control and rating scales for assessing shooting accuracy and anticipation in basketball by gender of junior high school students; 2) developed, tested and implemented in practice innovative models for the eighth, ninth and tenth grades, which serve to assess the level of mastery of basic technical skills in basketball; 3) developed protocols for applying the registered results of the practical assessment of technical skills in basketball (5.1, 5.2).

The monograph, as well as the publications related to it, show Teodora Simeonova's permanent and deep interest in the peculiarities of teaching sports games in physical education classes and sports activities at school, presenting her in an extremely significant professional light, showing her abilities to conduct, analyze and systematize both practical and scientific-theoretical and statistical information. The overall contribution of the author from the developed monographic work provides a timely, accessible, interesting and adequate opportunity to optimize the process of basketball training at school.

There are 10 articles related to the teaching methodology of physical education and sports (7.9, 7.12, 7.13, 7.14, 7.15, 7.16, 7.18, 7.22, 7.23 and 20.2 from the list of publications). They show the interest of Assoc. Prof. Teodora Simeonova, PhD in the methodological aspects of the theory of teaching physical education and sports in the educational system. New methods of teaching basketball knowledge and skills are revealed, which are in line with the new educational requirements for the learning content. The methodological aspects for building the basketball learning process cover a large age period - from kindergarten to the completion of higher education. The focus of her attention is the training of students, future teachers of physical education and sports. The analyzes made by Assoc. Prof. Simeonova, PhD in the reports with empirical material show that the only true way to apply up-to-date training is through pedagogical experiments. She convinces the reader that this allows to more reliably identify the positive aspects and shortcomings in education, to scientifically argue the results, to reveal interactions and dependencies and to track the changes and development of the participants in the pedagogical process.

There are 2 articles related to methodological guidelines for working with children with SEN in physical education and sports classes (7.6 and 20.1 from the list of publications)

The integration of students with special educational needs into regular education is still a challenge for teachers. Novelties are sought, familiar methods of influence are rediscovered. Assoc. Prof. Simeonova, PhD in her work not only draws attention to this delicate topic, but also presents developed methodological guidelines for teaching children with SEN and promotes good work practices related to the means of the basketball game.

The articles related to the prevention of discrimination and violence in sports are 6 (4.2, 4.3, 7.1., 7.2., 7.3, 9.1 from the list of publications). They have a theoretical contribution and show the interest of Assoc. Prof. Teodora Simeonova, PhD in the possibilities of creating

effective programs and policies that can effectively deal with manifestations of racism, discrimination and violence in sports at any level. In the articles, the professional skills and attitudes of teachers for continuing education and qualification on topics related to the prevention of discrimination have been studied, a comparative analysis of international and national policies and programs for the prevention of discrimination and violence in mass sports and in school has been carried out. Data were obtained on the state of discrimination and violence in mass sports at school, problematic aspects and good practices were identified.

There are 5 articles related to the possibilities of physical education and sports as a means of increasing physical activity, health and a healthy lifestyle (7.19, 7.20, 7.24, 21.1 and 21.2 from the list of publications). Low physical activity, indoor lifestyle, poor eating habits and overweight are becoming a global problem. Assoc. Prof. Teodora Simeonova, PhD examines an alarming problem related to the health status of students. The author presents developed practical models for seven types of sports that can lead to improvement of the health status of overweight and diseased individuals. The sports represented are: athletics, swimming, dance, basketball, volleyball, racquet sports and football. The programs adapted to each sport help to create a lasting habit of physical exercise, sports and dance, and thus also lead to an increase in physical performance. The author studied the effects of exercises developed in two adapted models from the sports of basketball and volleyball in overweight and obese students, and the results showed that the student youth could motivate themselves to be more physically active and increase their desire to participate in sports, as long as the sports models are adapted to their condition.

The monograph and articles presented in the competition, as well as the overall scientific activity of Assoc. Prof. Teodora Simeonova, PhD, show her lasting interests in several scientific fields, which present her as a versatile researcher and scientist, but closely related to the problems of physical education and sports. The diligent and in-depth analysis of the teaching methodology in physical education and sports, the alternatives for working with children and students with special educational needs, the healthy lifestyle and the fight against racism and aggression in sports lead Assoc. Prof. Simeonova, PhD to research projects that are of interest not only to specialists, but also to a wider audience. I cannot complete the review of the scientific production without noting the innovation used in the presentation of the learning content in the textbook "Basketball and Rules Knowledge", where modern technology directly helps as a visual aid in learning. Assoc. Prof. Simeonova, PhD and the co-author prove that technological achievements have a large and direct impact on the teaching process, and this leads to new pedagogical theories about learning.

With her overall scientific output and broad research interest, Assoc. Prof. Teodora Simeonova PhD has contributed to the deepening and expansion of sports-pedagogical issues.

Citation

From the reference to the citations of Assoc. Prof. Teodora Simeonova, PhD, it can be seen that 16 citations were submitted for participation in the competition, which are counted towards 105 points. This number of points covers the minimum national requirements. The scientific production of the author is cited both in Bulgarian and foreign scientific works. This shows that her research is known in scientific circles and used by her colleagues.

Conclusion

I personally know Associate Professor Teodora Simeonova, PhD as an excellent professional who is fully devoted to scientific, teaching and sports activities. She enjoys great respect among her colleagues as a respected person who is ready to share her knowledge and experience and she is known to work well in a team.

In conclusion, I will summarize that the ideas and scientific contributions realized in the publications of Assoc. Prof. Teodora Simeonova, PhD, the only candidate in the competition for professor of 1.3. Pedagogy of training in ... (Methodology of training in physical education and sports), announced in SG No. 4 of 13.01.2023, her serious scientific and professional qualities give me reason to confidently support the election of Assoc. Prof. Teodora Simeonova PhD in the competition for a professorship, and I believe that she will worthily defend both her professionalism and the scientific authority of The Department of Pedagogical Studies of the Faculty of Pedagogy and of the Konstantin Preslavski University of Shumen.

I vote positively for the election of Assoc. Prof. Teodora Nikolaeva Simeonova, PhD to the academic position of "Professor" at the Konstantin Preslavski University of Shumen of Applied Sciences in professional direction 1.3. Pedagogy of training in ... (Methodology of training in physical education and sports).

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Prepared the review:

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