



SOUTH-WEST UNIVERSITY "NEOFIT RILSKI"

BLAGOEVGRAD

POSITION

From Assoc. Prof Daniela Lekina, SWU "Neofit Rilski"

With regards to a procedure for the academic title of "professor" with candidate Assoc. Prof. Dr. Boryana Georgieva Tumanova in the professional field of 1.3. Pedagogy of training in.... (Physical education and sports - swimming), announced in SG. no. 54 / 29.06.2021

Subject: the scientific, scientific-applied and professional-academic activity and production, presented by the only participant in the procedure Assoc. Prof. Dr. Boryana Georgieva Tumanova, who has fulfilled the minimum national requirements to hold the academic title of "professor".

I. Personal characteristics of the candidate

Assoc. Prof. Dr. Boryana Tumanova is a "Master of Sports" in swimming. National coordinator and coach of AFA - swimming (for people with intellectual disabilities) - from 2007 until today. She has been the Director of the Department of Sports since 2017. Under her supervision, the representative swimming team, men and women of Sofia University "St. Kliment Ohridski" has won many awards. She was the coach of the swimming team at the World Special Olympics Games in 2007 - Shanghai, 2011, - Athens, 2015 - Los Angeles, 2019 - Dubai.

II. Quantitative characteristics of the submitted scientific publications

For her participation in the procedure Assoc. Prof. Dr. Boryana Georgieva Tumanova submits a total of 21 publications, including 1 independent monograph, 1 book, 1 textbook, 2 scientific articles in peer-reviewed and indexed journals in international databases "Web of

Science", 4 publications in scientific journals in Bulgaria, 6 reports from scientific conferences in Bulgaria, 7 reports from scientific conferences abroad. Her authorship share in the scientific works is as follows: independent -14 copies, lead author - 7 issues, secondary author - 1 issue. 12 of them are in Bulgarian, 8 are in English and 1 is in Russian. The publications are presented in Table 1 by type and number.

Table. 1. Publications presented in qualitative and quantitative terms

| № | Publications' kind | Authorship | | | | Numbering in the list of publications (№, №,) | Total | |
|---|---|------------|------------|-----------|------------|--|-----------|------------|
| | | | | Co-author | | | Publ. | Pages |
| | | Num | Pages | Num | Page | | | |
| 1 | Monography (habilitation paper) | 1 | 145 | - | - | 1.1 | 1 | 145 |
| 2 | Book | - | - | 1 | 157 | 1.2 | 1 | 157 |
| 3 | Articles in peer- | 2 | 7 | | | 1.4, 1.5 | 2 | 7 |
| 4 | Articles published in non-referenced peer-reviewed journals | 4 | 17 | | | 1.6, 1.7, 1.8, 1.9, | 4 | 17 |
| 5 | Reports from academic conferences in | 4 | 19 | 1 | 6 | 1.10, 1.11, 1.12, 1.13, 1.14 | 5 | 25 |
| 6 | Reports from academic conferences abroad | 4 | 14 | 3 | 11 | 1.15, 1.16, 1.17, 1.18, 1.19, 1.20, 1.21 | 7 | 25 |
| 7 | Published university textbooks | 1 | 114 | | | 1.3 | 1 | 114 |
| | Total: | 21 | 316 | 1 | 174 | | 21 | 490 |

III. Evaluation of the candidate's publications beyond the main monographic habilitation paper

Along with the presented monograph - habilitation thesis for participation in the procedure, Assoc. Prof. Dr. Boryana Tumanova has presented other publications mentioned above. They can be assigned to several main areas:

□ Physical education and sports in the educational system: 13 publications (21,2,3,6,7,8,11,13,14,17,18,19,20);

□ Adapted physical activity: 9 publications (-2-ch.10 and 14,4,5,9,12,15,16,18,21).

The first domain's publications incorporate questions about the role of physical education as a means against problems caused by modern technologies that harm one's body and health. The leading ones are described in detail - mental fatigue, weight gain over the norm, pain in the spine and the presence of deficits in the social sphere (№1), questions about the culture of interpersonal, personal-group and social communication with the means of swimming (№14), objectives are set to upgrade the knowledge, skills and competences of university sports and in particular swimming teachers (№ 6, 7, 14, 20), and the assumption of responsibility by state institutions (№ 8 , 10, 11, 17, 19). The publications in this area address issues related to the development of swimming, the movement techniques in that unusual for the human being aquatic environment, methods and means of training, organization of procedures, rules awareness, as well as the necessary set of skills for first aid in cases of drowning and the safety of water pools (№ 2 - Chapter 9 "Characteristics of the swimming training process", Chapter 11 "Training content of the swimming program" and № 3).

The publications in the second domain consider the role of adapted physical activity as an indispensable tool for the building of one's personality and the development of disabled people.

Particular attention is paid to the new European policy and its implementation through the development and dissemination of integrated sports and the applied aspects of swimming for people with disabilities. Issues are considered, and recommendations are presented for the benefits that sport brings to that group of citizens - physical and psychological benefits, illnesses prevention and social inclusion (№ 4, 16), (№ 2 - Chapter 10: Management and control of the educational impact of the aquatic environment and swimming on the functioning of people with disabilities is discussed in (№ 2-Chapter 14 (Adapted curriculum for swimming in the elderly or people with disabilities). The integration of people with intellectual disabilities in the community through active sports activities (№ 2 - Chapter 8 (People with disabilities) and № 4).

In publications (№ 9, 12) an analysis of the competencies among the sports-pedagogical staff for the practice of swimming by people of different age groups is conducted.

From the presented reference with citations and the attached files it is evident that the author has been cited a total of 26 times, of which: in the database "Web of Science - 3 times; citations of the candidate's publications in monographs - 2 times, citations in unrefereed journals with scientific review in Bulgaria - 12 times. There are 9 citations in foreign editions

in English.

Under the guidance of Assoc. Prof. Dr. Boryana Tumanova 3 students successfully defended their PhD Thesis.

From the presented CV it is clear that Assoc. Prof. Dr. Boryana Tumanova has an active and valuable participation as a team member in 4 university research projects.

She has participated 20 times as a reviewer or author of opinions in monographs, scientific books, dissertations and scientific papers for the obtainment of academic positions and titles.

The teaching activity of Assoc. Prof. Dr. Boryana Tumanova is at a high professional level and includes the development and practice of a number of lecture courses, seminars and practical exercises in bachelor's and master's programs in the field of swimming. She is a member of editorial boards, sports and public organizations such as: Member of the editorial board of the International Scientific Conference of the Department of Sports at Sofia University "St. Kliment Ohridski "- from 2014 to 2017; Member of the editorial board of the Yearbooks of the Department of Sports at Sofia University "St. Kliment Ohridski "- from 2014 until today; Member of the Management Board of PK (Swimming Club) "Academic-Sofia" since 2006; Co-founder and member of the General Assembly of "Sports Club Academic-Sofia University" St. Kliment Ohridski "; Volunteer at Special Olympics - a sport for people with intellectual disabilities - 2004 to present.

IV. Original scientific contributions, with relevant evidence attached:

From the presented evidence, summaries of scientific papers and the author's self-assessment of her own scientific contributions, it is very clear that the scientific work of Assoc. Prof. Dr. Boryana Tumanova is characterized by relevance and significance, innovation and applicability in national educational praxis.

It is evident that the presented publications are sufficient in quantity, fully comply with the issues of the announced procedure and prove the author's capabilities for creative research and optimal practical solutions. The great number of citations is a very good indicator as to the importance, effectiveness and applicability of the author's work for the publications and activities of fellow teachers. In my opinion, the following scientific results and contributions of the candidate are the most significant:

1. A methodology for swimming exercises has been developed for the following groups: overweight university students, those with an improper posture, mental fatigue and socialization issues. The four leading noxious consequences of the rapid pace of development of modern technologies in the settings of higher education are presented.
2. A model with an efficient two-year program for prevention of the noxious effects of modern technologies, including activities in the aquatic environment, has been proposed.
3. Programs have been systematized for the training methods in non-standard age groups - babies and the elderly, as well as people with special needs. The proposed programs aim the acquiring of the basic swimming technique in a pleasant and accessible way and the formation of motor habits for a healthier lifestyle.
4. A "Model" which allows people with disabilities to be integrated in group exercises and swimming training sessions of people without disabilities has been tested. The organization and the process of adaptation have been improved to increase their motivation to improve their quality of life.
5. The importance of physical exercises and the role of a sports pedagogue in the everyday life of people (65-80 years old) living in the city of Sofia for the prevention of illnesses, the improvement of quality of life and the rapid recovery after illness is proven.
6. The motivation for practicing sports in their free time and in sports classes of students who have previously not been physically active has been studied. A program for training young people in acquiring lasting habits for a physically active lifestyle has been implemented.
7. The level of anxiety of people with intellectual disabilities is studied and their own assessment of the role of sports activities for their personal development, needs and self-esteem is analyzed. An adapted method for training with the following sports is applied: swimming, skiing and judo.

8. An analysis has been conducted of the development of Special Olympics Bulgaria from 2003 to the present day. The role and mission of the organization Special Olympics in Bulgaria is considered. The chronology of the participation in the world summer and winter games is traced and the achieved successes are indicated.

Conclusion:

Given the clearly highlighted significant contributions of the research and teaching activities of Assoc. Prof. Dr. Boryana Georgieva Tumanova and on the high quality of her work, it is with certitude that I submit a positive opinion with regards to her holding the academic position of "professor" in the professional field 1.3. Pedagogy of teaching (Physical education and sports - swimming) for the needs of Sofia University "St. Kliment Ohridski "- Sofia.

22.09.2021

member of the jury: *Assoc. prof. Daniela Lekina, PhD*

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