

STATEMENT

by Professor Stefan Hristev Bazelkov, PhD, University of Shumen "Bishop Konstantin Preslavski" - Shumen, member of the Scientific Jury in a competition for the academic position "PROFESSOR", announced in the State Gazette, issue. 54 of 29.06.2021, Field of higher education 1. Pedagogical sciences, professional field 1.3. Pedagogy of training in ... (Methodology of training in physical education and sports - swimming).

I. Data for the competition

The competition for the academic position of "professor" was announced in the State Gazette, issue 54 of 29.06.2021 for the needs of Sofia University "St. Kliment Ohridski" - Department of Sports. Associate Professor Boryana Georgieva Tumanova, doctor, member and head of the Sports Department at Sofia University, participates in it as the only candidate. After reviewing the documentation for this competition, I believe that the requirements of the Law on the Development of Academic Staff in the Republic of Bulgaria are met. We do not have joint publications in the scientific production submitted for review by Assoc. Prof. Dr. Boryana Georgieva Tumanova.

II. Biographical data about the candidate

Boryana Georgieva Tumanova was born on June 17, 1964 in the city of Sofia. Her academic career began in the period 1993 - 1999 as a part-time teacher of sports - swimming and swimming coach at Sofia University "St. Kliment Ohridski", Sofia. From October 1999 to the present she has a basic employment contract as a lecturer, assistant, chief assistant in sports - swimming and associate professor at Sofia University "St. Kliment Ohridski". Since 2017 she has been the director of the Department of Sports. In 2012, after defending a dissertation on "*Adapted swimming training program for people with intellectual disabilities*", she acquired ONS "Doctor" in the scientific specialty 1.3. Pedagogy of training in (Methodology of training in physical education and sports). In 2014, with a monograph on

"Opportunities for swimming to regulate behavior and motivation for the realization of people with intellectual disabilities", she habilitated as an "associate professor"

III. Teaching activity of the candidate

Assoc. Prof. Dr. Boryana Georgieva Tumanova is a university lecturer with a strong authority among students and colleagues from Sofia University and beyond. Performs the assigned tasks with accuracy and precision. She leads lecture courses in the Compulsory discipline "Sport - 2", "Methods of teaching swimming", "History of Sports", Physical Education for children with SEN ", Swimming - history, development, technique, theory and methodology of training. She is the leader of the representative swimming teams for men and women at Sofia University "St. Kliment Ohridski "from 1999 until today. Shows active project activity. Participates in 8 scientific and educational projects. She is the leader of one of them and a participant in the others. She has recorded 20 participations as a member of a scientific jury, and in 8 of them she is a reviewer. She has developed curricula for students from Sofia University "St. Kliment Ohridski ", on" Sport - swimming ", " Sport - sports improvement swimming ", " Methodology of teaching swimming ", " Swimming ".

IV. Scientific production

In this competition Assoc. Prof. Dr. Boryana Georgieva Tumanova participates with 21 publications on topics related to scientific fields in which she has an interest and works. The presented publications include: Monographs (1), Books (1), Textbook (1), articles and reports (18). Of the mentioned articles and reports, 2 are in referenced and indexed journals (Web of science), 4 are in Bulgarian periodicals, 5 are in reports from scientific conferences in Bulgaria and 7 are reports from scientific forums abroad. The main place among the presented scientific publications is occupied by the monograph, where a model for prevention and prophylaxis of the harmful consequences of the widespread hypodynamia through the means of swimming and exercises in the aquatic environment is proposed. The proposed "Swimming Book" structures similar programs for non-standard groups - newborns, the elderly and those with special needs. The main goal of these programs is to satisfy their motor needs in an attractive way, which will lead to the improvement of their

health. The presented swimming textbook develops the main issues related to the history of swimming, the technique of the individual swimming styles, as well as the means and methods of training and coaching. The articles and reports address problem areas in several fields that are of interest from theory and methodology of physical education and sports point of view:

- Using swimming and exercises in the water environment to get positive results in disabled people and improve the quality of life of the elderly. Application of physical exercises as prevention of negative changes in the elderly and recovery after various types of diseases. Using the means of physical education and sports to meet the natural needs of people with intellectual disabilities.
- Of interest are articles aimed at teaching swimming to newborns using their emotional attachment to parents.
- Optimization of the modern educational and training process of children and students in swimming. Stimulating the proper physical development and improving the physical capacity of students through the means of swimming.
- Research of the problem for increasing the physical activity of the students and increasing their desire are systematic performance of physical exercises and sports.

V. Scientific contributions

The presented scientific publications summarize the following more important contributions of scientific and practical nature.

1. An analysis of the most important factors that stimulate students for active sports is made. The mechanisms for utilization of the reserves and the possibilities for increasing the motivational readiness of the students in this direction are revealed.
2. A program has been created to optimize the swimming training of students who have not played active sports. The program is also adapted to the conditions of distance learning.
3. Based on the analysis of sufficient empirical material, it has been reasonably proven that swimming is one of the most effective ways to prevent and reduce many health problems. In addition, the optimization of motor training in the

swimming lesson leads to a cumulative effect and increase the level of physical capacity of the participants.

4. The methodology for improving the general and special training of students engaged in swimming has been improved. The system for control and evaluation of the indicators for the special training in swimming has also been specified.
5. A study was made on the effectiveness of the activities of elderly people with swimming exercises to improve their general health, mental health and social adaptation. The role of swimming activities for the integration of people with disabilities and special needs is revealed.
6. The favorable role of swimming for the physical development, mental health, social adaptation and socialization of newborns and their parents is revealed. This motor activity is also indicated as a healing tool for recovery and preadaptation after various types of diseases in infants.

Conclusion

Based on the above data on the contributions and overall activities of Associate Professor Boryana Georgieva Tumanova, PhD, I believe that they meet the requirements of the Law on the Development of Academic Staff in the Republic of Bulgaria. This gives me grounds to propose to the esteemed members of the scientific jury to vote "for" the award of Boryana Tumanova, PhD, to the academic position "PROFESSOR" in the field of higher education 1. Pedagogical sciences, professional field 1.3. Pedagogy of training in ... (Methodology of training in physical education and sports - swimming)

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Sofia

Prepared by: (Prof. S. Bazelkov, PhD)

