

SUMMARY

OF REVIEWED PUBLICATIONS  
IN BULGARIAN AND ENGLISH

**on ch. Assistant Professor Dr. Stefan Georgiev Miletiev,**

submitted for participation in a competition for the academic position of "Associate Professor", announced in SG no. 21 from 15.03.2022 from Sofia University "St. Kliment Ohridski "in the professional field 1.3. Pedagogy of teaching (Physical education and sports - fitness)

MONOGRAPH

**Group B - Indicator - 3**

**1. Miletiev, St. Sports and valeological education.** Monograph. University Publishing House "St. Kliment Ohridski ". 227 pp., S., 2021. ISBN 978-954-07-5316-4.

The monograph was published by the publishing house "St. Kliment Ohridski ", in a volume of 227 pages and is illustrated with 53 figures and 8 tables. It contains 4 applications - questionnaire card 1 (for visitors to the fitness center), questionnaire card 2 (for visitors to the fitness center), results of a survey with students, questionnaire card for teachers. 100 literary sources in Cyrillic and Latin are included.

The monographic work is structured in 5 chapters, in which the theoretical statements are supported by empirical research conducted in the period 2019-2021. Data are collected from a survey of students, teachers, students, visitors to fitness centers (from 16 to 65 -years old).

The connection of sports with valeological education in the conditions of secondary and higher education meets the challenge of preserving people's health by increasing their physical capacity in the constantly destroyed natural environment and crisis situations in society.

The researches presented in the present monograph are oriented towards this connection, which is the basis for determining the object-subject area. The object of research is the process of sports activities by people of different ages as a prerequisite for leading a healthy lifestyle. The subject of the research are the results of the self-assessment of pupils, students and users of fitness services of different ages for their valeological knowledge and their attitude to sports.

The aim is to conceptualize the idea of sport as a major component of valeological education, examining the attitude towards valeological knowledge and the attitude to sports of people of different ages; to highlight opportunities for increasing physical capacity and for developing valeological competence through fitness activities.

The research is related to the assumption that if the motivation for sports of pupils, students and users of fitness services of different ages is studied and opportunities are offered to connect valeological knowledge and physical exercises, they will serve as a basis for stimulating activities aimed at developing valeological culture and creating lasting interest in sports for people of different ages.

Theoretical and logical methods are used to gather information related to research: analysis, analogy, comparison. For conducting the research - observation, survey, expert evaluation. For registration and analysis of the obtained results - mathematical-statistical methods. The

processing, analysis and formulation of the conclusions are carried out in accordance with the objectives set in the research.

**The first chapter** of this paper presents sport as a major component of the modern model of healthy living. Advocates that sports education is an important social factor in building a modern model of healthy living, understood in the broadest sense of the term (a state of complete physical, mental and social well-being, not just the absence of disease) . The need for sports education of the young generation is emphasized through theoretical statements in sports and normative documents in education. It is emphasized that in the education of physical education and sports in the initial stage, in junior high school and high school the integrative interactions between sports and health education are carried out as a basis for the normal physical and mental development of adolescents. In the higher school the role of sports activity is strengthened as a factor supporting the overall educational process and maintaining a high level of mental and physical performance of students.

The aim is that after completing their higher education, students have acquired habits for regular exercise and sports. The opportunities offered by sports clubs and fitness centers are increasingly being used by those working after high school or after higher education. The idea is to cover more people of different ages, in which to form lasting sports habits. Exercise and sports should be carried out throughout life.

Based on the analysis of normative documents, scientific statements and observations in practice, emphasis is placed on sports as a way of life at any age. The need to reorient the goals and objectives of sports activities for all is emphasized. To make the transition from an activity that is focused only on the formation of motor skills and vital motor skills and habits, to an activity that develops the need for a healthy lifestyle and physical improvement. The goal of sports for all is aimed at more fully taking into account the individual characteristics of man in the process of physical training, to improve his intellectual abilities.

The conceptualization of these ideas for sports for all is supported by a survey of people aged 18 to 65 using the services of two fitness centers ("Miletievs 1" and "Miletievs 2"), gave the opportunity to Some current conclusions are made about the consumer's interest in active sports and their motivation for a healthy lifestyle.

The aim of the survey is to find out why and how often people visit fitness centers, how they relate to active sports for health and physical development, what connects them to the fitness center they visit. For example, is it: a) a connection with the group of practitioners; b) liaison with the instructor; c) formal relations with the fitness club. The analysis of the results of the survey gives grounds to draw some conclusions:

- Many of those who visit fitness centers play sports regularly, some of them doing different sports. However, there are many who rely only on fitness as a sport.
- In general, respondents are motivated to visit fitness centers. Understand the positive impact of fitness training on their work. They appreciate the opportunities offered by sports for a healthy lifestyle, define the fitness center as a place where they can play sports in peace and achieve their goals. They pay attention to the quality of fitness services, emphasizing the crucial importance of the material base and the methodological system for fitness training.
- Athletes report the impact of fitness training on their physical and mental health. They are motivated for active sports. They adopt the modern model of a healthy lifestyle, recognizing the need to acquire more knowledge and competencies in this area.

Theoretically, the first chapter of the paper emphasizes the impact of sports not only on physical health, but also on emotions and building a value system in humans. As a continuation of the partial survey of the opinion of users of fitness services, a survey of the opinion of young people (aged 16 to 30) was conducted, which included 265 students from the second stage of high school, students and workers. The purpose of the survey, without

being based on representation, is to provide up-to-date information on the extent to which young people understand the impact of sport on performance and emotions; whether sports influence the formation of values; whether the healthy lifestyle is perceived by the respondents as a value.

The analysis of the obtained data shows in general that young people, users of fitness services are aware of the benefits of sports, are convinced that physical activity has a positive effect on their mental state. They are able to identify values that are formed through sports, define a healthy lifestyle as an important value that they strive for. The results allow us to draw conclusions that will serve as a basis for developing a more comprehensive study of the impact of sports on the mental development of young people in modern conditions, self-assessment of values and opportunities for all to build a value system. the motivation to lead a healthy lifestyle.

At the end of the first chapter of the paper, a place is given to popular sports and seasonal physical activity, in order to draw attention in particular to the possibilities of fitness as a sport for all in the next chapter.

The **second chapter** of the paper emphasizes the desire for physical improvement, and for fitness in the foreground are two points - aesthetic and health. It is understood that fitness avoids one-sidedness in physical development, which is more or less characteristic of other sports. The most favorable load regime can be found and used to increase strength, reduce excess body weight, correct the appearance of any part of the body, etc., which hides the attractiveness of fitness, which determines its promotion and recognition in recent years by people of all ages. Fitness is fully accessible for all age groups.

Fitness as an important component of physical culture has the same functions that are realized in the system of secondary and higher education. The aim of this chapter is to further develop some of the ideas set out in the methodological system for fitness training of students at Sofia University "St. Kliment Ohridski", created by the author in his doctoral dissertation. Opportunities for new technologies are being sought in the fitness training of young people. Emphasis is placed on fitness training in a digital educational environment. Theoretically, in the teaching of physical education and sports to students advocates the idea that bodybuilding is an important component of a healthy lifestyle. A bodybuilding training program is being developed.

The expected results of the training are related to the acquisition of theoretical knowledge in the methodology of bodybuilding training and the improvement of basic motor habits; the individual physical qualities of the students are stimulated; their abilities to counteract fatigue and increase work capacity are developed, as well as the emotional and evaluative attitude towards physical activity and fitness activities as part of a healthy lifestyle.

An innovative moment in the methodical system of fitness training are the developed and tested exercises for fitness training of different age groups. The large range of people and the wide age range determine the need to determine several age groups to which to focus the performance of physical exercises. The author's research experience in fitness centers allows us to distinguish three main groups of users of fitness services according to their age opportunities to exercise. We mean people without long sports experience - beginners and advanced: 16-20 years of age; 21-35 years old and 36-55 years old.

When building the system of exercises for fitness training of different age groups, the so-called cumulative effect is not sought. It should be borne in mind that practitioners are not professional athletes, they have a great deal of study or professional commitment, and fitness activities should not place an additional burden on them.

Thus, in the last section of the second chapter, models are presented, according to which the training of athletes of different ages is conducted. It should be noted that the progress of

athletes is monitored, and those who achieve higher results include additional exercises. The transition to a different stage of training is gradual, over months and even years. Progress depends not only on training experience, but also on other factors - such as the frequency of visits to the gym.

In order to check the extent to which regular visits to the gym affect progress, two groups of athletes are identified:

- first group (regular athletes) - athletes more than three times a week - not less than 40 times in 3 months;

- second group (irregular athletes) - from 0 to 2 times a week - up to 12 times in 3 months.

The influence of this factor is measured by the ratio between the results that athletes achieve in the first group of regular visitors (experimental group) and in the second group - those who do not exercise regularly (control group). Each visitor is evaluated at the end of the period according to the mistakes made in the implementation of the exercises in one training session.

Using the statistical method of Kolmogorov - Smirnov, an attempt is made to check whether the difference in the results obtained in the experimental and control groups is statistically significant to prove whether the influence of this factor is significant or accidental.

As a result of the statistical processing of the results, a difference was found between the participants from the experimental and the control group, which from a statistical point of view is considered significant. In other words, it is reasonable to say with probability = 0.01 that regular visits to the gym affect the progress of athletes and can be defined as an essential factor for progressive sports, to achieve higher results in fitness training .

**The third chapter** is devoted to valeology and valeological education. Emphasis is placed on health and sports education. The essence of valeology as a science that develops in the context of ecology is revealed, the role of valeological education and its interdisciplinary nature is emphasized. The idea stands out that mastering the basics of valeology objectively requires expanding the cognitive connections between different sciences for the implementation of basic and applied research.

Based on the analysis of theoretical statements and normative documents, the understanding stands out that the modern educational system allows to diversify the methods and means of physical education and the formation of a healthy lifestyle in students. Four stages in the process of valeological education are substantiated: cognitive - the stage in which knowledge about a healthy lifestyle is acquired; motivating - a stage at which the learner realizes the benefits and chooses the optimal opportunities; active - stage at which real actions are taken for sports, work and rest, diet, etc., separate skills are built; like-minded people are wanted; sustainable management - a stage at which competencies are developed, a valeological culture is built.

Through the analysis of the possibilities of the educational content in the secondary school, opportunities are sought to acquire knowledge and to develop competencies for a healthy lifestyle. An element of the curriculum is the knowledge of food, hygiene, functional systems of the human body, the development of the skeleton and muscles, the laws of physiological and mental processes. These include: 1) knowledge that will serve students to lead a healthy lifestyle; 2) knowledge of interdisciplinary significance. The main content of the curriculum are valeological skills - skills related to understanding and using facts and ways to lead a healthy lifestyle, participating in sports activities and environmentally friendly situations of work, rest, nutrition, etc. Valeological competence, which is developing based on the acquired knowledge and skills-components, is the end result (effect) of the training.

In the general problem of the relationship between concepts and skills and habits, a more specific question can be singled out, which directly interests us: to what extent the motivation for sports of students as a component of a healthy lifestyle is formed and developed on a

conscious basis by mastering concepts at different stages of their development. Based on the knowledge and skills acquired in high school in the teaching of individual subjects and integrated classroom, extracurricular and extracurricular sports, environmental and valeological activities, in the higher school the purposeful work for building valeological competence and development of valeological culture in young people can continue in the discipline "Sport".

Theoretically, an attempt is made to justify valeological competence as a system that includes several units of skills: a unit of skills for maintaining physical health - motor skills, skills and habits for rational nutrition, personal hygiene, etc .; unit of skills for maintaining mental health - skills for analyzing, evaluating and dealing with stressful situations, skills for self-knowledge, self-control, self-esteem, self-esteem and self-confidence; a unit of social skills oriented towards public health - skills for creating and maintaining friendly relations in the group, in the family, society, for overcoming conflict situations, for finding and seeking solutions related to human health and society. The importance of FVS education in secondary school and the discipline "Sport" in higher education is emphasized in order to motivate students to lead a healthy life. The research done in this direction (which is presented in the following chapters) gives grounds to draw important conclusions about sports as an important component of valeological education.

**The fourth chapter** interprets the problem of studying the valeological education of pupils and students, which is especially relevant at the present stage and pedagogical science is still indebted to school practice. The present study focuses on the self-assessment of students' knowledge and competencies, as well as their assessment of the possibilities of valeological education.

The methodology presented here formulates the object of the research - this is the process of valeological education of students from the second stage of high school and students of pedagogical specialties. The subject of the research are the ideas, opinions and assessments of pupils and students, their attitudes and expectations from valeological education for the attitude of pupils and students to regular sports and to a healthy lifestyle in general and its components in particular.

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The survey is used to gather empirical information. The survey method is applied in its variants: a) a modern version of the survey method for self-completion - the so-called electronic survey; (b) a direct self-completion questionnaire on paper.

The study included 1193 students from the first and second high school stages of secondary education. The representativeness of the conducted survey is guaranteed by the methodology of the research and the distribution of the surveyed persons in different types of schools from big city, small town and village. The prepared questionnaire contains 40 questions, of which 34 are structured and six are free-answer. It is structured in four thematic blocks in connection with the system of empirical indicators formulated in the research methodology:

- questions aimed at establishing the opinion of students about the knowledge gained in school about a healthy lifestyle, as well as their attitude to the relevant subjects, extracurricular activities and in particular to the teaching of FES;
- issues related to the needs of students for knowledge of the modern model of healthy lifestyle, specific valeological concepts and their impact on the educational process; as well as

questions about the presence and lack of specific valeological knowledge; suggestions for improving the preparation for leading a healthy lifestyle;

- questions aimed at revealing the interest and establishing the students' self-assessment of the competencies for leading a healthy lifestyle, as well as compliance with the requirements of the individual components of this lifestyle, the possible problems, incentives and obstacles;

- questions about students' attitudes towards sports and the impact of sports on physical and mental health, how they relate in particular to fitness and exercise.

The data obtained from the students' answers (presented in Appendix 3 of the monograph) allow us to draw some conclusions:

- Students' knowledge of healthy lifestyles is focused on subjects such as biology and health education, physical education and sports (PE), chemistry and environmental protection and some other subjects. Respondents also appreciate the importance of class time in this regard. Although they show some interest in subjects that address issues of healthy living, students are not actively involved in extracurricular and extracurricular activities of this nature. Their assessment of physical education and sports training is largely positive, even in a pandemic. They are aware of the benefits of physical education and sports training for a healthy life, but do not find a link between a healthy lifestyle and the educational process.

- Efforts need to be made in this direction, to strengthen the role of FVS education, as well as extracurricular and extracurricular activities in order to make students aware of the opportunities and benefits of leading a healthy lifestyle.

- Students have some knowledge of the modern model of healthy living, but consider that they are not enough to lead such a life. They are able to identify areas in which they lack training. They express a certain desire to expand and deepen this training, and most of the respondents determined that a healthy lifestyle is one of the most important issues that should be addressed in training.

They are active with various proposals for improving the training, emphasizing the training in FVS, extracurricular sports activities, seminars, discussions. They emphasize the role of the family, various sports clubs, fitness centers, have suggestions for improving the material base of the school and for financial support in implementing a healthy lifestyle.

- Older students show a certain interest, although they are not sure of their competencies for leading a healthy lifestyle. They try to comply with the requirements of the individual components, emphasizing sports as one of the most important of them. They are aware of the need to develop their valeological competencies. They highlight various problems they encounter in their quest to lead a healthy lifestyle. They know how to describe their own idea of a healthy lifestyle.

- The surveyed high school students are interested in sports and healthy eating, prefer to play sports in gyms or in the school yard, as 1/3 of them show understanding in complex crisis situations and actively participate in online learning by playing sports at home. In some cases, students also take advantage of the opportunities for self-expression through sports and healthy living offered by sports clubs and fitness centers.

The results of the survey give grounds to claim that young people have a motivation for a healthy lifestyle, although some of them are not entirely clear. The school and teachers still do not have a leading role in motivating students. They are stimulated by friends and parents, and in many cases they rely on themselves. Young people express a certain position that in classes and in extracurricular and extracurricular activities it is necessary to often address issues of valeology.

In terms of content and structure, the student survey does not differ significantly from the student survey. There are differences in the answers to some of the questions, where there is no coincidence in the opinion of students. Unlike students, who give positive answers about the knowledge they receive in school about a healthy lifestyle, students are significantly more

critical. Positive answers are associated with the discipline "Sport" and "Pedagogy". From the answers to the first group of questions it can be concluded that students appreciate the impact of sports on the learning process, but online learning does not satisfy them and they look for opportunities in gyms outside the university. They are interested in healthy lifestyle issues, but most students say they do not receive such training in high school.

The answers to the questions from the second group allow to draw conclusions about the needs of students for knowledge of the modern model of healthy living. The students' proposals for improving the preparation for leading a healthy lifestyle are diverse: frequent sports; more movement; personal attention to athletes in preparation for sports at the university; participation in seminars, meetings with people who are experts on the subject; informing and consulting, questions are asked about the sports base, etc.

The answers to the questions from the third group allow to emphasize the interest of students in the healthy lifestyle, as well as in its components, to highlight problems and opportunities for motivation. Both students and students define themselves as supporters of a healthy lifestyle. Their positions coincide on the issue of the most important components of a healthy lifestyle. Sports and healthy eating are at the forefront of students' responses, followed by adherence to a daily routine; non-use of alcohol, cigarettes and drugs, lack of stressful situations and avoidance of conflicts. Both students and students emphasize the importance of sports in overcoming learning fatigue and improving performance.

The analysis of the answers to the questions from the fourth group also shows that although there is a difference in some of the details, there is a coincidence in the position of the big pupils and students on the main issues of sports and valeological education. For example, students' views on fitness coincide with the views of high school students and athletes in fitness centers regarding the statement that fitness is an opportunity for a healthy lifestyle.

The study gives grounds to claim that young people have an attitude to lead a healthy lifestyle. They appreciate the importance of physical activity in overcoming the stress and fatigue that accumulates in the learning process, especially in an online environment. They are motivated to expand their knowledge of valeology, taking into account their insufficient training in basic issues of modern valeology education. In this regard, they determine that even in online training, sports activities have certain advantages: sports activities are carried out independently, everyone can play sports.

**In the fifth chapter** the attention is focused on the obligatory and upgrading qualification. Based on the analysis of normative documents, some opportunities for training courses are presented, oriented to the interests of the teachers of FVS for acquiring professional qualification degrees and for career growth. The current system of continuing education of teachers is considered, which favors the achievement of knowledge, skills and competencies that meet the requirements of the labor market and the needs of society. Opportunities are being sought to increase the motivation of FVS teachers to improve the quality of the educational process by stimulating them to put the individual needs and results of students at the center of this process. Ideas are proposed for the development of curricula for continuing education of teachers.

By studying the attitudes of FVS teachers to include in qualification forms, data are collected on what are their attitudes to practice the profession, what difficulties they encounter in their pedagogical practice, what training they need to apply scientific approaches to entrepreneurship. healthy lifestyle, what recommendations can make. 520 pedagogical specialists were interviewed and the obtained results lead to the more general conclusion:

- In modern conditions, FVS teachers are clearly aware of the need to continuously upgrade their knowledge, skills and competencies in order to effectively adapt to change. They are ready to make a qualitative change in education through their own qualifications. They are

able to assess the positive in the current qualification system and have the attitude to be included in qualification programs for professional development.

At the end of the fifth chapter, the idea of sports as a component of a healthy lifestyle is considered by studying the opinion of pedagogical specialists on sports as an opportunity to overcome professional stress arising from the implementation of the teaching profession. The attitudes of teachers to use the opportunities of sports to overcome stress and fatigue, as well as their views on the negative sources of professional stress are studied. The results allow to identify the factors that affect daily fatigue at work, as well as the possibilities of fitness training as an activity for all. The study gives grounds to make recommendations for the use of sports to deal with stress in the educational environment.

The analysis of the results of the survey gives grounds to summarize: teachers are aware of the negative sources of occupational stress, as well as the factors that affect daily fatigue at work. They understand the positive impact of sports on their physical and mental health. They are adamant that fitness can be accessed at all ages, support the view that it is part of a healthy lifestyle, but need to prepare for it. It is necessary to offer more and more often to the pedagogical specialists qualification forms, professional trainings, which will expand their knowledge and skills for overcoming stress and fatigue in the educational environment. In this regard, sports activities have certain advantages. However, in order to make full use of the opportunities of sport to overcome stress and fatigue in the teaching profession, it is necessary to make efforts in educational institutions. With a little money, halls can be organized for teachers to play sports in order to get rid of the accumulated stress at work, to successfully experience stressful situations caused at work.

The theoretical understanding of the relationship between sports at any age and valeological education is reflected in the development of tools for researching the opinion of pupils, students, teachers and people of different ages who visit fitness centers, their attitude to sports and to lead a healthy lifestyle.

In practical terms, the conclusions of the research are focused on:

- the attitudes of people of different ages to play sports and lead a healthy lifestyle, offering them a system of exercises, selection of topics for the connection of fitness training with the acquisition of valeological knowledge in the discipline "Sports "In higher education;
- the opinion of the pedagogical specialists about sports as an opportunity to overcome the professional stress, the attitudes of the teachers of FVS towards inclusion in qualification programs for career growth.

Empirical data from the research can be used in further study of the possibilities for developing valeological competencies through sports in high school and university.

## **PUBLISHED BOOK BASED ON PROTECTED DISSERTATION WORK FOR AWARDING THE EDUCATIONAL AND SCIENTIFIC DEGREE "DOCTOR" Group D - Indicator 5**

**2. Miletiev, St. Fitness training for students from Sofia University "St. Kliment Ohridski".** University Publishing House "St. Kliment Ohridski ". 216 pp., S. 2019. ISBN 978-954-07-4654-8.

The book presents a modern model of fitness training in physical education and sports classes at Sofia University "St. Kliment Ohridski ", which provides an opportunity to improve the physical capacity of students and to create lasting interest in sports.

The first chapter presents the theoretical foundations of the problem. The analysis is oriented to social, psychological-pedagogical, physiological-pedagogical and educational aspects, on



the basis of which the issue of fitness training of students at Sofia University is conceptualized.

The second chapter presents a methodological system for fitness training of students at Sofia University. Emphasis is placed on a thematic minimum, through which knowledge, skills and habits are mastered in two stages - level A (beginners) and level B (advanced). Training programs are offered for beginners and advanced, which are carried out in experimental training.

The effectiveness of the proposed methodological system is tested through experimental work, the organization of which is presented in the third chapter. According to certain indicators, the results are analyzed and a statistically significant difference between the achievements before and after the implemented experimental training is proved.

## **ARTICLES AND REPORTS PUBLISHED IN SCIENTIFIC PUBLICATIONS, REFERRED AND INDEXED IN WORLD FAMOUS DATABASES WITH SCIENTIFIC INFORMATION**

### **Group D - Indicator 6**

**3. Yanevya, A. and St. Miletiev, On the issue of physical education and sports in higher education in Bulgaria.** – Strategies of educational and scientific policy, issue: 4, 2019, pages: 428-443, ISSN (print): 1310-0270, ISSN (online): 1314- 8575, Web of Science, Ref, IF (1993 -)

The aim of the article is to briefly present some trends in the discipline "Physical Education and Sports" in higher education in Bulgaria, as well as the results of a survey among students from Sofia University "St. Kl. Ohrid ". The analysis of theoretical statements and normative documents gives grounds to claim that in the field of higher education there is a reorientation of the goals and objectives of sports. There is a transition from a system that is focused only on the formation of motor skills and vital motor skills and habits, to a system that provides knowledge about the human body, to maintain and strengthen health, a system that develops the need for a healthy lifestyle and physical improvement. The objectives of the training are aimed at more complete consideration of the individual characteristics of the person in the process of physical training, to improve the intellectual abilities of students. The theoretical understanding of the changes becomes the basis for formulating the main tasks and principles of university sports education. It is concluded that the decisive factor for the success of this training is the continuous improvement of the methodology, as well as increasing the motivation of students to play sports in the conditions of university education.

In connection with the attitude of students to sports and their desire to play sports, a survey was conducted among 330 students from different specialties who chose fitness as a sport at Sofia University "St. Kl. Ohrid ". The obtained results show the opinion of students from different specialties on university fitness training. They provide an opportunity for teachers to find out what are the attitudes of students for training: what is their attitude to the current state of the fitness training system, how they see the prospects, whether they would help solve problems. Although partial, this study draws attention to the social function of fitness, which is associated with its ability to practice as a mass sport. Its characteristic features assign it a significant role as a component of physical culture, as it occupies an increasingly prominent place in the discipline of "Physical Education and Sports" in higher education. The sports activity of the students allows them to satisfy their needs for harmonious physical development and sports achievements.

**4. Yaneva, A. and St. Miletiev, Fitness Education for Students in the Discipline „Sport”.** – Trakia Journal of Sciences, vol:2, issue:5, 2019, pages:723-730, ISSN (print):1313-7069, ISSN (online):1313-3551, Indexed by: CROSSREF; DOAJ; ROAD, doi:10.15547/tjs.2019.s.01.118, Ref, IF, IF (2003 - )

Fitness as a sports discipline in higher education is a major discipline in the program of Sofia University "St. Kliment Ohridski", and physical training is an essential component of the general culture of young people. to stimulate in students such values as physical, mental and social well-being in order to improve human resources for life. The article examines the physical and functional development of 138 students from Sofia University practicing fitness by applying a new methodology for fitness training. The aim of the research is to reveal opportunities for the development of physical qualities and motor skills and habits, as well as training for a healthy lifestyle and physical improvement. The analysis of the research results is performed in three main directions - by anthropometric indicators, physical and functional capacity, which are related to the objectives of the study. The main mean values give information about the reliability of the individual statistical parameters of the study, and the comparison indicators are determined by Student's t-test and Wilcoxon's t-test.

#### **ARTICLES AND REPORTS PUBLISHED IN NON-REFERENCE EDITIONS WITH SCIENTIFIC REVIEW OR PUBLISHED IN EDITED COLLECTIVE VOLUMES**

Group D - Indicator 7

**5. Miletiev, St. Development of motor skills in pupils and students in the context of modern education.** - i-Continuing education, DIUU of Sofia University "St. Kl. Ohridski ", 2019. ISSN (online): 1312-899X.

The theoretical statements and practical ideas in the article are provoked by statistical data on the level of physical activity of citizens in Bulgaria, in connection with which our country ranks last among EU countries. A number of negative phenomena in the education of physical education and sports in secondary and higher education stand out, which outline the unfavorable trend for increasing immobilization of the young generation. The review of the normative documents allows to highlight the new vision of the system of physical education and sports in Bulgaria and to connect with the construction of a functioning system for promoting physical activity of young people. Based on the theoretical understanding of the characteristics of motor skills, opportunities for changes in the process of physical education and sports stand out. The analysis of the psychological and pedagogical side of the problem for the development of motor skills of the individual allows to emphasize the important function of fitness as a sport with a very wide public scope, which can make a significant contribution to increasing sports activity of young people.

**6. Miletiev, St. Fitness training in the discipline "Sport" in high school.** In: European standards in sports education. Scientific editor Prof. Stefan Stoykov. Publisher: I&B, Vratsa, 2019, pp. 217-224. ISBN: 978-619-7281-52-1.

Taking into account the requirements of the National Program for Development of Physical Education and Sports in Bulgaria (2018-2020), emphasis is placed on sports activities with students from different specialties of higher education. The difficulties arising from the limitation in the number of classes are pointed out, which imposes limitations in the program and the possibilities of the training load. The aim is to find reserves in free time to make progress in fitness training. It is recommended that the weekly load of strength exercises be alternated with additional sports activities during the free days: running, cycling, hiking, etc.

The benefit of training fitness activities is not sought in the so-called cumulative (cumulative) effect. It is understood that students are not professional athletes, they have a great study commitment and fitness classes should not burden them further. Proven training programs are recommended, which are carried out in two stages.

**7. Miletiev, St. On the issue of the curriculum in the discipline "Sport" at Sofia University "St. Kl. Ohridski".** In: Interaction of teacher and student in the conditions of university education: theories, technologies, management. Publisher: "EX-PRESS", 2019, pp. 667-672, ISBN: 978-954-490-643-6.

Some tendencies in the activities in the discipline "Sport" in higher education are briefly presented. Emphasis is placed on sports training at Sofia University "St. Kl. Ohridski", which is oriented not only to the formation of motor skills, abilities and habits, but also to the development of the need for a healthy lifestyle and physical improvement. It is argued that in order to meet the need to preserve and strengthen the health of students, it is necessary in the discipline "Sports" to emphasize the physical activity and development of personally significant qualities of students, their various abilities and capabilities, to select and structure educational content, to develop methodological guidelines. Theoretical considerations are supported by the practical application of a thematic minimum for the preparation of two stages - for beginners and advanced.

**8. Miletiev, St. Teaching methods in the discipline "Sport" in higher education.** In: The interaction between secondary and higher education as a factor in improving the quality of education. Publishing house: University Publishing House "St. Kl. Ohridski", 2019, pp. 213-220, ISBN: 978-954-074-838-2.

The article reviews theoretical statements related to the classification of methods, which is carried out depending on various characteristics. In order to optimally reveal the meaning of the educational topic, to establish its content, to form skills and habits, it is proposed to connect the methods with the inductive and deductive path of knowledge. The idea is to build the fitness learning process on the basis of the natural connection between thinking and physical activity, thus approaching the natural conditions in life, in which the performance of physical exercises is internally motivated.

**9. Miletiev, St. On the issue of valeological education and physical education of young people.** - Preschool and school education, № 3, 2019, pp. 78-92, ISSN (print): 2535-0692.

Some problems of the physical education of young people are pointed out, for the solution of which perspectives are opened in the ideas, laid down in the National Strategy and the National Program for Development of Physical Education and Sports.

Summarizing data from research and experience in sports management, emphasizes the increased role of valeology as a science of healthy living. The characteristics of fitness are highlighted, which allow it to establish itself as a path to a healthy lifestyle. It is recommended to apply fitness technology in the system of university education to train students in physical education and sports, which will stimulate the cognitive activity of young people, open opportunities for them to develop strength, symmetry and harmony, without requiring necessarily participate in a competition. Thus, the analysis of some educational aspects of the problem allows us to emphasize the need for fitness to increasingly take its place in higher education.

**10. Miletiev, St. For the attitudes of FVS teachers towards inclusion in qualification programs.** In: The Modern Teacher and the Challenges of the Information Society. Publishing house: "St. Kl. Ohridski", Sofia, 2020, pp. 117-122, ISBN: 978-954-07-5125-2.

The research is focused on two key issues: inclusion in qualification programs for upgrading knowledge, skills and competencies; adaptation to changes in the educational environment. The problem is considered in the context of the Bulgarian state educational policy. It is based on the understanding that in the current dynamic changes in economic and social life, the level of education acquired by each person is not sufficient for his professional and personal development; knowledge and skills need to be updated and expanded. The importance of the European Qualifications Framework (EQF) for lifelong learning, which establishes links between the national qualifications systems of the EU Member States, is emphasized. That is why the survey also emphasizes the attitude of FVS teachers to change and their ability to effectively adapt to them. The results show that teachers are ready to make a qualitative change in secondary education through their own qualifications. They are able to assess the positive in the current qualification system and have the attitude to be involved in programs for professional development.

**11. Miletiev, St. Fitness exercise system for all students.** In: The qualification of teachers in the Department of Information and Improvement of Publishing House: University Publishing House "St. Kl. Ohridski ", Sofia, 2020, pp. 182-189, ISBN: 978-954-07-4963-1.

The pedagogical interpretation of the possibilities for systematization of fitness exercises is based on the theory of sports training, according to which physical exercises can be divided into general developmental, special-preparatory and exercises of the practiced sport. The great variety of physical exercises makes it difficult to classify them. Assuming that the classification is based on a certain feature (depending on the nature of the impact, anatomical feature, according to the position), in the gym for educational purposes can be divided into two main types of exercises: preparatory exercises and developmental exercises. This distinction allows purposeful physical exercises to be included in the learning topics according to the stage of building skills in students. Thus, theoretical summaries lead to practical solutions for the training of students who are not professionally engaged in a particular sport. The training programs for beginners and advanced are carried out in connection with a certain thematic minimum, through which knowledge, skills and habits are mastered in two stages - level A (beginners) and level B (advanced).

**12. Miletiev, St. Skills developed in fitness training students in a pandemic.** - i-Continuing Education, DIUU of Sofia University, ISSN (online): 1312-899X.

In the conditions of a pandemic, when the fitness training of students is carried out in an electronic environment, the teacher manages the training remotely. The process of fitness training contributes to the creation and continuous development of motor skills and habits, which are an important component of the training content. Learning in a virtual environment creates special difficulties. The teacher must very carefully monitor the development of skills on the monitor, so as not to fail to notice inaccuracies in the management of movements associated with the performance of various types of exercises. This refers to a system of skills-components, theoretically substantiated, tested and applied by the author in a situation of face-to-face training in a gym. The results of the work show that greater efficiency of distance learning is achieved in beginners.

There are more difficulties in the training of the advanced. Distance learning has its place in the conditions of isolation, for overcoming certain stressful situations, for maintaining a healthy lifestyle, but only in case of impossible or difficult visits to the gym.

**13. Miletiev, St. Fitness training in the conditions of distance university training.** In: Interaction of teacher and student in the conditions of university education: current issues,

modern research, experience. Publisher: "EX-PRESS", Gabrovo, 2020, pp. 176-182, ISBN: 978-954-490-676-4.

The article presents the possibilities of fitness training in the conditions of distance university training for maintaining physical capacity in social isolation, for overcoming certain stressful situations in case of impossible or difficult visits to the gym. Emphasizing the destructive mental and physiological effects of stress on the individual and indicating possible approaches to the study of stress, the emphasis is on fitness training aimed at maintaining and strengthening the health of students, developing motor skills, learning the technique of specific exercises. There are difficulties in training outside the gym.

**14. Miletiev, St. Sport as a factor in overcoming stress and fatigue in the teaching profession.** - Preschool and school education, № 6, 2021, ISSN (print): 2535-0692.

In times of crisis, when tension and anxiety arise in people, it is especially urgent to look for ways to overcome stress and fatigue in the teaching profession. The aim is to present opportunities for dealing with stressful situations in which teachers find themselves in the teaching profession, analyzing the results of a survey among teachers from different fields in the country who worked in an electronic environment in the 2019-2020 school year. and 2020-2021. The idea is to study the opinion of pedagogical specialists about the professional stress arising from the teaching profession, to study the attitudes of teachers to use the opportunities of sports to overcome stress and fatigue, as well as their views on the negative sources of professional stress. The results allow to identify the factors that affect daily fatigue at work, as well as the possibilities of fitness training as an activity for all. The study gives grounds to make recommendations for the use of sports to deal with stress in the educational environment.

**15. Miletiev, St. Education of values through sports in high school.** - i-Continuing Education, DIUU of Sofia University, ISSN (online): 1312-899X.

The article attempts to reveal the possibilities of sports activities for education and self-education of values in students. The theoretical formulations are based on a study of 180 students from the second stage of high school, who answered 10 questions in a questionnaire, which aims to determine how young people are interested in sports in school and beyond, whether sports affect the building of their value system, whether they perceive a healthy lifestyle as a type of value. The analysis of the results of the research, although not based on representativeness, provides up-to-date information and allows to draw conclusions that will serve as a basis for developing a more comprehensive study of the impact of sports on mental development of young people in modern times. conditions for the self-assessment of the values and the possibilities of the sport for building the value system, for the motivation for leading a healthy lifestyle. Their assessment of the training in physical education and sports is largely positive. They are aware of the benefits of physical education and sports training for healthy living, but it can be concluded that efforts are needed in this direction to strengthen the role of FVS training, as well as extracurricular and extracurricular activities.

**16. Miletiev, St. Fitness training in the context of strategic principles for the development of physical education and sports.** In: Dialogue in education - present and future. Comp. D. Veselinov, M. Totomanova, publishing house: "St. Cl. Ohridski ", Sofia, 2021, pp. ISBN: 978-954-07-5231-0

The main statement in the article is oriented towards the idea of wide penetration of physical exercises and sports in people's lives, set in the international and Bulgarian strategic documents. The understanding stands out that in the context of the strategic principles for the development of physical education and sports in Bulgaria the didactic principles are

manifested, which are subject to the educational process of physical education and sports (FVS) in secondary and higher education. In this sense, the basic rules, the ideas that guide FVS teachers determine to a large extent the effectiveness of teaching. There are some important principles that are important in the fitness education of students in view of the need for them to know and respect the teachers of fitness training in higher education. The idea is that all the principles are interconnected and interdependent and their observance ensures that fitness training will reach the highest result in accordance with the individual capabilities of the learner at a certain stage of its development.

**17. Prokopov, Iv. and St. Miletiev, Research of some indicators of physical capacity of students training fitness at Sofia University.** In: Contemporary trends in physical education and sports. Publishing house: University Publishing House "St. Cl. Ohridski ", 2021, pp. 52-58, ISSN: 1314-2275

Participation in physical activity and sports during university education leads to the development of lasting habits for practicing physical exercises and maintaining the physical and functional condition of students at a high level. That is why the information about the state of the physical capacity of the students is important for the optimization of the physical activity in the process of physical education in the higher schools. The study aims to collect data on some indicators of physical fitness of students engaged in fitness. The results are statistically processed and the comparison of the input-output data on the studied indicators shows that there is an increase in the average values of all indicators.

**18. Ignatova, D. and St. Miletiev, Study the Influence of Athletics Exercises on the Development of Motor Qualities.** - Recreation, Wellness Industry and Niche Tourism. V. 3, Is. 1-2, 2021, p. 7-12.

The article is aimed at studying the motor activity of 7-8-year-old children by applying athletics exercises in physical education and sports classes at the initial stage of the basic educational degree. This is the period in which a number of motor qualities are built and habits for motor activity are created. A system of athletics exercises in experimental training has been applied, when the children after absentee training in a pandemic situation return to school environment and their motor activity needs to be increased. It is concluded that the correct dosage of physical activity, as well as the optimal ratio between exercise and games in physical education classes is of paramount importance to avoid the accumulation of fatigue, which in turn leads to poor student performance. The results show that the applied system of athletic exercises in FVS classes, as well as extracurricular activities allow to increase general physical training, as well as to stimulate children's physical activity even after absentee learning when returning to school.