REVIEW  
by Prof. Apostol Nikolov Slavchev, PhD, from NSA "Vassil Levski" Sofia,  
member of a scientific jury on the basis of an order of the Rector of Sofia University "St. Kliment Ohridski ” №РД 38-78 / 08.02.2023 г.

Subject: Competition for the academic position "ASSOCIANT PROFESSOR"

**Ι. Details of the competition and its procedure**

The competition was announced in state newspaper No. 100 of 16.12.2022, with a term of 2 months, in the scientific field of higher education: Pedagogical sciences, professional direction: 1.3. Pedagogy of education in … (Physical education and sports - athletics and conditioning preparation), for the needs of the Department of Sports at SU "St. Kliment Ohridski".

The competition is announced on the basis of Art. 4 and Art. 25 of ZRASRB, art. 57 para.(1) and para.(2) of the Regulations for the Implementation of the ZRAS and Art. 108 para.(1) and para.(3) of the Regulations on the terms and conditions for acquiring scientific degrees and occupying academic positions in SU "St. Kliment Ohridski" and decision of the Departmental Scientific Council, protocol 2 / 06.022.2023

During the implementation of the separate stages of the procedure for announcing and conducting the competition, no omissions or violations were committed, and the subsequent actions of the procedure meet the requirements of the above-mentioned normative documents.

In the established 2-month period from the announcement of the competition in the State Gazette, documents for participation were submitted by only one candidate - Chief Assistant Ivanka Nikolova Karparova, Ph.D.

The scientific jury for the competition was formed by Order No. РД 38-78 / 08.02.2023 of the Rector of SU "St. Kliment Ohridski". It held its first meeting on 28.02.2023, at which it made a unanimous decision that the candidate Chief Assistant Ivanka Nikolova Karparova, Ph.D., is allowed to participate in the competition for the academic position of ASSOCENT PROFESSOR in the field of higher education: Pedagogical sciences, Professional direction: 1.3. Pedagogy of education in …... (Physical education and sports - athletics and conditioning), for the needs of the Department of Sports at SU "St. Kliment Ohridski". At the same meeting, the members of the scientific jury were assigned according to the functions of chairman, reviewers and drafters of opinions. The place, time and date of the final second meeting of the scientific jury have been determined - 25.04.2023.

**ΙΙ. Candidate details**

Only one candidate participated in the competition - Chief Assistant Ivanka Nikolova Karparova, Ph.D. She was born on January 1, 1974. During the period 1992-1996, she completed a 4-year course of study at Vasil Levski National Academy of Physical Education, majoring in Physical Education, and obtained a higher education with the professional qualifications of "Athletics Coach" and "Teacher in physical education" (Diploma for higher education from the National Academy of Sciences, series VO-96, No. 000319 / 12.07.1996, registration No. 16130)

In 2015 Ivanka Nikolova Karparova successfully defended her dissertation on the topic: "A model for developing students' endurance with the means of athletics running", for which the Faculty of Elementary and Preschool Pedagogy at Sofia University "St. Kliment Ohridski" awarded her the educational and scientific degree PhD on 1.3. Pedagogy of education in …... (Methodology of training in physical education and sports), certified by diploma No. SU 2015-200, issued on 22.12.2015.

After completing her higher education, from 1996 to 2006, Ivanka Nikolova Karparova worked as an athletics coach at the Student Sports School - "Levski" and "Sofia", while at the same time during this period she was also a part-time teacher in the Department of Sports at SU "St. Kliment Ohridski". From 04.01.2006, according to the attached certificate, Chief Assistant Ivanka Nikolova Karparova, Ph.D. works on an employment contract under Art. 67, paragraph 1 of the CT in Sofia University "St. Kliment Ohridski", and after relevant competitions, she successively held the academic positions of "assistant" (from 04.01.2006 to 28.05.2009), "senior assistant" (from 28.05.2009 to 10.05.2011) and "chief assistant" (from 10.05.2011 to the present) in the Department of Sports, Department of "Individual Sports and Recreation", where he was the head of the department during the period 2013-2021.

During the years of study and acquisition of educational degrees, Ivanka Nikolova Karparova was actively involved in sports, as a competitor in middle and long distance running. Subsequently, she continues her appearances in amateur running, participates in projects in the field of sports, acquires a "Sports Journalism" specialty at the "Vasil Levski" NSA, participates as a volunteer at international and national sports events, acquires a license and is one of the main lecturers for Bulgaria under the program for the development of children's athletics of the IAAF - "Kids athletics".

For the sports-pedagogical competences of the assistant principal. Chief Assistant Ivanka Nikolova Karparova, Ph.D., is also attested by the certificates certifying her participation in sports forums, symposia and seminars for improving knowledge in the field of student sports, physical education and Olympism,

I believe that everything stated so far about the candidate Chief Assistant Ivanka Nikolova Karparova, Ph.D., regarding the degrees of education, academic positions held, pedagogical and sports activities correspond to the necessary requirements for participation in the announced competition for the academic position of "ASSOCIATE PROFESSOR".

**III. Research activity and output of the candidate**

In order to participate in the competition, the candidate submitted a report on his scientific research activity and production according to scientometric indicators. It is in accordance with the indicators of the national requirements under Art. 2b of ZRASRB, for scientific field 1. Pedagogy, professional direction 1.3. Pedagogy of education in …... From the table 1 presented, it is clear that the minimum requirements for points by groups of indicators for acquiring the academic position "ASSOC. PROFESSOR" have been met by the Chief Assistant Ivanka Nikolova Karparova, Ph.D.

Table 1

Reference for the scientometric data, completed by the Chief Assistant Ivanka Nikolova Karparova, Ph.D. according to indicators for occupying the academic position of "ASSOCIANT PROFESSOR" in professional direction 1.3. Pedagogy of education in …... (Physical education and sports - athletics and fitness training).

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| --- | --- | --- | --- |
| Group of indicators | Contents | Assoc. Prof. | Performed by Chief Assistant Ivanka Nikolova Karparova, Ph.D.. |
| **А** | Indicator 1 | 50 | 50 |
| **Б** | Indicator 2 | - | - |
| **В** | Indicators 3 or 4 | 100 | 100 |
| **Г** | Sum of indicators  from 5 to 9 | 200 | 200 |
| **Д** | Sum of indicators  from 10 and 12 | 50 | 50 |
| **Е** | Sum of the indicators from 13 to 25 | - | - |

According to the presented report on the fulfillment of the minimum requirements for points by groups of indicators, the following are indicated: for indicator 1 – dissertation work, for indicator 3 – habilitation work, for indicator 6 – one article published in a journal indexed in the Web of Science Quartile: Q3, for indicator 7 – 18 publications in non-refereed journals, where 16 of them are independent author and two are co-authored. Regarding the citations, out of the 6 citations indicated, 4 of them correspond to indicator 12 - "Citations in monographs and collective volumes with scientific review", and two are indicated to indicator 13 - "Citations in non-refereed journals with scientific review".

The scientific production of the Chief Assistant Ivanka Nikolova Karparova, Ph.D., consists of 28 titles including her dissertation work and publications related to the acquisition of the ONS "PhD". In connection with the participation in the competition for the academic position of "ASSOCIATE PROFESSOR", 20 scientific works have been presented, which in terms of quantity and quality meet the regulatory requirements. It is about 1 monograph and 19 scientific articles and reports, of which 17 are independent.

One of the publications (2) is in the scientific journal Trakia Journal of Sciences, which is indexed in the world-famous scientific information database Web of Science, and the remaining 18 (from 3 to 20) are in non-refereed peer-reviewed journals or published in edited collective volumes, as 12 of the candidate's scientific publications are also presented in the form of reports in scientific forums.

Among the publications subject to review for participation in the current competition for "ASSOCENT PROFESSOR" with particular weight, regarding the scientific specialty of the competition, is the monographic work "Biomechanical foundations of running technique and methodological guidelines in training" (S., University Publishing House "St. Kliment Ohridski", 2022, ISBN 978-954-075614-1, 134 pages). With an emphasis on the biomechanics of running are two more publications (2 and 4). Of the remaining publications, 7 are related to problems regarding the development of endurance (3, 5, 6, 11, 12, 17 and 18), 5 of the works treat the application of athletics in the field of secondary and higher education (8, 9, 10, 13 and 15), and another 5 have a historical and sports-competitive aspect in long-distance running (7, 14, 16, 19 and 20).

The main monographic work of the Chief Assistant Ivanka Nikolova Karparova, Ph.D., with whom she participated in the competition entitled "Biomechanical foundations of running technique and methodological guidelines in training". The paper meets the definition of a monograph, as it presents scientific problems as comprehensively as possible, shares modern ideas, hypotheses and interpretations of situations established by science and practice. In the work, this is expressed through the following:

- an in-depth longitudinal analysis of the development of research and ideas about the essence of human movement,

- new up-to-date views, hypotheses and approaches regarding the biomechanical expediency of the running technique, as one of the main factors determining the effectiveness of long-term motor actions in the development and realization of running endurance,

- reasonably formulated recommendations for the prevention of running injuries,

- targeted methodical approaches to optimize training and improve endurance running technique.

The monograph is a natural result of the author's many years of research and practical work. It is structured in relatively independent chapters, which consider in a logical sequence the theory and practice of the studied problem.

A major strength of this work is its applied focus in uncovering opportunities for new optimal approaches to developing performance in endurance running.

As already mentioned above, 14 candidate publications are devoted to various aspects of endurance running and endurance. They are subjected to analysis and conclusions and conclusions are formulated with the following emphasis:

- kinematic analysis of running (2, 4)

-optimization of training load parameters for endurance (5, 6, 17)

-modeling the distribution of effort in the competitive running of 10,000 m (19 and 20).

- retrospective of popular road races in Bulgaria (7, 14)

-research of peak performance in long-distance running and the influence on them of factors of a subjective, psychological, biological and physiological, anatomical nature. (11, 16 and 18)

- methods, means and recommendations for the prevention of flat feet in long-distance runners (3)

- optimizing fluid intake before, during and after long runs (12)

With a positive effect on the theory and practice of athletics are the analysis, conclusions and conclusions in the other 5 publications of the Chief Assistant Ivanka Nikolova Karparova, Ph.D., which are athletics-related in the field of secondary and higher education. They are mainly related to:

- the role of athletics competitions as a stimulus for the educational and training process in VU (8),

-optimization of the selection of students for the FFS specialty at SU "St. Kliment Ohridski" (9),

-substantiation of the positive effect of the impact of the DLA program at school on the selection of adolescent track and field athletes (10),

- an experimental model of personal motivation for developing running endurance in students from SU "St. Kliment Ohridski" (13)

- objectifying the need to combine students' running endurance work with purposeful strength training to improve their physical performance (15).

**IV. Scientific contributions**

The following main directions of scientific and applied contributions can be differentiated in the scientific works proposed for review by the Chief Assistant Ivanka Nikolova Karparova, Ph.D.:

1. In the field of theory

- The knowledge of endurance, as a motor quality, has been enriched by studying runners of different qualifications - from recreational athletes to competitors in elite sports.

- Conceptualized is the thesis for endurance running in the amateur sphere, to exercise moderately, with a balance between the different components of the load, cognitively and long-term, as a prerequisite for lifelong motor activity.

- Original approaches have been developed to study the attitude of students, teachers, athletes of different age groups towards sports (and in particular running athletics) and healthy lifestyles, as well as their motivation to perform physical exercises and to increase physical activity .

- Models of methodical units (exercises) for different muscle groups, important for running, as an active motor activity, are substantiated.

2. In the field of practice

- Various tools are proposed to ascertain the opinion of students, teachers, athletes with different qualifications, on various topics related to endurance sports.

- Curriculums have been developed for training students and athletes (especially in the field of amateur sports), related to the essence of human motor activity and specifically to endurance running.

- A database was created with empirical data from a large number of researched persons (schoolchildren, students, teachers, amateurs and competitors), as a prerequisite for subsequent scientific research revealing the important role of regular physical activity, and more specifically of running, for people of different ages.

**V. Conclusion**

On the basis of everything stated above, I have reason to state that Chief Assistant Ivanka Nikolova Karparova, Ph.D., meets the requirements of the position announced in state newspaper, no. 100 of 16.12.2022, competition for "ASSOCIANT PROFESSOR" on the basis of Art. 4 and Art. 25 of ZRASRB, art. 57 para.(1) and para.(2) of the Regulations for the Implementation of the ZRAS and Art. 108 para.(1) and para.(3) of the Regulations on the terms and conditions for acquiring scientific degrees and occupying academic positions in SU "St. Kliment Ohridski". The scientific production, scientific contributions and expert activity give me reason to confidently propose to the scientific jury to choose the Chief Assistant Ivanka Nikolova Karparova, Ph.D., for the academic position of "ASSOCIANT PROFESSOR" in the scientific field of higher education: Pedagogical Sciences, professional direction: 1.3. Pedagogy of education in …... (Physical education and sports - athletics and conditioning), for the needs of the Department of sports at SU "St. Kliment Ohridski".

29.03.2023 Member of the scientific jury:: …………………

Sofia (prof. Apostol Slavchev, PhD)