**S T A N O V I S H T E**

For scientific works and educational activities

Aloud. Ivanka Nikolova Karparova, Ph.D

Presented for participation in a competition for the occupation of the academic position "docent" in professional direction 1.3. Pedagogy of training in physical education and sport /athletics and conditioning/ published in the Official Gazette, no. 100 from 16.12.2022.

Prepared by: Prof. Anton Alexandrov Khijov - Ph.D

For participation in the competition, documents were submitted by one candidate - chief assistant. Ivanka Nikolova Karparova, Ph.D., lecturer in the Department of "Individual Sports and Recreation" in the Department of Sports of SU "St. Kliment Ohridski".

**1. Biographical data, education and scientific qualification of the candidate.**

The candidate for the academic position "Associate Professor" Ivanka Karparova was born on 01.01.1974.

Higher education - bachelor's and master's degrees at Vasil Levski National Academy of Sciences in 1996. with the first major "Athletics Coach" and the second major "Physical Education Teacher".

In 2015, he defended his dissertation on the topic: "A model for developing students' endurance with the means of athletics running" and obtained the educational scientific degree "Doctor".

Dr. Karparova has also acquired the following qualifications.

• Sports journalism - in the National Academy of Sciences "V. Levski"

**2. Pedagogical and public activity.**

From 1996 to 2006, the candidate was a part-time lecturer in athletics at the Department of Sports of SU "St. Cl. Ohridski" in the department "Individual sports and recreation. During the same period, she was also an athletics coach at the Levski Sofia Student Sports School.

In 2006, he won a competition for an assistantship in the Sports Department of the "St. Kliment Ohridski", where he still works as a teacher of Athletics and conditioning. She was the head of the "Individual sports and recreation" department in the period 2013-2021. From 2006 until now, she has been the coach of the SU representative team in athletics, with which she has achieved considerable sporting success.

In her teaching activity, Dr. Karparova took part in numerous projects as an expert, coordinator and project manager in the field of educational activity and sports. She was the main lecturer for Bulgaria under the IAAF's Children's Athletics Development Program - "Kids athletics" and participated as a volunteer in the organization of international and state sports events.

Ch. assistant professor Ivanka Karparova, PhD, also has a wide and meaningful social activity and is an active participant in a number of programs for the development of athletics among adolescents.

He speaks Russian and English and has good computer literacy

My personal impressions about the level of the professional and pedagogical training of the assistant principal. Dr. Ivanka Karparova – are positive.

**3. Nauchna activity and contributions**

For the announced competition for "Docent" ch. Ivanka Karparova, assistant professor, participated in 20 scientific publications, of which by type: monograph – 1, articles and reports – 19, of which 4 in English. Of the publications presented, one was published in refereed and indexed scientific publications and 18 in non-refereed publications with scientific review.

Articles in scientific journals – 7 nos. (#2, #3, #5, #9, #18, #19, #20)

Articles and reports in collections of scientific forums - 12 nos. (No. 4, No. 6, No. 7, No. 8, No. 10, No. 11, No. 12, No. 13, No. 14, No. 15, No. 16, No. 17)

Authorship in scientific publications is as follows:

• Independent - 18 pcs.

• Lead author – 16 nos.

• Second author – 2 nos.

The scientific production presented by Ivanka Karparova, Ph.D., fully meets the necessary scientometric data, indicators and the requirements for holding the academic position "Associate Professor".

I highly appreciate Dr. Karparova's monographic work published in 2022. In the monograph Biomechanical foundations of running technique and methodological guidelines in training (2022), an attempt was made to systematically present the foundations of the biomechanics of running as a motor activity. Basic knowledge of the biomechanics of movements enables active people, teachers, coaches, to better understand sports technique and influence it, in order to improve performance in the sports field, to prevent injuries, and to achieve sports longevity .

In the monograph, a retrospective review of historical information related to the scientific interest, emergence and development of knowledge about the biomechanics of human movements is made.

The author's many years of practical and theoretical experience in the field of athletics and especially endurance running enable an adequate interpretation of the terminology, describing the types of forces acting on the runner, as well as the interaction between them. A general overview of the variety of methodological tools in runner's training is given, but the author's personal views on training related to running technique, based on both knowledge and serious observations, are highlighted.

An important place in the work is devoted to the phases of the running stride and the parameters of running dynamics.

The methodological guidelines in the monographic work have a significant contribution, as the priority moments are highlighted and specific training tools are offered

The presented scientific output can be distributed as follows:

• In the field of biomechanics of running – 1, 2 and 4

• In the field Methodology of endurance training - 5, 6, 11, 17

• In the field of sports training – 7, 12, 14, 16, 19 and 20.

• In the field of application of athletics in the field of higher education - 8, 9, 10, 13, 15.

• In the field of endurance running - 3 and 18.

**Conclusion**

From the analysis of the scientific works of the Assistant Professor Dr. Ivanka Karparova is impressed by the high level of competence and the correct analysis and interpretation of the scientific results.

Ivanka Karparova is a respected teacher with extensive practical and very good theoretical training. It is used with exceptional authority both in sports circles and in the system of higher education. She is an example of a sports pedagogue who successfully combines scientific research activity with specific teaching work.

Based on the above and the obvious qualities of the candidate, I strongly recommend the respected scientific jury to award Ch. assistant professor Ivanka Nikolova Karparova, PhD, the academic position "Docent" in professional field 1.3. Pedagogy of training in physical education and sports /athletics and conditioning/ at the "Individual sports and recreation" department of the Department of Sports of SU "St. Kliment Ohridski"

26.03.2023

Sofia

Associate Professor Anton Hizhov, PhD: