OPINION

By Prof. MARIN GEORGIEV GADEV, DSc,

member of the scientific jury approved by Order of the Rector of the University of “St. Kliment Ohridski" - Sofia (RD - 38-78 / 08.02.2023), according to the procedure for occupying the academic position “Associate Professor" in professional direction 1.3. “Pedagogy of training in .. (Physical education and sports - Track and field and conditioning)” for the needs of the DS

For participation in the competition announced in SG No. 100 of 16.12.2022 for filling the academic position “Associate Professor” in professional direction 1.3. "Pedagogy of training in .. (Physical education and sports - Track and field and conditioning) from SU "St. Kliment Ohridski" - Sofia, documents were submitted by the only candidate Ch. assistant professor Ivanka Nikolova Karparova, PhD. The submitted materials, according to the decision of the candidate's admissibility committee in the competition, meet the requirements of the ZRASRB of the PPZRASRB and the Regulations for occupying academic positions in SU "St. Kliment Ohridski" - Sofia.

1. **Grounds for acquiring the academic position “Associate Professor”**

To participate in the competition, the candidate has submitted all the necessary documents that meet the formal requirements:

* Required specialty – Diploma series VO-96 No. 000319 / 1996 and registration No. 16130;
* Obtained educational and scientific degree "Doctor", based on a defended dissertation at SU "St. Kliment Ohridski" - Sofia (Diploma No. SU 2015-200 / 22.12.2015);
* Necessary teaching experience and classroom employment - Certificate No. 31/07.02.2023 r. issued by SU "St. Kliment Ohridski" - Sofia;
* Availability of the required number of published works in specialized scientific publications and corresponding signatures (ISBN) of the published monographs and methodological manuals. In the table No. 1 we present the quantitative data in accordance with the indicators of the national requirements under Art. 2b, para. 2 and 3, respectively with the requirements under Art. 2b, para. 5 ZRASRB, PPZRASRB the candidate's scientific output.

**Table No. 1**

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| --- | --- | --- | --- |
| Group of **indicators** | **Contents** | Requirements for **Associate Professor** | Executed by Ch. assistant professor **Ivanka Karparova**, PhD |
| **А** | Indicator 1 | 50 | **50** |
| **V** | Indicator 3 | 100 | **100** |
| **G** | Sum of indicators from 4 to 10 | 200  | **200**  |
| **D** | Sum of indicators from 11 to 13 | 50 | **50** |

To participate in the competition for "associate professor", the candidate submitted a list of 20 titles including the following scientific production: monograph - 1 piece; scientific articles - 19 nos. (1 item in scientific publications, referenced and indexed in world-famous databases with scientific information and 18 included in the National Reference List - non-refereed journals with scientific review or published in edited collective volumes). Out of the total number of presented scientific articles, 18 are independent authors, and 2 are co-authors. All these data illuminate the quantity and diversity of the candidate's scientific output.

1. **Quality of research and production**

We have carried out the analysis of the quality of the research activity in three directions: ♣ The first is related to the quality of the proposed monograph under the title "Biomechanical foundations of running technique and methodological guidelines in training" (ISBN: ISBN 978-954-075614-1). It is in a volume of 134 pages, structured and divided into six chapters. In its entirety, the monograph reflects the candidate's scientific interest in movement as a human motor activity. A satisfactory description of the individual structures of the human body and their reflection in relation to the temporal, kinematic and dynamic structure of movements has been carried out. An attempt was made to describe the parameters of running dynamics and the forces acting on the joints of the lower limbs. Special attention is paid to the relationship between running technique and trauma, which I appreciate positively. In the last chapter, the author presents recommended exercises in tabular form, with a corresponding description of the function of the muscles during running and the related methodical instructions for performing the exercises. Regardless of the noted positive points, the monograph is not without some weaknesses. I would venture to point out that, so defined, the title is too broad and engaging and does not fully overlap with the proposed content. There are also some terminological inaccuracies regarding biomechanical analysis, and I will recommend the author to update her knowledge in this area.

* The next guideline is related to the breadth of the scope of the topics related to the research activity and the significance of the candidate's publications. In this regard, the main topics are reduced to the following:
* Biomechanical analysis of endurance runs and the impact of equipment on prevention and injuries - No. 2, 3 and 4; ⎫ Training load and models for developing motor quality endurance and its parameters - No. 5, 6, 11, 12, 13, 17, 18 and 20;
* Retrospective analysis of the development of competitions related to long runs, marathon and ultramarathon in Bulgaria - No. 7, 14, 16 and 19;
* Athletics for students in Bulgaria - organization and management of the educational and training process - No. 8, 9 and 15;
* Children's athletics - IAAF - No. 10.

It is clear from the above that the breadth of the thematic focus of the candidate's research activities Ch. assistant professor Ivanka Karparova, PhD, is versatile, which I define as a plus in terms of the presented scientific research activity and production.

* The third direction, allowing for the evaluation of the quality of scientific research activity and production, is related to the scientific and applied contributions of the candidate. They are tied to the practical application of effective methods and tools and can be defined as scientific-methodological and practical-applied, in physical education and sports activities with students and athletes. In general, we can reduce them to the following:
* The knowledge of endurance as a motor quality is enriched by studying runners with different qualifications - from recreational athletes to runners in competitive sports;
* A conceptual idea was built for the sport of athletics and especially endurance running in the amateur sphere;
* Models of methodical units (exercises) have been developed for different muscle groups, important in endurance running as a motor activity;
* Curriculums have been developed and proposed for the training of students and athletes (especially in the field of amateur sports), in the field of endurance running.

In the complete scientific production presented to me by the candidate, I do not find any forms of plagiarism.

1. **Evaluation of teaching and management activities**

Regarding the requirements for classroom employment and work experience, the candidate Ch. assistant professor Ivanka Nikolova Karparova, PhD, meets the specified requirements according to the legal regulations. She has worked in the system of sports and education for approximately 27 years, of which 17 years she has spent as a full-time teacher without interruption in the specialty in DS at SU "St. Kliment Ohridski" - Sofia. The fact that in the period 2013–2021 he was the head of the "Individual sports and recreation" department at the DS of the "St. Kliment Ohridski" - Sofia, unequivocally defines the possessed positive teaching-teaching, leadership and management qualities and capable and candidate abilities.

**IV. Conclusion**

On the basis of the above listed positive evaluations and contributions of the works submitted for review, as well as the available pedagogical and managerial activity, I will allow myself to propose to the scientific jury to award the academic position "Associate Professor" to Ch. assistant professor Ivanka Nikolova Karparova, PhD, in professional direction 1.3. "Pedagogy of training in ... (Physical education and sports - Track and field and conditioning) for the needs of the DS at SU "St. Kliment Ohridski" - Sofia, declaring my positive vote.

Sofia, 28.03.2023 Prof. Marin Gudev, DSc