**STATEMENT**

*Of* ***Assoc.Prof. Michail Michailov, D.Sc.***

*For the participation of* ***Ivanka Nikolova Karparova, PhD****, in the competition for the academic position "Associate Professor" in the field of higher education 1. Pedagogical sciences, professional direction 1.3. Pedagogy of training in ... (Physical education and sports - Athletics and physical conditioning) for the needs of Department of Sports, Sofia University "St. Kliment Ohridski"*

One candidate participates in the competition for the academic position "Associate Professor", announced in the State Gazette, no. 100 of December 16, 2022, page 86. The candidate is Chief Assistant. Professor Ivanka Nikolova Karparova, Ph.D. The main characterics of the candidate's professional activity are her long experience as an academic teacher and her continuous interest in scientific research and its application. Ivanka Karparova completed her higher education at the National Sports Academy "Vasil Levski" and acquired the qualifications of track and field coach and physical education teacher. Therefore, it is logical that her monograph and articles include physical qualities and sports technique as factors of running performance and principles on avoiding injuries and achieving long sporting career. Considering that running is the most widely practiced motor activity, the applied value of Ivanka Karparova's works and her contribution to the well-being of society can be defined as significant.

*Teaching activity*

The submitted documentation for participation in this competition shows that Ivanka Karparova has an important role in the activities of the Sports Department of Sofia University "St. Kliment Ohridski". She has started working there 27 years ago. From 1996 to 2006, she has been a part-time teacher, while also working as an track and field coach at the youth sport centers "Levski" and "Sofia". Since 2006 until now she is Chief Assistant Professor. Since 2013 she is head of the "Individual sports and recreation" department. The pedagogical activity of Vanya Karparova is not limited to the training sessions and sports seminars included in the students' program. She is also active in preparing students for sports competitions and she has participated in the organization of sports events.

*Research activity*

Ivanka Karparova's professional experience and diligence should have helped her to achieve good results also in scientific research. Her first scientific research was conducted with one of Bulgaria's greatest sport scientists and experts in endurance training. These articles were published early in her academic career. From then until now, she regularly conducts research and publishes scientific articles in Bulgarian or English.

Ivanka Karparova has a PhD and has published a monograph and a total of 26 scientific articles. For participation in the competition, she has provided the monograph and 19 scientific articles. One of these articles is indexed in world databases with scientific information. Seven of the articles have been published in scientific journals, and twelve in scientific conference proceedings. The main contributions of these publications are in the following fields: 1) application of athletics disciplines in secondary and higher education, 2) biomechanical characterization of the elements of running technique, 3) endurance training methodology, and 4) selection of suitable running shoes based on analysis of the way the foot interacts with the support.

It should be noted that these contributions find a more direct application through the interesting and useful monograph (entitled: Biomechanical foundations of running technique and methodological guidelines in training). It can serve not only academics and professionals, but also running enthusiasts. Through the monograph, they can get a detailed idea of the correct running technique and clear explanations why some ways of running are correct and others can negatively affect sport performance or increase injury risk. In addition, the readers of the monograph receive interesting information and valuable advice regarding training in running. A number of specialized references were used to write the monograph. Although not many, there are claims for which the author has neglected to provide citations.

The presented publications, their citations and the candidate's dissertation provide the necessary number of points for the acquisition of the academic position "Associate Professor" in professional field “Pedagogy of training in ....”

Ivanka Karparova has the potential to reach even a higher level of academic development in the more distant future. For this purpose, she needs to continue her research, which should be structured and described in an even better way from a methodological point of view. This would allow collecting new evidence as well as the candidate's useful works to be published in journals of a higher rank, which would be a prerequisite for the findings to reach more specialists and be more widely applied.

*Conclusion*: based on the above achievements of Ivanka Karparova, PhD, I propose to the scientific jury to award her the academic position "Associate Professor" in the field of higher education 1. Pedagogical sciences, professional direction 1.3. Pedagogy of training in ... (Physical education and sports - Athletics and physical conditioning) for the needs of the department of Sports, Sofia University "St. Kliment Ohridski".

29.03.2023 Signiture:

Sofia Assoc. Prof. Michail Michailov D.Sc.