To the Chairman of the Scientific Jury

of a competition for the occupation of the academic position

"Associate Professor" at Sofia University "St. Kliment Ohridski"

**REVIEW**

of the scientific production and artistic activity

of Chief Assistant Bilyana Tumanova-Rangelova, PhD in 1.3. Pedagogy of training in ... (Physical education and sports - swimming)

for the needs of the Sports Department

Reviewer: Prof. Krasimir Lazarov Petkov, D.Sc. - lecturer at the National Sports Academy “Vasil Levski”

1. **Biographical data**

Bilyana Rangelova-Tumanova was born on 23rd Apr. 1985.

From 1994 to 2001, Tumanova was an active swimming competitor, and during this time she won many prestigious awards and met the standard of "Master of Sports Candidate". In 2007, she graduated from the National Sports Academy "Vasil Levski" with a bachelor's degree in synchronized swimming, and in 2007-2008 she obtained a Master's degree in the "Sports Journalism" master's program at the National Sports Academy. In 2018, she successfully defended her dissertation work on the topic: "The effect of an adapted swimming program for babies", for which she was awarded the "Doctor" Educational - scientific degree in the scientific specialty 1.3. Pedagogy of training in ... (Methodology of training in physical education and sports - swimming).

Ch. Assistant Bilyana Rangelova-Tumanova works at Sofia University "St. Kliment Ohridski" in the position of Chief Assistant at the Department of Sports.

At the Sofia University "St. Kliment Ohridski", Tumanova is on a basic employment contract for an indefinite period of time from 5th Dec. 2016 and continues to work on an employment contract under Art. 67, para. 1, item 1 of the Labor Code.

Ch. Assistant Bilyana Rangelova-Tumanova has excellent organizational skills acquired as a head coach, organizer and teacher of a number of sports projects, seminars, courses and competitions related to a number of diverse sports events.

To the above, we must add that the candidate is also distinguished by valuable professional skills, which are predetermined by the acquired competences (knowledge, skills and attitude), "Candidate master of sports", swimming coach and infant swimming instructor at the "Spartak" swimming complex.

2. **Regarding the procedure of the announced competition**

The current competition has been announced for the needs of the Sofia University "St. Kliment Ohridski" in the State Gazette, no. 35 of 18th Apr. 2023, for the occupation of the academic position "Associate Professor" in professional direction 1.3. Pedagogy of training in ... (Physical education and sports - swimming) for the needs of the Sports Department.

Conclusion on point 2. - I have not found any violations of the competition procedure.

3. **Teaching activity**

In accordance with the Law on the Development of the Academic Staff in the Republic of Bulgaria and the Regulations for its application, the scientific output of Ch. Assistant Professor Bilyana Rangelova-Tumanova, Doctor, should be reviewed in two main areas:

* teaching and creative activity;
* scientific research activity.

3.1. ***Teaching activity***

The candidate for the academic title of Associate Professor has the following academic load:

3.1.1 For the period 2017–2022, Ch. Assistant Professor Bilyana Rangelova-Tumanova, Doctor, has a total study load of 3683.2 hours, of which 3000 hours are classroom work, or an average of 600 hours per year. This report was prepared by Albena Grigorova, head of the "Educational Activities" Department.

3.1.2. The candidate teaches swimming and sport swimming disciplines in all faculties for the Educational - scientific degrees "Bachelor" and "Master" (Physical Education and Sports), the total horary of lectures and exercises being 456 hours, and the quantitative information provided is confirmed by the study load report prepared Lora Mincheva and signed by the Head of Department, the Director of the Department and the Director of the Information and Teacher Development Department.

3.1.3. Bilyana Rangelova-Tumanova participated in winter and summer sports practices organized by the Department of Sports at SU "St. Kliment Ohridski" in the period 2017-2023.

3.2. ***The project activity*** of Ch. Assistant Bilyana Rangelova-Tumanova, Doctor, is associated with participation in four scientific research projects. Two of them are for young scientists and postdoctoral fellows: "Improving Vital Capacity in Undergraduate Swimming Students" (2021) and "Improving Shoulder Girdle Flexibility in Undergraduate Swimming Students During Their Education" (2022). The other two internal research projects are: "Investigation of the educational environment for ensuring quality training in physical education and sports in secondary school" (2023) with the project manager Prof. Dr. Stefan Miletiev and "Innovative training in sports pedagogy through the development of educational cards for sports and health education" (2023) with project manager Prof. Dr. Iren Peltekova.

Another field of the candidate's performance in the competition is coaching activity. Coach of the Year for 2017 award at SU "St. Kliment Ohridski. In the submitted documentation for the competition, it is reflected that Tumanova is a prominent swimmer who met the standard for Master of Sports Candidate, and Republican Champion in the period 1994-2001 as a competitor of the "Levski" Swimming Club, and the analysis of the achieved results gives us reason to recognize the candidate's high sports-pedagogical competences. As a coach, Tumanova works at different levels and with different athletes, but in my opinion, the most significant for her athletes are the 4 gold medals won from the World Special Olympics Games. In addition, Ch. Assistant Bilyana Tumanova-Rangelova, Doctor, is the first researcher in Bulgaria to prove the benefits of swimming for babies. Since 2016, she has been working in the Department of Sports at the Sofia University "St. Kliment Ohridski". In parallel, she continues to teach babies to swim and prove the positive effect of water-related activities.

3.3. Candidate Tumanova has been a member of the Attestation commission of the Sports Department since 2021, which is a recognition of her competence.

4. **Scientific production**

Observing the procedure for the competition, Ch. Assistant Bilyana Rangelova-Tumanova, Doctor, presented a list containing 21 publications in collections of scientific forums and magazines, a dissertation, a book and a monograph.

1. Monograph – 1 pc.

2. Book – 1 pc.

3. Dissertation - 1 pc.

4. Articles in scientific journals – 3 pcs.

5. Articles and reports in collections of scientific forums - 15 pcs.

I think that Ch. Assistant Bilyana Rangelova-Tumanova, Doctor, fulfills the legal requirement of the Law on the Development of the Academic Staff in the Republic of Bulgaria, in which according to Art. 24, para. (1), item 3, candidates for the academic position of Associate Professor must submit a published monographic work or equivalent publications.

16 scientific papers are subject to review for the competition.

A book about swimming, S., 2021, University Publishing House "St. Kliment Ohridski", mentioned in the reference for its scientometric indicators, meets the required standards: volume of 160 pages; has International Standard Book Number (ISBN) 978-954-07-5193-1, and is included in the National Reference List.

The monographic work on the topic: Improvement of some physiological indicators and motor qualities among students through the means of swimming. University Publishing House "St. Kliment Ohridski", S. 2023, ISBN 978-954-07-5694-3, gives a direct expression of the possibilities that the sport of swimming shows for the improvement of some physiological indicators and motor qualities among students.

The topic of the monographic work is undeniably relevant, and the derivation of postulates for the improvement of physiological indicators through the means of swimming is of particular importance not only for theory, but also for practice. The contribution of the monograph is that it has a polyvalent character and can be applied in other educational institutions, and this can multiply the effect of the activity of all subjects of the sports activity, creating conditions for a better, full-fledged, environmentally friendly and healthy way of life.

The dissertation work for the acquisition of the "Doctor" Educational - scientific degrees is on the topic: "The effect of an adapted swimming program in babies" with scientific supervisor Prof. Angelina Yaneva, 2018.

The candidate's publications in peer-reviewed scientific journals and collections amount at 11. The analysis of their content allowed me to distinguish them in two main directions:

* Articles in scientific journals - No. 4, 9, 10;
* Articles and reports in collections of scientific forums - No. 3, 5, 6, 7, 8, 11, 12, 13, 14, 15, 16.

The main characteristics of the scientific developments cited in the list are:

- the sustainability of the scientific interests of Ch. Assistant Bilyana Rangelova-Tumanova are focused on the benefits of swimming for babies;

- increasing the efficiency and optimizing the learning process for students who chose to practice the sport of swimming during their studies;

- swimming-related posts are 100% of the submitted ones;

- from the presented 16 publications, in 12 Ch. Assistant Bilyana Rangelova-Tumanova is an independent author, in 3 joint publications she is the lead author and in 1 publication she is the second author;

- of the 16 scientific works presented, 14 are in Bulgarian and 2 in English, which is to a great extent a guarantee of their quality, taking into account the fact that they are necessarily peer-reviewed before being allowed to be printed. My reading of the abstracts of the publications in question leads to a high assessment of the scientific output.

5. **Other scientific and scientific-applied contributions**

The main scientific-theoretical and practical-applied contributions in scientific developments are diverse, but they could be grouped in the following main directions:

1. The trends towards increasing the efficiency and optimization of the learning process among the students of the "Physical Education and Sports" specialty at SU "St. Kliment Ohridski".

2. Research on increasing the efficiency and optimization of the learning process through the means and methods of the swimming sport in students aged between 14 and 16 years.

3. Increasing the efficiency and improving some physiological indicators and motor qualities of babies from 6 months to 3 years of age by applying an adapted swimming program created for individuals of this age group.

4. Aquatic physical activity through swimming was examined as a skill and necessity - health prevention.

5. The learning and training process has been optimized to increase motor activity as an element of a healthy lifestyle, a variety of motor activity suitable for reducing mental fatigue and reducing nervous tension. The achieved results contribute to the modernization of the theory, practice and methodology of physical education and sports, especially swimming.

6. **Conclusion**

Taking into account the requirements of Art. 24 of the Law on The Development of the Academic Staff in the Republic of Bulgaria, Art. 53 and Art. 54 of the Regulations for the Implementation of the Law on The Development of the Academic Staff in the Republic of Bulgaria and the Regulations for the Acquisition of Scientific Degrees and the Occupancy of Academic Positions at SU "St. Kliment Ohridski", the scientific-applied nature of the publication activity, the pedagogical activity and the observed normative-procedural requirements of the competition, I propose to the members of the Scientific Jury to vote for the academic position "Associate Professor" of Chief Assistant Bilyana Rangelova-Tumanova, Doctor, in professional direction 1.3. Pedagogy of training in ... (Physical education and sports - swimming) for the needs of the Sports Department.

6th Jul. 2023 Prof. Krasimir Petkov, D.Sc.