**R E C E N Z I A**

**of scientific works and educational activities**

**On ch. Assistant Dr. Bilyana Krasimirova Tumanova - Rangelova**

**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 sports - swimming, announced in SG No. 35 of 18.04.2023.**

**Prepared by: Associate Professor Anton Alexandrov Hidjov**

**Data on the tender procedure**

The competition was announced in the State Gazette no. 35 of 18.04.2023, by professional direction 1.3. Pedagogy of training in /Physical education and sport - swimming/, for the needs of the Department of Sports at SU "St. Kliment Ohridski".

No violations were committed during the announcement and conduct of the competition, as the procedure meets the requirements of the ZRASRB, the Rules for the Implementation of the ZRASRB and the Rules for the Terms and Procedures for Acquiring Scientific Degrees and Holding Academic Positions of SU "St. Kliment Ohridski".

For participation in the competition, documents were submitted by one candidate - ch. Assistant Professor Bilyana Krasimirova Tumanova - Rangelova, lecturer in the Department of "Individual Sports and Recreation" in the Department of Sports of SU "St. Kliment Ohridski".

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

The candidate for the academic position "Associate Professor" Dr. Bilyana Rangelova was born on April 23, 1985.

In 2007, he obtained a bachelor's degree at the National Sports Academy "V. Levski" with a specialization in Synchronized Swimming Coach, and in 2008 he obtained a Master's degree in Sports Journalism at the National Academy of Sciences.

In 2018, he defended a dissertation on the topic "The effect of an adapted swimming program for babies" for the acquisition of the ONS "Doctor" in professional direction 1.3. Pedagogy of training in /Methodology of training in physical education and sports - swimming/.

In her rich professional career, the candidate has held the following positions:

1994- 2001 Swimming competitor, Republican champion,

Candidate Master of Sports - Levski Swimming Club

2003 – 2005 - Swimming coach - ODZ #5

2012- 2016 - Honorary swimming teacher - SU "St. Kliment Ohridski"

since 2012 - Swimming coach - Baby swimming training

In 2016, he won a competition for Assistant in Swimming at the Department of "Individual Sports and Recreation" at the Department of Sports of SU "St. Kliment Ohridski", and in 2019 a competition for Chief Assistant in the same specialty.

Bilyana Rangelova is one of our most prominent swimmers in which she has won numerous sports awards. Here is a short list of her sporting achievements:

* 2000 – Candidate master of sports
* 2017 - SU Coach of the Year
* 2016 – 3rd team place in LU in swimming
* 2017 – 3rd team place in LU in swimming
* 2018 – 3rd team place in LU in swimming
* 2019 - 3rd team place in LU in swimming
* 2020 – 2nd team place in LU in swimming
* 2021 – 3rd team place in LU in swimming.
* 2022 – 3rd team place in LU in swimming
* 2023 – 4th team place in LU in swimming

Dr. Rangelova has participated in numerous projects, among which a scientific research project under the national program "young scientists and postdoctoral students", member of a scientific research project under the national program "young scientists and postdoctoral students", scientific research internal project "Investigation of the educational environment to ensure quality education in physical education and sports (PHS) in secondary school", and the project "Innovative training in sports pedagogy through the development of educational cards for sports and health education". It is necessary to we should also note the candidate's activity as a volunteer in such organizations as "Special Olympics" Bulgaria /Organization for work with people with mental problems/ and "Voden Path" Foundation.

Bilyana Rangelova actively participates in the activities of the academic community, as from 2021 she is a member of the Attestation Commission at the Department of Sports, from 2016 she is responsible for sports at the Faculty of Pedagogy at SU. He takes an active part in the sports events of the DS in beach tennis and alpine skiing disciplines and is one of the main organizers of the summer and winter educational sports practices of the Department of Sports.

**Research activity**

The reference for the scientific research production on scientometric indicators of Dr. Rangelova submitted for the competition meets the national requirements under Art. 26 of ZRASRB.

To participate in the competition for the academic position "Associate Professor", the candidate submits a total of 16 scientific works, which are divided into the following categories by type:

1. Monograph - 1 pc. ( #1)
2. Book-1 pc. (#2)
3. Articles in scientific journals - 3 nos. (#4, 9,10)
4. Articles and reports in collections of scientific forums - 11 nos. (No. 3, 5, 6, 7, 8, 11, 12, 13, 14, 15, 16)

Of the 16 scientific works mentioned above, 3 were published abroad.

The author's participation in the works is impressive, as the author's share in the publications is as follows:

* Independent - 12
* Lead author- 3
* Second author- 1

Out of 16 scientific works - 14 are in Bulgarian, 2 are in English.

The scientific production presented by Bilyana Rangelova, Ph.D., fully meets the requirements for occupying the academic position "Associate Professor" by meeting the minimum requirements for the points for the individual groups of indicators, presenting a production for 420 points.

I highly appreciate the monographic work of Chief Assistant. Dr. Rangelova on the topic: "Improving 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. It was developed on 119 pages and 88 literary sources in Cyrillic and Latin were studied.

The monographic work is developed in the following sections - Statement of the problem; Conceptual framework; Swimming as a means of improving some physiological indicators and motor qualities; Empirical research and a swimming program to improve the functions of the respiratory system, the strength of the upper limbs and the shoulder girdle, as well as improving the flexibility in the shoulder joints; Conclusion and References.

A significant contribution of the monographic work is the fourth part entitled "Swimming program to improve some physiological indicators and motor qualities". Here the purpose of the program is stated, the means, methodological requirements and its advantages are described. The proposed swimming training model includes a four-year program.

The research material presented in the monograph has a scientific-informational character with the aim of acquainting readers who are interested in the question with the scientific achievements in this field, deepening their interest in their own searches and purposeful scientific activity on these problems, and stimulating their attempts at their application in the immediate pedagogical activity. It is intended and addressed to those studying and working in the field of sports, and especially to those who have a special interest in the sport of swimming.

Of considerable interest is the "Book on Swimming" published by the candidate in co-authorship with Prof. Tumanova.

The book introduces the audience to the world of swimming in all its application aspects. It is structured in separate sections, representing training and training programs for the non-standard age groups – babies and the elderly, as well as people with special needs. The volume is 160 pages.

The presented scientific production can be divided into the following thematic areas:

• Physical education and sports in the educational system - articles number 1, 4, 5 and 11.

• Adapted swimming program for babies - numbers 2, 3, 9, 10, 12 and 13

• Swimming as a skill and necessity - prevention for health - 2 and 16

**Scientific contributions**

In the scientific works proposed for review, the main results of the conducted own and collective research, which enrich the scientific knowledge in the Bulgarian scientific and applied literature in the field of physical education and sports, have been published.

**The theoretical value** of the presented works can be reduced to the following:

1. The knowledge about the sport of swimming, as a motor activity, is enriched by studying persons with different qualifications - from practicing with a recreational nature to student sports.
2. Conceptualized the idea of ​​the sport of swimming in the field of education as a motor activity for life. – cognitive and long-term.
3. Models of methodical units (exercises) have been developed for different muscle groups, motor qualities and physiological indicators important for swimming as an activity.
4. The sport of swimming has been studied in a historical aspect, with a special place being allocated to its appearance and development in VU.

From the presentation of the research, **some more important scientific-applied contributions can be deduced:**

1. Original data are presented showing the important role of regular physical activity, in particular swimming, for prevention and health promotion in all age groups. A contribution to the common efforts of the European Union to increase the level of physical activity among the entire European population.

2. In the field of professional training of sports-pedagogical personnel, the theory of "Sports - swimming" activities has been enriched as an "Elective - compulsory" form of education in higher schools with a non-sports focus.

3. Important generalizations and conclusions are made based on the comparison and analysis. The developed and approved scientific studies are original, original and innovative. Scientific searches in the presented publications enrich and modernize the theory and practice of the discipline of swimming. The achieved results and the conclusions drawn from them are an addition to the theory and methodology of the FFS.

**Conclusion**

From the analysis of the scientific works of Ch. assistant professor Dr. Bilyana Rangelova is impressed by the high level of competence and the correct analysis and interpretation of the scientific results.

Dr. Rangelova is a respected teacher with extensive practical and very good theoretical training. He wields exceptional authority both in swimming circles and in the higher education system. 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 the chief assistant. Dr. Bilyana Krasimirova Tumanova - Rangelova academic position "Associate Professor" in professional direction 1.3. Pedagogy of training in physical education and sports - swimming at the Department of "Individual Sports and Recreation" of the Department of Sports of SU "St. Kliment Ohridski"

07/08/2023

Sofia

Associate Professor Anton Hidjov, PhD: