

OPINION

by Full Prof. Iren Yordanova Peltekova, PhD

Sofia University "St. Kliment Ohridski"

About: competition for the occupation of an academic position "**Associate Professor**" in the field of higher education 1. Pedagogical sciences, professional direction 1.3. Pedagogy of training in (Physical education and sport – swimming) for the needs of Sofia University "St. Kliment Ohridski" (Sofia), Department of Sports.

The competition was announced Official Gazette, No 35 of 18.04.2023 г.

Reason for presenting the opinion: I participate in the composition of a scientific jury according to Order No RD 38-296 of 12.06.2023 from the Rector of Sofia University "St. Kliment Ohridski".

To participate in the announced competition, the only candidate submitted documents:
Chief Assistant Bilyana Krasimirova Rangelova, PhD

1. Application data

The documents presented in the competition Chief Assistant **Bilyana Krasimirova Rangelova, PhD**, comply with the requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria (LDASRB/ZRASRB), the Rules for the Implementation of the (LDASRB) (RILDASRB), the regulations for the terms and conditions for acquiring scientific degrees and occupying academic positions at Sofia University "St. Kliment Ohridski".

According to the minimum national requirements for holding the academic position of "associate professor" at Sofia University "St. Kliment Ohridski", applicants must provide materials valued at 400 points. In the specific competition, the candidate Ch. Assistant Bilyana Krasimirova Rangelova, PhD participated with scientific production, which earned her 420 points, with which she covers and repeatedly exceeds the minimum national requirements.

I have not found any proven plagiarism in the scientific works submitted for the competition.

The documents are carefully described and systematized, which greatly facilitates the evaluation of the submitted materials for participation in the competition.

2. Data on the candidate, teaching and coaching activities

Bilyana Krasimirova Rangelova has an employment contract at the Sofia University "St. Kliment Ohridski" since 05.12.2016. She successfully defended his doctoral thesis on the topic "The effect of an adapted swimming program for babies". Over the years, she participated in and won competitions for the academic positions of assistant and chief assistant. All educational-qualification and educational-scientific diplomas of Bilyana Rangelova-Tumanova are related to physical education and sports and sports training in swimming and are therefore in full sync with her participation in this competition. In addition to the applicant's educational and qualification diplomas, I note that she has a Masters in Sports Journalism.

From the official report on teaching employment, for a period of five years (from the academic year 2017-2018 to the academic year 2021-2022), it is clear that Chief Assistant Rangelova has an average of 736.64 teaching hours, of which 600 are classroom hours. Information related to scientometrics shows that it meets requirements to a very high degree. The student swimming teams she led consistently placed in the top three at the University Games. She takes an active part with academic commitment as a member of the attestation committee, responsible for the "Sports" discipline at the Faculty of Education, an active participant in teaching sports forums, a member of the organizational structure for summer and winter sports practices with students from SU. Participates in project activities and scientific conferences.

Outside of his university workload, Chief Assistant Bilyana Rangelova, PhD is involved in public and coaching activities. She is a swimming coach at the "Academic-Sofia University", a baby swimming coach, she worked in a kindergarten as a swimming coach (2003-2005), she is a volunteer in the organization for sport with intellectual disabilities "Special Olympics" and in the organization and conduct of swimming competitions for children with disabilities at the "Water Path" Foundation. She has a lifeguard diploma and is a swimming judge.

The competitive biography of Bilyana Rangelova shows that she is an established and recognizable swimming competitor. Candidate master of sports since 2000 and republican swimming champion for SC "Levski".

3. Synthesized evaluation of the scientific works submitted for the competition

In quantitative aspect, the scientific works are presented in one monograph, one book and 14 articles and reports in scientific journals and conference proceedings. All production is visible in the "Authors" system on the SU page. By counting points (200) acquired from scientific production such as articles and reports are completely sufficient

and cover the recommended criteria of the Ministry of Education and Culture for the award of the academic position of "associate professor".

The scientific works of Chief Assistant Bilyana Rangelova for participation in the competition are mainly focused on the problems of the theory and methodology of physical education and sports training in swimming. It addresses pressing and still unresolved issues related to college swimming and undergraduate swimming curricula. The focus of her developments are swimming training in open water areas, swimming training curricula for babies and the elderly, swimming as a means of improving physical performance and development, improving the quality of life, swimming as prevention to strengthen health and a real opportunity to preserve life, motor activity and entertainment. Bilyana Rangelova is not limited to the search for answers about swimming training, her interests also concern historical analyzes of the long journey of swimming in the world, in Bulgaria and in universities.

Bilyana Rangelova's scientific interests show a step-by-step and in-depth entry into topics and areas related to swimming teaching methods in higher schools and swimming training from an early age. The practical applicability of the results presented in publications of Bilyana Rangelova, PhD in her scientific articles, are of a contributing nature.

The monographic book with the title „Improvement of some physiological indicators and motor qualities among students through swimming sports“ was published in 2023. It was reviewed by two scientific reviewers, the volume is 119 pages, it is illustrated with 10 figures, 16 illustrations, 16 graphs and 45 tables. The content is structured in four main parts: "Statement of the problem", "Conceptual framework", "Swimming - a means of improving the functions of the respiratory system, strength and flexibility of the shoulder girdle and upper limbs", which is divided into three sub-parts and "Program in swimming to improve some physiological indicators and motor qualities".

The monograph is the main work, which has a significant contribution character, and the contributions of the work, in my opinion, are concentrated in the third and fourth parts, central to the study, undoubtedly the most informative from a scientific-research, methodological and practical-applied point of view. The third part "Swimming - a means of improving the functions of the respiratory system, the strength and flexibility of the shoulder girdle and upper limbs" has a scientific and research contribution. This chapter presents the results of a study of the anthropometric indicator - chest circumference, variation and comparative analysis. In the fourth part, "Swimming Program to improve some physiological Indicators and motor Qualities", the author sets out the objectives of the program, describes the means, methodological requirements and its advantages, and a four-year model for teaching swimming to students. This chapter has a methodological

contribution and is related precisely to the prepared and implemented swimming program for students.

The monographic work is readable, written in an understandable and at the same time scientific style, well-illustrated and logically presented. As a sports specialist, it was a pleasure to familiarize myself with the content.

The conclusion is that Rangelova's publications appear to have a wide thematic scope, but at the same time related to swimming. Research methods are used correctly and results are presented accurately and competently in all her publications.

4. Personal impressions

Bilyana Rangelova appropriately uses traditional and modern methods for training swimming students. She has solid practical and theoretical training in the field of teaching methods. Ch. Assistant Rangelova has methodical skills for teaching students, which are the basis of forming her authority as a very good teacher. She demonstrates effective communication skills with students, colleagues, coaches, works successfully with members of project teams and university and intra-university committees.

5. Contributions

After the analysis of the presented scientific works, it can be summarized that the personal contribution of the candidate Chief Assistant Bilyana Rangelova, PhD is directed in three main directions:

- Theory and methodology of swimming training from early childhood.
- Theory and methodology of swimming training in university settings.
- Forming a healthy generation and leading a healthy lifestyle through the means of swimming.

Scientific contributions are expressed in updating and expanding the history, theory, methodology and practice of the discipline of swimming and complement the theory and methodology of physical education and sports.

I believe that the author's report on contributions prepared by Chief Assistant Rangelova, PhD, adequately recreates them.

6. Conclusion

In conclusion, the presented monograph with the title **„Improvement of some physiological indicators and motor qualities among students through swimming sports“**, scientific articles, teaching and coaching activities, citations, project activities, participation in scientific forums, realized scientific researchers are convincing evidence

of this , that the candidate Chief Assistant Bilyana Rangelova, PhD, is an established specialist in the academic environment; She combines in her scientific growth practical skills, theoretical training, research activity, coaching activity and the quality of education at SU "St. Kliment Ohridski".

Relying on the above, I give a positive assessment to the candidate **Chief Assistant Bilyana Krasimirova Rangelova, PhD**, to occupy the academic position "**Associate Professor**" in professional direction 1.3. Pedagogy of training in (Physical education and sport - swimming) and I make a proposal to the members of the scientific jury to decide that it should be awarded to her.

04 August 2023 r.

Prepared the opinion:

/Full Prof. Iren Yordanova Peltekova, PhD /