**OPINION**

On scientific works and teaching activity

To chief assistant Biljana Krasimirova Tumanova – Rangelova, PhD

Submitted for participation in a competition for the academic position of Associate Professor in the professional field 1.3. Pedagogy of physical education and sport - swimming.

**Prepared by. Prof. Hristo Andonov, PhD**

**DETAILS OF THE COMPETITION PROCEDURE**

The competition was announced in the State Gazette No 35 of 18.04.2023. One candidate has submitted documents for the competition. According to the application submitted to the Rector of the University of St. Kliment Ohridski" by Chief Assistant Bilyana Krasimirova Tumanova - Rangelova PhD, lecturer at the Department of Individual Sports and Recreation at the Department of Sport of Sofia University "St. Kliment Ohridski" and after evaluation of the declared scientific-metric data, the same was admitted to the competition.

**BIOGRAPHICAL DATA, EDUCATION AND SCIENTIFIC QUALIFICATIONS OF THE CANDIDATE.**

Assistant Professor Biljana Rangelova, PhD was born on 23.04.1985.

In 2007 she obtained a Bachelor's degree at the National Sports Academy "V. Levski" with a degree in Synchronized Swimming Coaching, and in 2008 she obtained a Master's degree in Sports Journalism at the NSA.

In 2018 she defended her dissertation on "The Effect of an Adapted Swimming Program in Infants" to obtain a PhD in the professional field 1.3. Pedagogy of education in /Methodology of education in physical education and sport - swimming/.

Bilyana Rangelova has a rich professional experience gained as a swimming competitor (state champion) and awarded with the title of candidate master of sport, swimming coach, a lecturer in swimming at the University of St. Petersburg. She is a swimming teacher and a teacher of swimming at the University of St. Kliment Ohridski.

In 2016 she won a competition for Assistant Professor of Swimming at the Department of Individual Sports and Recreation at the Department of Sport of the Sofia University " St. Kliment Ohridski" and in 2019 a competition for the Chief Assistant Professor in the same specialty.

Ms. Rangelova continues to perform as an athlete and also as a coach, for which she won the award for "Coach of the Year" of the University.

The candidate has participated in numerous projects. She also takes part as a volunteer in organizations such as Special Olympics Bulgaria and the Waterway Foundation.

Bilyana Rangelova is also actively involved in the activities of the academic community as a member of the Attestation Committee of the Department of Sport since 2021, since 2016 she is responsible for sport at the Faculty of Pedagogy at SU. She takes an active part in the sports events of the DS in beach tennis and alpine skiing and is one of the main organizers of the summer and winter academic sports practices of the Department of Sport.

**RESEARCH ACTIVITY**

The report on the scientific research output submitted for the competition on the scientific metrics of Dr Rangelova meets the national requirements under Article 26 of the RRBA.

In the announced competition for Associate Professor, Biliana Rangelova participated with 16 scientific papers:

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

Out of these 16 scientific papers, 3 have been published abroad.

The author share in the publications is as follows:

* Individual - 12
* Lead author - 3
* Second author – 1

Of the 16 scientific papers presented - 14 are in Bulgarian, 2 are in English.

Thus, the submitted scientific works meet the requirements for the points (420) in the individual indicators necessary for holding the academic position of "Associate Professor" of Sofia University.

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

* The knowledge of the sport of swimming, as a motor activity, is enriched through the study of individuals with different qualifications;
* The idea of the sport of swimming in the field of education, as a motor activity for life is presented.
* Models of methodical units (exercises) for different muscle groups, motor qualities and physiological indicators important for swimming as an activity are developed.
* The sport of swimming is studied in historical aspect, with a special place given to its emergence and development in the university.

I highly appreciate the monographic work of Assoc. "Improvement of some physiological indicators and motor qualities among students through the means of swimming sport". It is developed on 119 pages and 88 literature sources in Cyrillic and Latin have been studied. A significant contribution of the monographic work is the fourth part entitled ''Swimming program for improving some physiological indicators and motor qualities''. Here the aim of the program is stated, the means, methodological requirements and its advantages are described.

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

* Original data are presented showing the important role of regular physical activity, in particular swimming, for prevention and health promotion in all age groups;
* In the field of professional training of sports-pedagogical personnel the theory of the "Sport - swimming" classes as "Optional - compulsory" form of training in higher schools with non-sport orientation is enriched;
* Important generalizations and conclusions based on the comparison and analysis are made;
* The research developed and approbated is original, original and innovative. The scientific searches in the presented publications enrich and update the theory and practice of the swimming discipline.
* The results achieved and the conclusions drawn from them are complementary to the theory and methodology of physical education and sport;

**CONCLUSION**

Bilyana Rangelova is a respected teacher with a rich practical and very good theoretical background. She enjoys an outstanding reputation both in swimming circles and in the system of higher education.

On the basis of the analysis of the documentation submitted to me, concerning the scientific and teaching activity, as well as the professional qualities of the head assistant Bilyana Rangelova, PhD I with conviction propose to the Honorable members of the specialized scientific jury to award the academic position of "Associate Professor" in the professional field 1.3. Pedagogy of Physical Education and Sport - Swimming at the Department of Individual Sports and Recreation of the Department of Sport of the Sofia University „Kliment Ohridski“.

26.07.2023 Prepared the opinion:

Sofia /Assoc. Prof. Hristo Andonov, Ph.D