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of peer-reviewed scientific publications

of Assoc. Prof. Boryana Georgieva Tumanova, PhD

in Bulgarian and English,

submitted for participation in a competition for the academic position of "professor", announced in SG no. 54 of 29.06.2021 from Sofia University “St. Kliment Ohridski” in professional field 1.3. Pedagogy of education in... (Physical education and sports - swimming).

Tumanova, B. Swimming – a counteraction of the harmful consequences of modern technologies.

Abstract: The monograph is published by “St. Kliment Ohridski” university’s publishing house, in volume of 184 pages and is illustrated with 29 figures and 33 tables. Contains four applications – games in the water, exercises to strengthen paravertebral and abdominal musculature, flexibility exercises and breathing exercises (divided into onshore exercises and exercises in water). 96 literary sources in Latin and Cyrillic were used.

The monographic work was developed in three parts – state of the problem under consideration, the role of swimming and empirical research.

The object of study are the signs of physical development and physical fitness, the prevention and rehabilitation in the listed disorders.

The subject of the study is the physical development and physical fitness of students in the process of learning and training in swimming.

101 students who were actively engaged in sports classes, aged 19 to 23 and over, have been surveyed. Some of them chose the sport swimming, and others chose other kinds of sports. All participants stated the presence of at least one of the listed symptoms.

- Presence of discomfort/pain in the spine;
- Overweight - BMI over 25;

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- Feeling mental fatigue/exhaustion (self-evaluation);
- Feeling of social deficits (self-evaluation);

The survey was conducted within four semesters during two academic years. All students surveyed participated in a 56-week training program. The activities in the selected sport of the students, who were included in Control group, were held once a week, and the swimming activities of those from Experimental group, were held twice a week.

Chapter 1 "State of the Problem", addresses issues related to low physical activity and the due consequences. An important place of physical education is given as a means against the problems caused by modern technologies damaging the body and health. Detailed are described the leading ones - mental fatigue, weight gain above normal, pain in the spine and the presence of deficits in the social sphere.

In Chapter 2 "The role of swimming as a main motor activity for prevention", a characteristic of sport swimming and the peculiarities of the aquatic environment were made. Special attention is paid to swimming as a means of prevention and optimization of the motor regime when the problems under consideration are present. In this chapter is proposed a swimming training model, which consist of two-year program, for correction and prevention of the above-mentioned violations during university education. Detailed are considered the means of achieving correction of irregular posture, weight reduction, maintenance of mental capacity and socialization: the role of the game, the role of the exercises for strengthening the back, abdomen and buttocks muscles, flexibility and breathing exercises.

In Chapter 3 of the book – "Empirical Research" are presented the research's purpose, tasks and organization, results and analyses. The study's results were analyzed by variation and comparative analysis. The study used a sample of 101 people, of them 56 women and 45 men, all University "St. Kliment Ohridski" students. The collected factual material affects the effect of the application of different methodologies (according to the type of sport), as well as the number of weekly activities and the presence of a theoretical part in the methodology applied in the Experimental group. The level, location and importance of the problems listed-above in the students studied, were examined by: inquiry method, six anthropometric and five functional indicators.

The conclusions and recommendations proposed are aimed at improving the methodology of training and perfecting the university's educational process. They provide general guidance on prevention, health support and improving quality of life of young people, by introducing a programme aimed at raising awareness of the harm and consequences of long

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sitting in wrong position in front of computers, as well as avoiding developing dependence on the use of modern technologies and counteracting them by the means of swimming sport.

The contribution of the work is expressed in the developed methodology against the problem of mass observed presence of overweight, irregular posture, mental fatigue and anti-socialization among university students. For the first time, the four leading harmful effects caused by the rapid pace of development of modern technologies are considered in the context of university education.

The proposed model is a favorable and efficient program for prevention and prophylactic of the harmful effects of modern technologies, including activities in the aquatic environment:

- Has a pronounced game-situational nature;
- Is emotionally attractive and accessible;
- Allows repeated implementation;
- Predisposes to joint activities and creates conditions for the manifestation of spontaneity and expression of experiences;
- Ensures effective correction of available interference;
- The group communicates constantly and everyone learns to communicate and submit their own desires to collectively meaningful goals.

Key words: swimming, modern technologies, harmful consequences, incorrect posture, mental fatigue, asocialization.

Tumanova, B; B. Rangelova. A book about swimming.

Summary: The book introduces the audience to the world of swimming in all its aspects of application. It is structured in separate sections representing learning and training programs in non-standard age groups – infants and elderly, as well as people with special needs. The proposed models aim to master the basic swimming technique and form motor habits for a healthier lifestyle in a pleasant and affordable way. Richly illustrated, the book could be of interest to university professors, sports professionals, coaches, physical education and sports’ teachers, athletes, as well as to all who are interested in optimizing the swimming training process.

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Key words: *swimming, training, babies, elderly people, people with special needs.*

Група Е – Показател 21: Публикувано университетско учебно пособие, което се използва в училищната мрежа

Tumanova, B. Swimming. Textbook for students in universities without sport profile.

Summary: The textbook is intended for students in the programme "Physical Education and Sports" of the Faculty of Science, Education and Arts and all other professors, teachers and students wishing to learn how to swim or improve their swimming skills. It includes all issues related to the development of swimming sport, the technique of moving in the unusual for man aquatic environment, the methods and means of training, the organization of competitions, rules knowledge, as well as the necessary set of skills for giving first aid in case of drowning and securing water bodies.

Keywords: *swimming, technique, training*

Tumanova, B. Organising swimming lessons for people with disabilities.

Abstract: Swimming is a sport with multilateral impact on the human organism, helpful and wanted mainly due to the possibility of achieving versatile and harmonic physical development and health strengthening, equally necessary for all people of all ages. The refinement of the organization and the adaptive process of swimming lessons, in the direction „Adapted physical activity for people with intellectual disabilities”, would motivate and improve their quality of life. The objective of this work is to determine the "model" for each participant with a disability in the experiment and in accordance we set out the tasks: to establish the current physical condition, swimming skills and the level of progress for each disabled individual, so as to fall in a group with similar in physical capacity and swimming skills, body - abled participants. The implementation of the suggested model will enable people with disabilities to integrate into group training in swimming together with people without disabilities. We believe that the improvement of the organization and the process of adaptation would motivate and improve their quality of life.

Key Words: *sport, activity, health, people with mental disabilities, integration*

Tumanova, B. Physical activity and older adults.

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Abstract: Physical activity among the older population of Bulgaria is a matter related to health prevention, improving the quality of life and recovery after illness. In this work, we present data from a study held with people aged 65-80 years, citizens of Sofia city. Our goal was to determine the place of physical exercise in their daily lives and the role of sports teacher for the formation of motivation in them for leading an active lifestyle. The analysis shows lack of information on the wide variety of motor activities suitable for this age group as well as low level of motivation for sport activities. We conclude that it is necessary to provide sources of information to the people of the third age, which will educate them about the benefits of the active way of life and what possibilities for access to various sports activities are there. Medium intensity workout or a daily walk outdoors would help not only to improve their fitness level but also to maintain the necessary mental health and social activity.

Key Words: *physical exercises, motor activity, health, information, elderly people*

Tumanova, B. P. Hristova. Проучване себеусещането на студентите и очакванията им от заниманията с аеробика

Abstract: *The study examines the student's health self-evaluation and their expectations on the results from their participation in aerobic classes. The results show contradiction between student's opinion and their condition and expectations.*

Key words: *student's health self-evaluation, expectations, motivation, aerobic classes*

Tumanova, B. Study the motivation for sports in leisure time and in sport classes of students who have never exercised before.

Abstract: When we consider the unsatisfactory health and functional condition of the Bulgarian population, as a reflection of the economic reality, the key for the successful reform should be sought not only in education and culture, but mainly in the interaction “human – healthy lifestyle”. In other words, special attention must be paid to the preparation and the motivation of the youth in terms of the acquisition of lasting habits for physically active lifestyle.

Key Words: *students, sports, physical activity, motivation*

Tumanova, B. Optimizing the modern swimming learning process

Abstract: For the achievement of high quality of the educational process of physical education and sport in the universities and the establishment of a basis of physical culture in the youth, every separate motional discipline, as is swimming, ought to be perfected. The optimization

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and improvement of the organization of the swimming educational process is an important condition, in order for the contemporary sport's interests and wishes of the students to be contented.

Key Words: organization, swimming, university

B. Rangelova., Tumanova, B. Swimming – a system for a healthy lifestyle.

Abstract: It has been historically proven that sport and movement favor human development, health and mental state, adaptive functions of the body, the acquisition of autonomy and independence in life. Physical activity is one of the factors for the preservation and strengthening of health and physical development. Swimming is a sport with a multifaceted influence on the human body, useful and desirable above all because of the opportunity to achieve a diverse and harmonious physical development and strengthening of health, equally necessary for all people at all ages. As a motor activity of a healing nature is an effective and emotional means of solving the tasks related to the process of recovery, healing prophylaxis and recreation.

Key Words: physical ability, swimming, health

Tumanova, B. Study the possibility of increasing students' physical capacity through the means of swimming sport.

Abstract: The performance of difficult motor actions inherent in beginner swimming training requires accuracy, precision, good coordination and efforts. In this regard, in the process of learning in the university environment is required the curriculum to be adapted according to the individual abilities, the limited period and the different motor skills of the students.

Keywords: students, sport, swimming, physical ability

Tumanova, B. Ability to determine the special training of non-athletes students engaged in swimming classes.

Abstract: In the modern state of Physical education in higher education, the problem of activating the motor regime of students is the most serious. There is a serious need to improve the overall subsystem of Physical education and sport in the Bulgarian universities. In order to increase the efficiency of the process of Physical education and sports is required to seek for reserves. In the study, we are looking for an optimal methodology for improving the specific

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preparation of athletes by developing a testing system through which to select and control the indicators for special training.

Key Words: swimming, level of training, pulse.

Ключови думи: водна среда, възрастни хора, качество на живот

Tumanova, B. Improving the quality of life of the elderly through exercise in an aquatic environment.

Abstract: The article introduces us to the world of physical activity for the elderly. Whether the elderly are active, inactive, with illnesses, with disabilities or without – it is essential for the good quality of their lives that they are physically active. Sport, as a social phenomenon, is increasingly being discussed because of its valuable role in achieving social change and broadening the scope of public development goals. Physical activity in water (Aqua-practice) has a multifaceted influence on the human body, and is useful and desirable above all because of the opportunity to achieve a diverse and harmonious physical development and strengthening of health, equally necessary for all people at all ages. Improving the organization in adapting physical activity in water, according to the needs of the elderly, would improve the mechanisms that increase their motivation and involve them in this kind of motor activity.

Key Words: aquatic environment, elderly, quality of life

Tumanova, B. Study the opinion of students in "Physical Education and Sports" programme, on the need for a swimming course in their curriculum.

Abstract: The presented study includes questions related to the training of future teachers in Physical education, their practical and theoretical preparation for the organization of summer camps and schools by water areas, the necessary set of skills for giving first aid in case of drowning and securing water bodies. It examines the questions of whether the teachers of Physical education and sports in Bulgaria are able to organize a swimming training process, both at school and leisure time.

Keywords: Physical education, teachers, swimming course.

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Tumanova, B. E. Stojanova. Study of the emotional instability of people practicing sports games and swimming.

Abstract: The article outlines the connection between emotional intelligence and sport, and more specifically, sport swimming. It shows how the practice of sport swimming achieves a model of sports (motor and mental) activity, ie. The real opportunity to achieve is expanded to the actual mastery and management of emotional intelligence.

Key Words: sports, emotional intelligence, swimming

Tumanova, B. The particularities of swimming and its relation to the social development of babies and their parents.

Abstract: Every child is born with a need to move. The forming of motional habits is conducive for the general development of each little child. The infant period of development is typical with its great intensity and quick changes. These predispositions are possibilities for development. Whether they will be realized exclusively depends on the social background and the upbringing. Swimming is helpful not only for the physical condition, but also for the intellectual development and social adaptation. As one of the few things which parents could exercise together with their children, the sport swimming appears to be an advantageous tool for the education and socialization of the child and his/her parents. In the swimming pool, babies love to contact and alone initiate it. Swimming builds up a connection of trust between the children and the parents. A huge part of the swimming coaches accent that during the swimming lessons it is desirable for the parents to participate as well. When a parent is involved in the demonstration of the taught technical elements and in the assistance for their implementation in water, the widespread opinion claims that the contact with the trained children is significantly easier.

Keywords: *swimming, baby, parents, social adaptation.*

Tumanova, B., A. Yaneva, N. Panayotov. Satisfying basic needs and aspirations through sport activities for people with intellectual disabilities

Abstract: The present study devoted on practical problems in the sport preparation of people with intellectual disabilities (PID) analysis their own evaluation of the role of sport activities for their personal development, needs and self-esteem. The index and level of anxiety are also studied. The examined contingent consists of 27 people who actively engage in sport. The inspected individuals' age is between 20 and 26 years. The used method is borrowed by the set: " Selected methods for pedagogical and psychological diagnostics" developed by professor

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Ivan Ivanov and adapted by us to the particularity of the work with the examined contingent and the adapted physical activity on the chosen by us sports: swimming, skiing and judo. Data analysis helps to summarize the reasons and to formulate the typical signs of the lack of motivation for sport engagements in individuals with intellectual difficulties.

Key words: sociality needs, affiliation, society, anxiety indicator.

Tumanova, B. Problems in the swimming lesson inactive sports students

Abstract: The complex coordination and dynamics of the sport swimming and the improvement of the physical and mental qualities require a deeper penetration into the problems of education in this sport. Swimming for students who have never exercised before and who are with low physical activity is highly challenging. Its development is associated with continuous modeling of the learning process.

Keywords: swimming, students, inactive sportsmen.

Tumanova, B., B. Rangelova. Research of the effect of an adapted element for swimming exercises for babies.

Abstract: Motor activity is a factor affecting mainly the teenage generation. Swimming, as a rewarding physical activity, is an effective and emotional means of solving tasks related to the process of development, maturation, recovery and re-adaptation after various diseases in babies. Water activities are useful for the development of the musculoskeletal system and the physiology of the baby, for the overall balance of the body's functions and for the good mood. The training and education of the young child requires the use of specific methods, means and organization of work tailored to the individual characteristics of each. The mission of the sport educator is to select the most convenient means, methods and forms of training for his/her students, which are in accordance with the particularity of the relevant activity. For the optimization and more effective implementation of the educational process in reference to the swimming training of babies, the selection of individual, accessible exercises and different procedures should comply with the features of this age group.

Key words; swimming, baby, adapting exercise.

Tumanova, B. The role of game in the swimming lessons of the students of Sofia University "St. Kliment Ochridski".

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Abstract: The scientific-methodological literature in Bulgaria, concerning swimming training for students, as well as that of the physical education in school, is highly restricted and insufficiently adapted for the purposes of education. Changes in the work stereotype are necessary. Under changes, one ought to understand the discovery of new possibilities for the application of more effective methods for work in the sport area, with the purpose for establishment of optimal conditions for mental activities and physical stress for the trained, and in particular, for the students. This is manifested in the elaboration and approbation in practice of new methodologies, which will be synchronized with the worldwide practices. In the swimming lessons almost all existing forms of the game methods and means (game exercises and games) could be applied. The inclusion of appropriate games in all parts of the lesson (in and outside the pool), we hold, would increase the efficiency and quality of the training process, and will enhance the motivation, interest and success rate of the trained.

Key words: *swimming, students, appropriate games.*

Tumanova, B. Sofia University' Students' Physical Activity Levels and their Opinion about Smart Devices in Sport Classes

Abstract: The article represents the results of a feasibility study on Sofia University' students' physical activity levels as well as their preferences and opinion about the sport classes and sport services offered at the University and the local area. The research is a part of "Te(a)chIn Sport" project, granted by the Erasmus + Sport Program of the European Commission. The results show that students have great interest in sport activities based on innovative technologies.

Key words: Erasmus + Sport program, university students, physical activity level, motivation, preferences, opinion, smart devices

Tumanova, B; E. Ivanov. Development of Special Olympics Bulgaria since 2003 to the present day.

Abstract: The article discusses the role and mission of the organization Special Olympics in Bulgaria. The chronology in the participation of the World Summer and Winter Games, as well as the successes achieved, is followed.

Keywords: Special Olympics, Bulgaria, World Games.

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