

## REVIEW

by Full Professor Iren Yordanova Peltekova, PhD, Sofia University "St. Kliment Ohridski ", member of a scientific jury with an order of the Rector of Sofia University № RD-38-316 / 09.07.2021 for the presented scientific production for holding the academic position“ professor ”in professional field 1.3 Pedagogy of teaching in... (Physical education and sports - swimming)

Candidate: Assoc. Prof. Boryana Georgieva Tumanova, PhD

### **Information about the competition**

The competition is for a Full Professor of physical education and sports - swimming. Information about him is presented on the website of the Department of Sports at Sofia University "St. Kliment Ohridski ". Information has been published in SP, issue 54, 29.06.2021 and the legal provisions have been complied with. Assoc. Prof. Boryana Georgieva Tumanova, PhD participates in the competition as the only candidate.

### **Short information about the candidate**

The candidate Assoc. Prof. Boryana Tumanova, PhD was born in 1964 in Sofia. Acquired his secondary education at the Secondary Sports School - SSU "Emil Markov" (Sofia) in 1982. Then he graduated from the NSA "Vasil Levski" - Bachelor and Master (1982 – 1987) with two specialties: teacher of physical education and sports and swimming coach.

Boryana Tumanova has been a master of the sport of swimming from 1979.

Assoc. Prof. Tumanova, PhD began her teaching career at Sofia University "St. Kliment Ohridski" in the autumn of 1999, as a lecturer in the discipline“ Sport-swimming ”. Since 2003 he has held the academic position of "assistant", and since 2005 he has been a "head assistant". Boryana Tumanova has been a doctor since 2012, and the topic of her dissertation is "Adapted swimming training program for people with intellectual disabilities." In 2013 he wrote and published an independent monograph on "Possibilities of swimming for the regulation of behavior and

motivation for the realization of people with intellectual disabilities" and in October 2014 won a competition for the academic position of "Associate Professor".

All competitions in which he participates and in which he holds academic positions are in PF 1.3. Pedagogy of training in... (Physical education and sports - swimming).

The review of the information gives grounds to draw the conclusion for sustainable professional development of the candidate Assoc. Prof. Boryana Tumanova, PhD in the field of theory and methodology of physical education and swimming.

Tumanova also focuses on the history of sports, volunteering and community service within her competencies.

Along with her professional academic development, Assoc. Prof. Boryana Tumanova, PhD also holds responsible management positions. In November 2017, she was elected Director of the Department of Sports for a 4-year term. Prior to that, she gained managerial experience as Deputy Director of the Department of Sports (2014-2017) and Head of the Department of Individual Sports and Recreation (2011-2014).

She is the author of three books, one textbook and has over 50 scientific articles and reports.

Tumanova speaks English and Russian.

### **General characteristics of the presented materials**

The package for evaluation of the materials includes the following documents and publications: 1 monograph, 1 textbook, 1 book, list of publications for participation in the competition (6 articles in scientific journals, 12 reports in collections), list of all publications, CV, diplomas, certificate of work experience, reference for implementation of MSR, reference for citations, contribution moments, summaries of peer-reviewed publications, awards and others.

The publications are related to the scientific field. The author's share of scientific works is expressed in 14 independent publications, 6 as the first author and 1 as the second. 12 of the works are written in Bulgarian, 8 in English and 1 in Russian. Two of the independent articles have been published in a referenced and indexed journal - Web of science. The lists of scientific publications, the abstracts and the reference for the contributions present clearly and conveniently the information in the texts with which Assoc. Prof. Boryana Tumanova, PhD applies for the academic position "Professor".

From the presented tabular reference for EOMs by group of indicators for holding the academic position "professor" it is evident that the candidate exceeds the required national minimum of 550 points and participates in the competition with 888.3 points.

The publications are evidence of the development of Assoc. Prof. Tumanova as a teacher, researcher, coach and active participant in forums and competitions related to physical education, sports, the importance of swimming in a wide age range, from infants to adults, and those with intellectual disabilities, health, lifestyle, university sports and others.

### **Scientific and scientific-applied achievements of the candidate**

The main contributions of the candidate are presented in the Monograph "Swimming - counteracting the harmful effects of modern technologies". The monograph is published by the university publishing house "St. Kliment Ohridski ", 2021, with a volume of 184 pages. The text is divided into an introduction, three parts, inferences, recommendations, conclusion, four appendices, which contain physical exercises and games in the water; used literature - 96 sources. The monograph was reviewed by two scientific reviewers. The book presents the results of an empirical study conducted by the author in the field of methodology of swimming training. The focus is on a developed model for training and swimming training. The author's model presents the possibilities of the sport of swimming as a means of prevention and prophylaxis of the harmful effects of modern technologies. Assoc. Prof. Tumanova finds intersections between university education, modern technologies, health problems, low physical activity and swimming training as an opportunity to optimize the motor regime of students.

The book is a result of the teaching and research interest of the author and it has a theoretical, methodological and practical application. The author Tumanova justifiably reaches a rethinking of the possibilities of the existing methods for swimming training and the need to optimize them to the modern environment. The monograph discusses the problems related to the lack of information about the current physical development, motor capacity and health status of students when entering universities.

The book is structured on three main parts - the state of the problem, the role of swimming and empirical research.

**The first part** is devoted to issues related to the important place of physical education and sports in the lives of young people, low physical activity and its consequences on their health such as mental fatigue, overweight, back pain and others. **The second part** contains information about the

role of swimming and the peculiarities of the aquatic environment. Special attention is paid to swimming as a means of prevention and optimization of students' motor regime. In this part a model of swimming training for correction and prevention of health disorders is proposed. The means for achieving correction of incorrect posture, weight reduction, maintenance of mental performance and socialization are discussed in detail: the role of play, the role of exercises to strengthen and strengthen the muscles of the back, abdomen and buttocks, flexibility exercises and those for breathing. **The third part** describes the working hypothesis, the purpose, the tasks, the research methods, the organization of the research, the number of the examined persons, the results and the analyzes of the obtained values. Assoc. Prof. Tumanova studied 101 students, including 56 women and 45 men, divided into two groups: control, which includes students from specialized groups in fitness, volleyball, tennis and climbing, and experimental, which involves students from the study groups. in swimming. The age range of the subjects is 19 – 23 years. Students from both groups were tested on five functional indicators and six anthropometric. The student's opinion on the problem researched by the author was taken through a survey method of consultation. The results obtained from all studies have been processed with appropriate mathematical and statistical methods, a comprehensive analysis has been prepared and correct conclusions and recommendations for theory and practice have been made.

The monograph has a logical structure, has a balance in the presentation of knowledge in two areas: physical education and methodology of teaching swimming in higher education. It is here that I find the author's contribution and innovation to create a specific swimming program that is consistent with the academic commitment of students, their health and learning goals in higher education (pp. 51-71). There is enough evidence in the text of the monograph to draw a conclusion about the excellent theoretical and methodological training of the author. Tumanova manages to substantiate the author's positions on the therapeutic and corrective capabilities of swimming on the physical fitness and emotionality of students and the advantage of swimming over other sports as an effective tool that can be practiced throughout life, not just in the student years (p. 119-122). As contributing moments I outline the performed and described physical exercises and games, which is done and presented in the appendices of the monograph. Here again there is the emerging practical applicability of the developed methodology, backed by the necessary funds for its implementation.

The style in which the monograph is written is readable and at the same time precise from a scientific point of view.

Summarizing the review of the monograph, I conclude that Assoc. Prof. Boryana Tumanova, PhD convincingly presents her point of view on how swimming helps to generate a specific social product - a fully improved personality due to the integral nature of expression, such as building a common personality structure. .

The candidate's sustained interest in the issue of swimming training is presented in the "Book of Swimming" (2021), with a volume of 160 pages, which is co-authored. Assoc. Prof. Tumanova is the author of the introduction and seven of the chapters in the book, namely "Dangers of swimming and bathing", "Improving the quality of life of the elderly through exercise in the aquatic environment", "People with disabilities", "Characteristics of training swimming process", "Management and control of the swimming education process for people with disabilities", "Swimming curriculum content" and "Adapted swimming training program for the elderly or disabled". The book is very well illustrated with illustrations, structured in sections representing programs for training and coaching in non-standard age groups - babies and the elderly, as well as people with special needs. The ability of Assoc. Prof. Tumanova to design and experiment with the application of different swimming methods on people of different ages and health conditions and at the same time to invariably use established tools in swimming training makes a very good impression.

The candidate also presents a textbook "Swimming" for students from universities with non-sports orientation (2017) at the University of St. Kliment Ohridski with a volume of 114 pages. It includes all issues related to the development of swimming, the technique of movement in the unusual human aquatic environment, methods and means of training, organization of competitions, rules, as well as the necessary set of skills for first aid in drowning and for the protection of pools. Here Tumanova directs her knowledge and skills to methodological guidelines in the field of practical swimming training and the competencies of FVS students so necessary for my future professional realization.

Assoc. Prof. Boryana Tumanova, PhD has various thematic scientific articles and reports.

**One group** of publications is related to physical education and sports in the education system. Here I include the publications "Optimization of the modern learning process in swimming", "Research of the possibility to increase the capacity of students through the means of swimming",

"Opportunity to determine the special training of students - non-athletes engaged in swimming", "Survey of students from the specialty "Physical Education and Sports" on the need for a swimming course in their curriculum, "Problems in a swimming lesson for students not actively involved in sports", "The role of play in swimming training of students from Sofia University" St. Kl. Ohridski "and" "Level of physical activity of the students from Sofia University and their opinion about the use of smart technologies in sports classes " ; " Study of the students' self-perception and their expectations from the aerobics classes ". The texts show a deep penetration into the problem of swimming education in higher education and are distinguished by scientific and applied value and relevance. Summarizing, I declare that Assoc. Prof. Tumanova manages not only to reveal the problems, but also to present ways to solve them on the basis of presented sound analyzes.

**The second group** includes articles that are thematically focused on exploring the possibilities of adapted physical activity, which is aimed at disadvantaged people, people with disabilities and age-related health complications. The interest of Assoc. Prof. Tumanova, PhD is profound given that she herself works with such people. Here I include the publications "Organizing swimming lessons for people with disabilities", "Exercise in the elderly", "Improving the quality of life of the elderly through exercise in the aquatic environment", "Satisfaction of basic needs and aspirations through sports in People with Intellectual Disabilities "and" Development of Special Olympics Bulgaria from 2003 to the present day ". The author presents in detail and in depth the studied theoretical foundations of the new European policy and its application, expressed through the development and dissemination of integrated sports and the applied aspects of the sport of swimming for people with disabilities. I highly appreciate the scientific achievements of Assoc. Prof. Tumanova in this field.

**The third group** combines articles related to swimming and physical activity from an early age. Here I include the publications "Peculiarities of swimming and its connection with the social development of babies and their parents" and "Study of the effect of an adapted element for swimming training for babies". Serious theoretical, pedagogical, age and specific methodological training is required to enter this field, which Assoc. Prof. Dr. Tumanova proves she has.

**The fourth group** of reports focuses on the issues of healthy lifestyles, motivation for sports in leisure time and the emotional state of students. Here are the following reports: "Swimming - a system for a healthy lifestyle", "Smart innovations in the recreational (Wellness) industry and

tourism", "Study of motivation for sports in leisure time and in sports classes of students who have not played sports so far" and " A study of the emotional instability of people involved in sports and swimming.

In summary, I say that the candidate's publications show that she combines research with teaching and methodological work. In conclusion, I find that Assoc. Prof. Boryana Tumanova, PhD participates in the competition, presenting the materials very well.

### **Teaching activity**

The candidate for professor Assoc. Prof. Boryana Tumanova, PhD has rich, 22 years of teaching experience (lecture courses, seminars and practical exercises) at Sofia University "St. Kliment Ohridski" in the Department of Individual Sports and Recreation at the Department of Sports; at the Faculty of Science, Education and Arts" at the Department of National Education in the specialty PES; at the Faculty of Journalism and Mass Communication and at the Faculty of Law. Assoc. Prof. Dr. Boryana Tumanova teaches at Sofia University "St. Kliment Ohridski" to bachelor and master students and reads lecture courses in the following disciplines:

- CD "Sport-1" at FJMC - Bachelor's degree, I course (summer semester);
- CD "Methods of teaching swimming" at FEA - Bachelor's degree;
- ED "Physical education for ChEN" at FEA - Bachelor's degree (2015 - 2017);
- CD "History of Sports" at FEA - ACS "Master";
- CD Sport "Sport-swimming - history, development, technique, theory and methodology of training" at FL- ACS "Master" (2013 – 2020).

Assoc. Prof. Dr. Tumanova conducts practical exercises on:

- "Sport - swimming" of students from all specialties of Sofia University, who study the curriculum "Sport" as compulsory, elective or optional;
- "Sport - sports improvement" of students from all specialties of Sofia University, who study the curriculum "Sport" as compulsory, elective or optional and are included in the representative teams;
- CD "Methods of teaching swimming" to students majoring in "FES" FEA - Bachelor's degree;

Assoc. Prof. Dr. conducts seminars on:

- CD "Swimming" of students majoring in "FES" at FEA - Bachelor's degree.

From the listed disciplines in which Assoc. Prof. Tumanova, PhD conducts classes, it can be summarized that all of them are directly related to her professional education and are directly related to the nature of the competition. The curricula in which the classes are conducted have been developed by the candidate.

### **Scientific, project, editorial and public activity**

Assoc. Prof. Tumanova, PhD presented her scientific research and developments to the academic community as a participant in 34 international scientific conferences - 9 of them abroad and 25 in Bulgaria.

Assoc. Prof. Tumanova, PhD is a research supervisor of two doctoral students and a scientific consultant of one, all of whom have successfully defended their dissertations.

Assoc. Prof. Boryana Tumanova has 20 participations as a member of Scientific Juries under PF 1.3 and 7.6 of them eight as a reviewer.

The applicant has participated in eight projects - one of them as a leader and seven as a participant.

Assoc. Prof. Tumanova, PhD is a member of the editorial board of MSC of the Department of Sports at Sofia University "St. Kliment Ohridski" in the period 2014 – 2017. Member of the editorial board for the Yearbooks of the Department of Sports at Sofia University "St. Kliment Ohridski" in the period 2014. to this day.

Tumanova has been the Chairman of the Management Board of PC "Academic-Sofia" since 2006 until now. Co-founder and member of the General Assembly of the Sports Club "Academic-Sofia University" and a volunteer at "Special Olympics" - for people with intellectual disabilities.

### **Sports, coaching and refereeing activity**

The candidate Assoc. Prof. Boryana Tumanova, PhD has an impressive sports biography both as a competitor and as a coach. She competed for nine years for DFS "Levski Spartak" (1974 – 1983), two years for SFD "Academic" - Sofia (1983 - 1985) and four years defended the national flag of Bulgaria (1980 – 1984). After swimming, Boryana Tumanova continued her sports career as a water polo player and for four years was captain of the Bulgarian national team (1987 – 1991), competing for SC Septemvri (Sofia) and the Greek club Pansereikos.

She presented an enviable list of awards, prizes and medals won as a swimming coach at the national and club level, as well as with the student teams of Sofia University "St. Kliment Ohridski", which cannot be exhaustively presented in the review.



Assoc. Prof. Boryana Tumanova, PhD is a national coordinator and coach of AFA (swimming) for people with intellectual disabilities from 2007 until today, with whom she won 5 gold, 1 silver and 1 bronze medal at the World Games (2007, 2011, 2015, 2019). She has also worked as a children's swimming coach at the Academic Sports Complex since 2006. She was a synchronized swimming coach for children and girls at Pansereikos Serres, Greece from 10/1991 to 06/1992. She was a synchronized swimming judge from 1993 to 1996 and a swimming judge from 2011 until today. Twice she is coach of the year at Sofia University "St. Kliment Ohridski" - 2000 and 2007.

### **Evaluation of the candidate's contributions**

The contributions of Assoc. Prof. Tumanova, PhD have a theoretical, methodological and practical application and are in the following areas.

The first group of contributions is to a relatively dynamic and modern scientific field, namely - the study of the harmful effects of modern technologies and the possibilities of swimming to counter them. With the developed test batteries and author's program it contributes to the enrichment of both the research methodology and the methodology of swimming training. As far as I know, her book is the first monographic study in our country in this field and it is a scientific contribution to clarifying the possibilities of swimming to counteract health problems caused by modern technology and low physical activity in students.

The second group of contributions is expressed in the specific methodology of swimming in education and training with non-standard age groups - infants and the elderly, as well as people with special needs. The achieved results enrich the theory and practice of the swimming discipline.

The third group is regarding the training of students, future teachers of physical education and sports. The merit of Assoc. Prof. Tumanova in the developed overall concept - educational, training and methodological training in connection with the training of sports teachers. Thus, it contributes to the modernization of the theory, practice and methodology of physical education and sports.

### **Critical remarks and recommendations**

I recommend the candidate to formulate her contributions more skillfully in the future.

I would like to draw the author's attention to the fact that in the annotation of the textbook "Swimming - a textbook for students from universities with a non-sports orientation" the material is presented once as a textbook and then as a guide. This is a different content of educational literature and it is good to be careful when presenting it.

In this regard, I recommend Assoc. Prof. Boryana Tumanova, PhD to continue her research in the field of pedagogy of teaching swimming, preparing a text book and a guide for swimming.

### **Conclusion**

The scientific contributions of Assoc. Prof. Boryana Tumanova, PhD are presented in her publications, which are within the scope of the pedagogy of teaching physical education and swimming. Assoc. Prof. Tumanova is an established university lecturer who methodically develops her knowledge and updates her teaching methods, which speaks of her excellent theoretical, teaching and research training.

Given the above and in my capacity as a reviewer and member of the scientific jury, I strongly suggest that the members of the esteemed scientific jury to vote for Boryana Georgieva Tumanova to be awarded the academic position of "Full Professor" in professional field 1.3 Pedagogy of teaching... (Physical Education and sport - swimming).

04.10.2021 г.

Reviewer:

Full Prof. Iren Peltekova, PhD