

OPINION

According to a competition of the Sofia University “St. Kliment Ohridski ” for the academic position “Associate Professor” in the professional field 1.3. Pedagogy of training in physical education and sports (Fitness) for the needs of the Department of Sports, with the only candidate Chief Assistant Stefan Georgiev Miletiev, PhD, published in the State Gazette issue 21 / 15.03.22.

Prepared the opinion: Assoc. Prof. Evgeni Simeonov Yordanov, PhD, lecturer at Sofia University, Department of Sports, Department of Individual Sports and Recreation, member of the scientific jury, appointed by order № RD 38-215 / 03.05.2022. of the Rector of Sofia University "St. Kliment Ohridski ”.

1. Brief autobiographical reference of the candidate

Ch. Assistant Stefan Miletiev, PhD, was born on February 7, 1989.

He graduated from the National Sports Academy "Vasil Levski" in 2007-2011 with a bachelor's degree, majoring in football coaching, and in 2011-2013 with a master's degree in sports management.

In 2015 he passed a course for additional professional qualification and received a professional license for fitness instructor.

In 2018 he defended his dissertation on "Methodological system for fitness training of students at Sofia University" and received an educational and scientific degree "Doctor" in professional field 1.3. Pedagogy of teaching Physical Education and Sports (fitness).

The professional biography of the dissertation is entirely in the field of sports management, sports services and teaching.

From 2010 to 2015 he was a Fitness Instructor, Administrator and Head of the Milmex Fitness Center. From 2013 to 2015 he was a part-time lecturer in "Physical Education and Sports" at Sofia University. In 2015 he won a competition for an assistant and since then he has been a full-time lecturer in the Department of Sports, and since 2019 he has held the academic position of Chief Assistant in Professional Field 1.3. Pedagogy of training in ... (Physical education and sports - fitness).

2. Teaching activity.

The candidate for associate professor conducts fitness training for students studying for bachelor's and master's degrees. He leads a lecture course for students at the Faculty of Science, Education and Arts in the discipline "Methodology of bodybuilding training". Conducts training in "Theory of sports training"; "Recovery in sports (Optimization of the educational process in FVS)"; "Organization of the educational process" of FVS teachers in the Department of Information and Teacher Training.

The educational and scientific work carried out by Stefan Miletiev corresponds to the high requirements for teachers in terms of computer and language literacy. Fluent in English. The skills he has to work with software packages used for research in the field of sports allow him to conduct a learning process at a high professional level. The skills developed in his practical activity for team work and for management and administration of people, projects and budgets allow him to take an active part in the academic activity at the University.

From the above it is clear that the educational training and pedagogical experience of the candidate are in the field of professional competition.

3. Scientific activity and production

In the competition ch. Assistant Stefan Miletiev presents 18 scientific papers - sufficient scientific output to participate. According to the direction, content and significance of the scientific developments are divided into the following: Monograph - "Sports and valeological education"; published a book based on a defensive dissertation for the award of educational and scientific degree "Doctor", on "Fitness training of students from Sofia University" St. Kliment Ohridski "; articles and reports published in peer-reviewed scientific journals in English - 2; articles and reports published in unrefereed scientific journals - 14.

In 14 of all publications he is a solo author, in 4 of them he is a second author.

The main part of the research activity is aimed at improving the training in fitness for trainers of different age groups, and Physical education and sports in secondary and higher education. The main characteristics of fitness that make it popular among people of all ages are indicated. The factors influencing the quality of the process of fitness training in secondary and higher education are presented, as well as opportunities for its improvement are presented.

Of great value for theory and practice, as a pedagogical and training activity is presented in the monograph "Sport and valeological education" program for fitness training of people of different ages. The content of the program covers sets of exercises, professionally dosed in volume and intensity according to the age and current condition of the trainees. I believe that the presented program has a certain educational and pedagogical value, as it is aimed at people with limited time for sports and short sports experience, which makes it extremely applicable. The derived connection between the progress of the trainees and the frequency of the training sessions deserves high praise. The connections made by the author between sports education and the construction of a modern model for a healthy lifestyle, as well as the emotional and value formation of the personality deserve attention. The results of a wide survey conducted among people of different ages are presented, which allow Stefan Miletiev to make accurate conclusions about the motivation to play sports and lead a healthy lifestyle. The opinion of the teachers of physical education and sports about the opportunities provided by sports for overcoming the professional stress accumulated in their daily lives was also studied.

In the book "Fitness training of students from Sofia University" St. Kliment Ohridski "the modern model for fitness training of the students of the University is presented and analyzed. The possibilities it has for improving the physical fitness of students and attracting them to regular sports are discussed. Contribution to the practice are the training programs developed by Stefan Miletiev, in accordance with the level of students - beginners and advanced. Results of the application of this experimental model in practice and analyzes proving its positive effect are presented.

The publication On the issue of physical education and sports in higher education in Bulgaria is a broader view of the training of students in sports in the country. The authors consider it not only from its practical side, whose main goal is the development of basic motor skills and the acquisition of motor skills and habits, but also theoretical, which meets the need for more complete knowledge of the human body and healthy lifestyle. The important conclusions made about the need for continuous optimization of teaching methods in higher education deserve very high praise, which in turn would contribute to greater motivation among young people to play sports. The study of students' opinions on fitness training at the University is important from a practical point of view for solving modern problems that accompany it and allows an adequate response to new expectations and needs for harmonious development.

The subject of research are a number of issues related to the possibilities for the development of general and special motor skills through improved fitness methods; the links between secondary and higher education in physical education; the attitudes of FVS teachers towards inclusion in qualification programs; distance fitness training in a pandemic.

The main **contributing moments** from the scientific and scientific-applied activity of the candidate in my opinion are: the developed and tested models of exercises for fitness training of different age groups; the connections between sports and a healthy lifestyle; the persistent conclusion that sports throughout a person's life are a major component of his culture; the consideration of physical education and sports as one of the main factors for shaping the personality of young people; the relationships found between high school and university; the proposed ways to form lasting sports habits through the accessibility of the gym; the presented opportunities offered by the training process in fitness, carried out from a distance in a digital environment; the prepared methodology for research of the attitude of pupils, students, teachers and users of fitness services from different age groups to the sports activities; the large amount of empirical data collected that would be useful in future scientific work; the revealed great influence of the factor of the frequency of fitness training sessions for achieving higher results in sports training.

CONCLUSION

From the analysis of the scientific production of the chief assistant Stefan Miletiev, PhD, the high competence and correct interpretation of the scientific research should be pointed out. Stefan Miletiev is a respected lecturer with rich practical and good theoretical training. He is an example of a sports pedagogue in the higher education system who successfully combines research with specific teaching.

Based on the above and the qualities of the candidate, I propose to the Distinguished Members of the Scientific Jury to award Chief Assistant Stefan Georgiev Miletiev, PhD, with the academic position of "Associate Professor" in the professional field 1.3. Pedagogy of teaching physical education and sports (Fitness).

13.06.2022

Signature: