

OPINION

of professor d.s. Eleonora Mihaylova Mileva,

member on scientific jury in the competition for academic position " Associate Professor " in Professionally direction 1.3. Pedagogy on training by ... (Physical education and sports - fitness) for need on Department on sports

Legality of the procedure

The competition for occupying academic position " Associate Professor" for needs on Department on sports to Sofia University " St. Kl. Ohridski ” was announced in SG, issue 21 of 15.03.2022. Presented documents on competition and described scientometric indicators se finds that the candidate ch. as. prof. Stefan Georgiev Miletiev, PhD, complies with the minimum national requirements for Professionay direction 1.3. Pedagogy on training ..., according to Academic Staff Development Act and Implementing Regulations of Academic Staff Development Act. By the procedure on competition there is no violation.

Short biographical data for the candidate

Stefan Georgiev Miletiev graduated educational degrees Bachelor - Sports (coach on football) in 2011 and a master's degree on sports management in 2013 in NSA “Vasil Levski ”. In 2018 he acquired educational and scientific degree " Doctor " to Department on sports at Sofia University " St. Kliment Ohridski”. He participated in a one-year additional qualification at NSA for licensed fitness instructor. From 2015 to 2022 Stefan Miletiev is a full time assistant to Department on sports. In the period 2013-2015 he was part time teacher on fitness. He worked as professional instructor on fitness.

Research activity and scientific contributions

In the competition for " Associate Professor " the candidate participated with 18 scientific works that include 1 monograph, 1 book, 16 articles published in scientific magazines and anthologies from scientific forums. 12 of the articles are independent and 4 are co -authored. 2 of articles are published in journals indexed in world famous bases data. All materials on competition are presented in authoritative scientific editions and content they are completely on the subject on competition.

The main ones research interests on ch . as . prof. Stefan Miletiev, doctor, are in the following directions:

1. Fitness training for different age groups (No. 1, 2, 4, 6, 7, 8, 11, 17).
2. Physical education and sports in secondary and higher education education (No. 3, 5, 15, 16, 18).
3. Sports and fitness such as components on the valeological education (No. 1 and 9).
4. Fitness e - learning (No. 12 and 13).
5. Qualification on teachers on physically education and sports (No. 10 and 14).

With the biggest weight appreciate current and practical directed monograph " Sports and valeology education " (No. 1). It argues for the idea of sport as a core component of valeological education, exploring attitudes to valeological education and attitudes to sport among people of different ages. Based on the analysis of theoretical formulations and normative documents, the understanding that the modern educational system has the potential to diversify the methods and means of physical education aimed at the formation of a healthy lifestyle. The emphasis is on opportunities for increase on the physical capacity and development on valeological competence through fitness activities.

Innovative moment in the methodological system on fitness training are developed and tested exercises for fitness training on different age groups.

With high scientific value is the book " Fitness training on students from Sofia University " St. Kliment Ohridski " (No. 2), in which it is presented contemporary model on training on fitness. The model is focused to improvement on the physical legal capacity on students and creating on durable interest to activities with sports. Developed training programs for beginners and advanced, supported by copyright experimental data they have contributing character.

6 more publications are dedicated to the topic of fitness training (No. 4, 6, 7, 8, 11, 17). They analyze individual aspects of the methodology of fitness training, outline principles for the selection and structuring of training content, recommend didactic methods, as well as a system of exercises tailored to the individual characteristics of young people.

Significant part from scientific publications on ch . as . prof. Stefan Miletiev are related to his teaching activity and are targeted to research on opportunities on the physical education and sports in secondary and higher education education (No. 3, 5, 15, 16, 18), as well as to specific aspects on online training on sports (No. 12, 13).

Ch. as.prof. Miletiev has presented 7 citations of his scientific works, 1 of the citations is reflected in a publication refereed and indexed in Web of Science.

As the **main contributions** in the scientific works of ch.as.prof. Stefan Georgiev Miletiev, PhD, the following can be highlighted:

1. Conceptualized are ideas on sports for all such as basic component on the valeological education, for sports through the whole life such as road for development on valeological culture.

2. Curricula were developed for training students and in-service teachers based on the interaction of sport with valence education.
3. A methodology has been prepared and they are developed tools for research on attitude on pupils, students, teachers and consumers on fitness services to sports and health way on life as well as motivation them for increase on motor activity.
4. Through empirical data and confirmed statistically results found - the positive impact on the regular motor activity and fitness training at people on different age and different users on fitness services .

The participation of the candidate for associate professor in 3 research projects at Sofia University “St. Kliment Ohridski ”, as well as in 14 international scientific conferences in the period 2015-2021 should be indicated.

Teaching activity

Ch. as. prof. Stefan Georgiev Miletiev, PhD, is established and respected teacher on sports to Department on sports. He conducts lectures and practical classes in "Sport - Fitness" and "Sport - Fitness for Advanced" for different specialties at all faculties of the Sofia University in "Bachelor" and "Master". He conducts a lecture course on the academic discipline "Methodology of Bodybuilding Training" at the Faculty of Education Sciences and Arts for the specialty FES, Bachelor's degree (30 academic hours). He has pedagogical experience in conducting various teacher training courses at the Department of Information and Teacher Development at the Sofia University “St. Kl. Ohridski”.

Conclusion

Rich and practical directed research activity on the candidate, with an emphasis on methodology on training on fitness and valeology education in sports, active

teaching work on Sports / Fitness with students from Sofia University " St. Kl. Ohridski ", participation in scientific design activities are definitely ground for complete positive evaluation. On basis on this with full conviction in scientific and pedagogical merits on ch . as . prof. Stefan Georgiev Miletiev, PhD, I propose to the members of the specialised scientific jury to award him the academic position "Associate Professor" in professional field 1.3. Pedagogy on training on... (Physical education and sports - fitness), field of the higher education 1. Pedagogically science, for the needs of the Department on sports at the Sofia University " St. Kliment Ohridski".

Member on the scientific jury:

Professor d.s. Eleonora Mihaylova Mileva

June 10, 2022

Sofia