

OPINION

According to the competition of the Sofia University "St. Kliment Ohridski" for occupying the academic position "Associate professor" in professional direction 1.3. Pedagogy of training in physical education and sports /athletics and conditioning/ for the needs of the department "Individual sports and recreation" at the Department of Sports with a single candidate chief assistant Ivanka Nikolova Karparova, PhD, announced in the "State Gazette" no. 100 from 16.12.2022

The statement was prepared by: Ass. Prof. Evgeni Simeonov Yordanov, PhD, lecturer at Sofia University "St. Kliment Ohridski", member of the scientific jury, appointed by order No. RD 38-78 of 08.02.2023 of the Rector of the Sofia University "St. Kliment Ohridski".

1. Brief biographical reference

Chief Assistant Ivanka Nikolova Karparova, PhD was born on 01.01.1974.

She completed her higher education at NSA "Vasil Levski" in 1996, graduating as a Master, Athletics Coach and Physical Education and Sports teacher. She also graduated with a degree in "Sports Journalism" (reporter in the sports department) at the same university.

In 2015, she defended a dissertation on the topic "A model for developing the endurance of students with the means of athletics running" and received the educational and scientific degree "Doctor" in the scientific direction 1.3 Pedagogy of training in physical education and sports - athletics.

After completing her education, she worked as a track and field coach at the Student Sports School - "Levski" and "Sofia".

From 1996 to 2006, he was a part-time lecturer in Athletics at the Department of "Individual Sports and Recreation", at the Department of Sports of Sofia University.

In 2006, she won the competition for "assistant" and until now she is a teacher of Athletics in the Department of Sports of the University.

2. Educational, teaching, administrative and public activities.

The candidate conducts training in athletics and fitness training for undergraduate and graduate students. She leads a lecture course on the specialty of athletics in the "Physical Education and Sport" bachelor's program at the Faculty of Science, Education and Arts of Sofia University.

She held the position of head of the "Individual Sports and Recreation" department for two terms.

Ivanka Karparova conducts training work with the representative teams in athletics and Nordic skiing disciplines of the University, having achieved excellent results, raising the prestige of SU.

The teaching-training, teaching and scientific work carried out by Ivanka Karparova is consistent with the high requirements for teachers in terms of computer and language literacy. She speaks Russian and English. The skills she has to work with software packages used for scientific research in the field of sports and allow her to conduct a learning process at a high professional level.

Chief Assistant Ivanka Karparova is the main lecturer for Bulgaria on the IAAF Children's Athletics Development Program - "Kids athletics". Participation in numerous projects in the field of sports, which is indicative of the fact that she is a specialist with the ability to work in a team and with great organizational experience. She has made a serious contribution to public activity by participating as a volunteer in numerous international and state sports events.

From the presentation up to this point, it is clear that the educational preparation and pedagogical experience of the candidate are entirely in the field of the professional direction of the competition.

3. Scientific activity and production

In the competition, chief assistant Ivanka Karparova presented 20 scientific works - sufficient scientific production for participation.

According to direction, content and significance, the scientific developments are divided into the following: Monograph - "Biomechanical foundations of running technique and methodological guidelines in training".; Articles in refereed journals - 1 pc.; Scientific works published in collections of scientific forums - 18 issues - 16 in our country and 2 abroad.

In 18 of all publications the candidate is the sole author and in 2 she is the second author.

The main part of the research activity is aimed at improving the training and competition process in athletics, in particular the running disciplines. A biomechanical study of the running technique was made. The risk of injuries to the musculoskeletal system carried by improperly performed technical elements has been examined. The connection between the correct running technique and better performance, i.e. correct distribution of forces over the entire distance, has been revealed.

Of great value for theory and practice, as a pedagogical and training activity, is the detailed analysis of the running stride from a biomechanical point of view presented in the monographic work. The advantages of technically correct running are brought out, the main of which are the economical and synchronized movements of the individual components of the entire kinetic chain.

The serious disadvantages of an excessively large stride, where the foot is placed in front of the knee line, are highlighted, resulting in large compensatory forces that, when performed repeatedly, lead to injuries for runners.

The monograph's system of theoretical notes on the main points of training in running technique, which allow runners of any level to work purposefully for their improvement, deserves a high rating. Ways to improve the components of the running stride, to achieve balance in the muscles active during running and to increase the elasticity of the tendons are presented. Important recommendations are made for running in natural conditions and less use of highly cushioned, high-sole sneakers that significantly alter the biomechanics of their running.

Particularly useful for practice are the recommended exercises for developing strength and flexibility presented in tabular form, which are divided according to the muscle groups on which they affect and methodical instructions are given for their correct execution.

An important contribution to the practice is the analysis of the development of technologies in the production of sports equipment and the way in which modern running shoes affect the biomechanical aspects of athletics technique.

The publication "Running biomechanics and selection of sports shoes in benefit to amateur athletes" is dedicated to the improvement of training in athletics through the analysis of running technique and the correct selection of running shoes. The relationship of these factors to injury prevention is presented. The author presents the results of a large-scale study involving 304 subjects. State-of-the-art technologies and software packages "Templo motion analysis software" and "Coach's eye" were used for recording videos.

The biomechanics of human movement and dorsiflexion angles at the ankle joint and between the thigh and lower leg at the moment of foot contact with the surface are analyzed in detail. Conclusions were made that the correct technique and equipment contribute to the improvement of sports achievements and lead to the prevention of injuries.

A number of questions related to the organization of the training and competition process in athletics in higher education are also the subject of research. The possibilities for improving the standards for team ranking of the student championships were considered, which would contribute to the participation of a larger number of students in the training and competition process; the need to introduce specialized exam requirements for students from the "Physical Education and Sports" major upon their admission to the University has been proven, as they perform less well in tests of endurance and speed than their fellow non-sport majors; the influence of some factors on the athlete's body during endurance loads; an experimental model for the development of motor quality endurance through running was tested; ways to improve athletics with training equipment for preferential loading of the upper half of the body have been studied; the place of strength exercises in endurance training is explored.

In my opinion, the main contributing points of the candidate's scientific and scientific-applied activities are: the derived scientific aspects in training in athletics; the developed own methodology for improving running technique; the specific most frequently made mistakes, as well as means of their elimination; the in-depth biomechanical analysis of human movements, which would be useful for all sports specialists; the developed models for the development of the motor qualities of endurance, strength and flexibility; collected large volume of empirical data , which would be useful in future scientific work.

CONCLUSION

From the analysis of the scientific production of chief assistant Ivanka Karparova, PhD, the high competence and correct interpretation of scientific research should be noted.

Ivanka Karparova is a respected teacher with extensive practical and good theoretical training. She is an example of a sports pedagogue in the higher education system who successfully combines research activity with specific teaching work.

Based on the above and the qualities of the candidate, I propose to the Honorable Members of the Scientific Jury to award Chief Assistant Ivanka Nikolova Karparova PhD with the academic position "Assistant professor"

in professional direction 1.3 Pedagogy of training in physical education and sports /athletics and conditioning/.

29. 03. 2023г.

Signature: