

# **R E V I E W**

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**Regarding: reviewed scientific works and academic activity  
of Assoc. Prof. Boryana Georgieva Tumanova, PhD,**

the only applicant for participation in a procedure for filling the academic position Professor, announced by the Sofia University „St. Kliment Ohridski” in State Gazette, Issue 54 of 29 June 2021, under professional strand 1.3. Pedagogy of training in... (Physical Education and Sports – Swimming) at the Division of „Individual sports and recreation” at the Department of Sports of Sofia University „St. Kliment Ohridski”.

## **I.Procedure details**

The competition was announced for the needs of the Individual sports and recreation Division at the Department of Sports of Sofia University „St. Kliment Ohridski”, according to the Decision of the Departmental Scientific Council of the Department of Sports, Department of Teacher Training, Department of Language Training, protocol №5 / 30 June 2021. I participate in the scientific jury of the competition according to Order № RD-38-316 / 09 July 2020 of the Rector of Sofia University „St. Kliment Ohridski”.

## **II.Applicant details**

Boryana Tumanova was born on June 17, 1964 in the city of Sofia. He completed his secondary education at the Emil Markov Secondary Sports School in Sofia in 1982. In 1989 he graduated from the Georgi Dimitrov Higher Institute of Physical Education with two specialties – Physical Education Teacher and Swimming Coach. Swimmer from 1974 to 1983 in the Society for Physical Education and Sports „Levski-Spartak” – Sofia and from 1983 to 1985 in the Student Physical Society „Academic” – Sofia. In 1979 he became a master of sports. National swimmer in the period 1980-1984. After her career in swimming, her path continued as a water polo player, namely from 1985 to 1991 in the Sports Club „September” – Sofia, and from October 1991 to June 1992. in Pansereikos – Serres, Greece. She was also captain of the national water polo team of Bulgaria in the period 1987 – 1991. Her coaching career began as a coach in synchronized swimming for children and girls in „Pansereikos”, Serres, Greece in the period October 1991 – June 1992. From Since 2006 he has been a children's swimming coach at the Academic-Sofia Swimming Club, where he has been the Chairman of the Management Board since 2006. Since 2007 he has been the National Coordinator and Trainer of Adapted Physical Activity – Swimming for People with Intellectual Disabilities. Head of the swimming team of Bulgaria at the World Special Olympics Games in 2007 – Shanghai, 2011 –

Athens, 2015 – Los Angeles, 2019 – Dubai with a total of 5 gold, 1 silver and 1 bronze medal. Volunteer at Special Olympics – a sport for people with intellectual disabilities from 2004 to today.

She was a part-time lecturer in sports – swimming at Sofia University from October 1993 to June 1999. In 1999 she started working at Sofia University „St. Kliment Ohridski” as a teacher of sports – swimming. Since 2003 he has been an assistant, and in 2005 he became a chief assistant. In 2012 he defended his doctoral dissertation and received the scientific title „PhD“ on 1.3. Pedagogy of training in... (Methodology of training in physical education and sports). In 2014 he became an „Associate Professor” in the same field. From 1999 until today he is a swimming coach for students at Sofia University, incl. of the representative student team (men) – from October 1999 to October 2016, and from October 2016 until today he is the coach of the representative team of Sofia University in swimming (women). Multiple medalist as a swimming coach of the men's and women's representative teams at Sofia University „St. Kliment Ohridski” from 1999 until today. He achieved his greatest success in 2000, when he became a Student Swimming Champion with the men's team of Sofia University, and in 2020 he became a Student Team Swimming Champion – men and women. Coach of the Year at Sofia University „St. Kliment Ohridski” for 2000 and 2007. She was a synchronized swimming judge from 1993 to 1996, and from 2011 until today she is a swimming judge.

He is the head of the Division of Individual Sports and Recreation at the Department of Sports from 2011 to 2014. Deputy Director of the Department of Sports from 2014 to 2017. Director of the Department of Sports from November 2017 until today. Member of the Council of the Department of Sports at Sofia University „St. Kliment Ohridski” from 2013 until today. Member of the Departmental Scientific Council from March 2016 until today. Member of the Commission for Attestations of Teachers from the Department of Sports from 2009 to 2017. Co-founder and member of the General Assembly of „Sports Club Academic-Sofia University St. Kliment Ohridski”. Member of the General Assembly of Sofia University – from 2019 until today.

### **III. Summarized quantitative and qualitative data for the pedagogical and research activity of the candidate**

The scientific production of Assoc. Prof. Tumanova, PhD fulfills the criteria for science such as truthfulness, reliability, innovation, contribution to science and practice and other features specific to scientific knowledge. The evaluation of the scientific results of the candidate, which he presents as scientometric data, written by National Center for Information and Documentation are as follows:

- Indicators in group A: a total of 50 points.
- Indicators in group B: total 100 points.
- Indicators in group G: total 263,3 points.
- Indicators in group D: total 180 points.
- Indicators in group E: total 295 points.

As can be seen, the scientometric indicators of the scientific activity of Assoc. Prof. Tumanova, PhD in all three groups (G, D and E) significantly exceed the values of the required minimum requirements, according to Law for development of the academic staff in the Republic of Bulgaria.

As a result of her many years of training, Assoc. Prof. Tumanova, PhD has acquired specialized scientific knowledge and specific professional skills and competencies, which she successfully applies academically and professionally, in research and project activities.

The candidate was the leader of a national research project and participated as an expert in 7 more scientific and educational projects in the field of physical education and sports. Evidence of the high professionalism of Assoc. Prof. Tumanova, PhD is found in the citation of her 26 scientific papers, which is undoubtedly valuable for all professionals.

#### **IV. Description of the scientific works**

Assoc. Prof. Tumanova, PhD is the author of 58 scientific papers in the field of physical education and sports. For her participation in the competition she presents for review in theoretical, scientific-applied and practical aspects a total of 21 scientific papers, of which by type:

1. Monograph – 1
2. Book – 1 pc.
3. Textbook – 1 pc.
4. Articles and reports published in scientific journals, referenced and indexed in world-famous databases – 2 pcs.
5. Articles and reports published in non-peer-reviewed journals with scientific review – 16 pcs.

The author's share of scientific publications is: independent author – 14 works and co-authors – 7 works, of which in six works he is the first and in one he is the second author.

The presented scientific production can be distributed thematically as follows:

- Physical education and sports in the educational system, incl. increasing the efficiency and optimizing the learning process for students who have chosen to practice swimming, during their studies, as well as students majoring in „Physical Education and Sports” at Sofia University (scientific papers numbered 1, 2, 3, 6, 7, 8, 10, 11, 13, 14, 17, 19, 20);
- Problems related to adapted physical activity in people with special needs and sports for the elderly (scientific papers numbered 2, 4, 5, 9, 12, 16, 21);
- Swimming, as a skill and a necessity - prevention for health (scientific papers with numbers 1, 2, 15, 18).

#### **V. Scientific contributions**

Based on the presented publications, scientific summaries, evidence, conclusions and the overall activity of Assoc. Prof. Boryana Tumanova, PhD I allow myself to systematize the main and scientific contributions as follows:

I. In the field of physical education and sport in the education system – research in research and work aims to enrich the knowledge, skills and competencies of university professors in sports and in particular swimming (№ 6, 7, 14, 20) and taking responsibility for side of state institutions (№ 8, 10, 11, 17, 19). Results have been analyzed, recommendations have been made, and a methodology has been developed for the problem of swimming activities, such as the prevention and rehabilitation of problems caused by modern technologies that harm the body and health (№1). Issues related to the development of swimming, the technique of movement in the unusual for human water environment, methods and means of training, organization of competitions, rule of law, as well as the necessary set of skills for first aid in drowning and for safety. water basins (№ 2 – Chapters 3, 9, 11). The problem of raising the culture of interpersonal, personal-group and social communication and communication is considered (№ 14). According to the author, the current stage of development of higher education in Europe, the Bulgarian higher school is significantly inferior in terms of sports education to its students. This is due to small budgets and limited material base. On the other hand, the governing bodies in higher education institutions autonomously decide on the place and role of sport in the curricula of their faculties and often make it difficult to organize it in the short and long term (№13). Other results from her study (№ 20) show that the majority of Sofia University students do not train regularly. Sports groups are not very attractive to them for various reasons. But young people like to know about the level of their fitness and have a great interest in using intelligent technology.

II. In the field of adapted physical activity:

II.1. Contribution to work with people with disabilities – management recommendations are presented, necessary for the creation of strategies for sustainable development due to the numerous benefits that sport brings to this group of citizens – physical and psychological benefits, health prevention and social inclusion (№ 4, 16). It is clarified that sustainability can only be guaranteed by developing a system of preconditions and conditions in terms of pedagogical, psychological, managerial, health preventive and legislative instruments and resources (№ 2 – Chapter 10). An adapted curriculum for swimming training in the elderly or with disabilities is presented (№ 2 – Chapter 14). It shows that the aquatic environment and the nature of the sport of swimming have a positive effect on the functioning of people with disabilities. Based on the philosophy of positive attitudes towards people with disabilities and the role of sport in achieving them, a prerequisite has been created to stimulate the tolerance of participants in the swimming training process regarding the integration of people with intellectual disabilities in the community through active sports activities (№ 2 – Chapter 8 and № 4). The necessary basis has been created for improving the physical working capacity and maintaining the health of people with intellectual disabilities through the means of swimming. The author skillfully presents the role of the Special Olympics Bulgaria movement, which successfully develops and implements its

strategy to provide a more receptive environment through sports activities for athletes with intellectual disabilities, following its long-standing policy of joining all people with intellectual disabilities to activities. with physical activity and raising awareness of people without disabilities about them. The growth and popularity of the Special Olympics movement show that people with disabilities can achieve good results in sports (№ 21);

II.2. Contribution to work with the elderly – in her many years of research the author finds that the lack of knowledge and competencies among sports and pedagogical staff limits the opportunities for practicing the sport of swimming by people of different ages (№ 9, 12). The aim of the research in this field is to provide systematic information about the modern opportunities for sports for the elderly and to raise the awareness of sports and pedagogical staff in this field of application and more in-depth knowledge in the field of recreational and health-adapted sports. activities (№ 5). The contributing character is in proving the need to adapt physical activity and in particular swimming and the formed recommendations for action (№2 – chapters 7 and 14). Adapted physical activity would improve the physical and mental health and social integration of the elderly population. The aim is to acquaint older people with motor activities and to motivate them to try something they like (№ 5).

III. In the field of swimming, as a skill and a necessity – health prevention:

III.1. In this area of her research, the author focuses on swimming as a means of prevention and optimization of motor regime in people of all ages, in the presence of problems caused by various disabilities or the rapid pace of development of modern technologies. General and in-depth knowledge is provided in the field of recreational and health-promoting activities in the field of swimming. A model for a favorable and efficient program for prevention and prophylaxis of the harmful consequences of modern technologies, including activities in the aquatic environment, has been proposed. For the first time, the four leading harmful effects are considered comprehensively. The contributing moment in the monographic work (№ 1) is expressed in the developed methodology against the problem of mass observation of overweight, incorrect posture, mental fatigue and antisocialization among university students. The goal is to serve as a motivational tool aimed at making young people active and convincing them that sport is for everyone;

III.2. Good practices related to swimming and physical activity are widespread at an early age. A summary, systematized and analyzed is an information array, reflecting the characteristics of the sport of swimming, its specifics, benefits for health, psyche and socialization in the youngest (№ 15, 18);

III.3. The complex influence of water on the state of health has been proven, but along with the positive effect on the psycho-emotional and physical status of the organism, it also hides a number of dangers, described in detail and systematized (№ 2 – Chapter 2).

The presented scientific production in a wide range, its content, results and conclusions give me reason to define the author as a leader in the problems

of swimming sports and in particular swimming in universities in our country, as well as the problems of adapted physical activity. of the scientific production of Assoc. Prof. Tumanova, PhD impresses the high competence and interpretation of scientific research.

The scientific production proposed by Assoc. Prof. Tumanova, PhD meets the requirements for the academic position „Professor”.

### **VI. Academic and scientific research activities**

When reviewing the published data on the teaching and research activities of Assoc. Prof. Tumanova, PhD. it is found that the conditions of the Regulations on the terms and conditions for obtaining scientific degrees and holding academic positions at Sofia University „St. Kliment Ohridski”. In particular, the announced competition has a full study load with the relevant compulsory and elective courses.

Assoc. Prof. Boryana Tumanova, PhD is a keynote lecturer of Individual sports and recreation Division at the Department of Sports at Sofia University „St. Kliment Ohridski”.

It is extremely important to note that Assoc. Prof. Tumanova, PhD leads the course „Methods of teaching swimming” with the accompanying lectures and exercises in the specialty „Physical Education and Sports” at the Faculty of Science, Education and Arts since its inception in 2009. to this day. She has also led the lecture course in the disciplines „Physical Education for Children with Special Educational Needs” and „History of Sports” from 2015 to 2017. She currently teaches the mandatory courses „Sport-2” at the Faculty of Journalism and Mass Communication and „Swimming – history, development, technique, theory and methodology of training” at the Faculty of Law.

According to my personal impressions, she is the author of a number of innovative approaches for the needs of educational work with students from specialized swimming groups, with those from the specialty „Physical Education and Sports” at the Faculty of Education and Arts and of course with students participating in the team. in swimming at the University. She is also the author of her own lecture courses, teaching students at the Faculty of Journalism and Mass Communication and the Faculty of Law. This fact testifies that she is well prepared to create, present and update the content of her lecture courses. In terms of content, the created courses reveal the classic look of pedagogical science, but also its modern achievements, further illustrated with numerous examples from practice. All this makes them not only theoretical and applied, but also especially useful and attractive to a wide audience of students, PhD students, professionals.

Assoc. Prof. Tumanova, PhD is a research supervisor of two doctoral students and a scientific consultant of one doctoral student who defended dissertations, and the topics of their dissertations are a kind of continuation of scientific research and many years of research experience. In this way, she practically shares with them her effective ways and practices of how to teach and how to achieve high quality research and publication.

Assoc. Prof. Tumanova, PhD is a member of the editorial board of the Yearbooks of the Department of Sports from 2014 until today and the Proceedings of the International Scientific Conference, organized by the Department of Sports at Sofia University „St. Kliment Ohridski” – from 2014 to 2017. It has 34 participations in scientific conferences, of which 25 in Bulgaria and 9 abroad. He also has 20 participations as a member of Scientific Juries in the pedagogical fields 1.3. and 7.6. of them 8 as a reviewer. All this testifies that she invests many years, consistent and purposeful efforts in her academic training and in achieving high professionalism.

The presented production for review does not duplicate works by other authors and there is no plagiarism.

No violations were found during the competition.

### **VII. Conclusion**

Based on the overall analysis of the presented scientific production, my long-term personal impressions, I believe that the candidate for the academic position „Professor” Assoc. Prof. Boryana Georgieva Tumanova, PhD has the necessary professional, pedagogical and scientific training. Iren Peltekova is a respected lecturer with rich practical and excellent theoretical training. She is an example of a sports pedagogue in the system of higher education, which successfully combines research with specific teaching and work. He enjoys respect among students and colleagues.

Based on the above and the qualities of the candidate, I confidently propose to the Distinguished Members of the Scientific Jury to award Assoc. Prof. Boryana Georgieva Tumanova, PhD – the academic position „Professor“ under 1.3. Pedagogy of training in... (Physical Education and Sports – Swimming) for the needs of „Individual Sports and Recreation“ Division at the Department of Sports at Sofia University „St. Kliment Ohridski“.

30 September 2021  
Sofia

Prepared the review:  
/Professor Georgi Ignatov, PhD/