

REVIEW

in a competition for an academic position of Associate Professor, in 1. Pedagogical Sciences, professional field 1.3. Pedagogy of Teaching in ... (Physical Education and Sport – Fitness), announced in SG no. 21 of 15.03.2022 with candidate as. Prof. Dr. Stefan Georgiev Miletiev, Sofia University "St. Kliment Ohridski"

Member of the scientific jury: Professor Dr. Galin Borisov Tsokov

1. General characteristics and professional biography of the candidate

The only candidate in the competition for the position of *Associate Professor* – Stefan Georgiev Miletiev was born in 1989. He graduated from the National Sports Academy "Vasil Levski" with a *Bachelor's* degree in *Football Coaching* in 2011 and in 2013 successfully graduated as a Master's degree in *Sports Management*. Stefan Miletiev defends his doctoral dissertation at Sofia University "St. Kl. Ohridski" in the field of pedagogy – professional field 1.3. Pedagogy of Teaching in ...(Methodology of training in physical education and sport – fitness) in 2018. In the period 2010 to 2015, he worked in the Fitness Center "Milmex" OOD, as a fitness instructor. Since 2015, Stefan Miletiev has been an assistant in Physical Education and Sports - Fitness at Sofia University "St. Kliment Ohridski". In 2019, he took the academic position of Senior Assistant Professor, and he is still a lecturer in the Department of Sport.

2. The candidate's scientific research and applied activities

In the announced competition, Dr. Miletiev applied with 18 publications, including one monograph, 2 articles and reports published in scientific journals refereed and indexed in world-renowned databases of scientific information and 14 articles and reports published in non-refereed peer-reviewed journals or published in edited collective volumes. The list of publications for the competition also includes a published book based on a defended dissertation for the award of the degree of Doctor of Education and Science.

Assessment of the type and quality of the scientific works submitted on the subject of the competition

a/ Monographs

In accordance with the requirements of ASDA, the submitted works include a monograph, a habilitation thesis. This is the monograph *Miletiev, St. Sport and Valeological Education. Monograph. University Press "St. Kliment Ohridski". 227 p., S., 2021. ISBN 978-954-07-5316-4* published in 2021.

The monograph is structured in 5 chapters, in which the theoretical statements are supported by empirical research conducted in the period 2019-2021. Data from a survey of students, students, teachers, visitors of fitness centres (from 16 to 65 years of age). By linking sport with Valeological Education in secondary and higher education settings, the challenge to keep people healthy by increasing their physical fitness in the face of a continuously degraded natural environment and crisis situations in society is addressed. The aim of this monograph is to investigate the attitudes towards valeological knowledge and attitudes to sport of people of different ages, highlighting opportunities for increasing physical fitness and developing valeological competence through fitness activities.

The first chapter introduces sport as an essential component of the modern healthy lifestyle model. Based on the analysis of normative documents, scientific statements and observations in practice, the emphasis is placed on sport as a way of life at any age. The idea of sport for all is also supported by a survey of the opinions of people aged 18 to 65 using the services of two fitness centres. The results of the survey provide an opportunity to draw some up-to-date conclusions about consumer interest in active sports and their motivation for a healthy lifestyle. In the second chapter of the monograph, the possibility of physical improvement is discussed, with two points being highlighted for fitness – aesthetic and health. The methodological system of fitness training with the innovative points developed and exercises for different age groups approbated is presented. The third chapter is devoted to valeology and valeological education. The essence of Valeology as a science that develops in the context of ecology is revealed. The role of Valeology education and its interdisciplinary nature are highlighted. The idea is highlighted that mastering the basics of Valeology objectively requires expanding the links between different sciences for the realization of fundamental and applied research. Chapter four presents a study of the valeological education of school and university students. The present study focuses on students' self-assessment of their knowledge and competencies, as well as their judgement of the potential of Valeological education. The described methodology formulates the object of the research – it is the process of valeological education of students of the second high school stage and students of pedagogical specialties. In the study among the students 1193 students of the first and second secondary school stage of secondary education were included. The representativeness of the survey conducted is an indisputable plus of the monograph and is guaranteed

by the distribution of the surveyed persons in different types of schools from a large city, a small town and a village. The results of the survey give the author grounds to claim that young people have an attitude to lead a healthy lifestyle. They appreciate the importance of physical activity in overcoming stress and fatigue that accumulates in the process of learning, especially in the online environment. They are motivated to broaden their knowledge of Valeology, recognizing their insufficient training in basic issues of contemporary Valeology education. Chapter five examines the compulsory and upgrading qualifications of teachers. Based on an analysis of normative documents, it also presents some options for training courses oriented to the interests of PES teachers for professional qualification and career development. A survey of the attitudes of PES teachers to engage in qualification forms is carried out to collect data on what their attitudes are to practice the profession, what difficulties they encounter in their teaching practice, what training they need to apply scientific approaches to firm healthy lifestyles, what recommendations they can make. 520 pedagogical specialists were surveyed and the results show that pedagogical specialists are aware of the need to continuously upgrade their knowledge, skills and competences in order to adapt effectively to changes.

Overall, the monograph wins with its positive features and contributions that can be summarized as follows:

1. Significance and relevance of the problem developed in the monograph.
2. In theoretical terms, a complex analysis of sport as a major component of the modern model of a healthy lifestyle has been carried out.
3. The methodological system of fitness training with the developed innovative moments and approved exercises for different age groups is presented analytically.
4. The research of the valeological education of schoolchildren and students is carried out with the emphasis on the self-assessment of the knowledge and competences of the students, as well as their judgement of the possibilities of the valeological education.

b/ Studies and articles in scientific-theoretical journals, scientific-methodical journals and collections

The main research emphases in these scientific works are:

- studying the problem of physical education and sport in the higher schools in Bulgaria.
- Study of the development of motor qualities in school and university students in the context of modern education;
- development of a system of fitness training in the discipline of "Sport" in higher education;
- identifying the attitudes of PES teachers towards inclusion in qualification programmes;
- research of the specifics of the methods of training in the discipline "Sport" in the higher school;

- research of sport as a factor of overcoming stress and fatigue in the teaching profession;
- study of some indicators of physical fitness of students training fitness.

In general, a very good assessment can be given to the scientific and applied production presented by Dr. Miletiev in the field of the methodology of physical education and fitness training.

3. Evaluation of the candidate's teaching activity

According to the documents submitted, the required teaching load is available. Senior Assistant Professor Dr. Miletiev's teaching activity is related to lectures, seminars and/or practical exercises in Bachelor's and Master's degree courses: *"Sport – Fitness"*; *"Sport – Fitness for Advanced"*; *"Methodology of Bodybuilding Training"*; *"Theory and Methodology of Sports Training"* ; *"Recovery in Sport (Optimization of the Educational Process in PES)"*; *Organization of the Educational Process"*.

The following facts testify to the high quality of Dr. Miletiev's teaching activity:

- He has participated in 14 national and international scientific conferences;
- He has participated in 3 educational and scientific projects */university and national/*;
- He is a trainer of teachers in various national programs and qualification courses.

4. Main scientific and theoretical contributions

The contributions of the principal assistant professor Dr. Miletiev are in the field of *Teaching content and methods of fitness education for different age groups; Physical education and sport (PE) in secondary and higher education; Sport (fitness) as a component of Valeological education; Issues of fitness education in electronic environment; Issues of continuing qualification of PES teachers.* Most generally they can be reduced to the following:

- Models of fitness training exercises, based on the idea of developing and improving physical fitness as an element of a healthy lifestyle, have been developed for different age groups. 3 main groups of fitness service users without continuous sport experience are identified – beginners and low-advanced:
- The ideas of sport for all as a basic component of the valeological education, sport throughout life as a way to develop valeological culture are systematized.
- A methodology is constructed and instruments are developed to investigate the attitudes of schoolchildren, students, teachers and fitness service users from different age groups towards sport (and fitness in particular) and healthy lifestyles, as well as their motivation to perform physical exercise and to increase their physical activity.

- The views of school pupils, students and fitness service users (people of different ages) on the relationship of sport and valeological education were explored; and the attitudes of PES teachers to participation in qualification programmes were investigated.
- Curricula were developed for training students and in-service teachers based on the interaction of sport with valence education.
- Empirical data from a large number of research subjects (school students, students, teachers, fitness service users from different age groups) have been analysed Results have been statistically confirmed, showing the important role of regular physical activity and more specifically fitness training in people of different ages, fitness service users.

As a support for this overall assessment of scientific contributions, one can point to the fact that Dr. Miletiev's works have been pointed out as significant and cited in a number of publications – monographs and articles in periodicals and scientific proceedings. The citations of the publications identified by the candidate are 7.

5. Critical remarks and recommendations

Some recommendations can be addressed to the scientific and teaching activity of Dr. Miletiev:

- In his future research, he should develop, a conceptual and scientifically applied model of fitness training with validated exercises for different age groups, which is applicable in real, blended and online academic environments.
- I believe that Dr. Miletiev has developed enough original ideas and achieved results that can be promoted through publications in indexed journals abroad.

CONCLUSION

The documents and materials submitted by the Principal Assistant Professor Dr. Stefan Miletiev meet all the requirements of the Academic Staff Development Act in the Republic of Bulgaria (ASDA), the Implementing Regulations of the ASDA and the relevant Regulations of the Sofia University. He has submitted a sufficient number of high-quality scientific papers. The candidate's works contain original scientific and applied contributions. The candidate fulfils the relevant national minimum requirements for the academic post of Associate Professor. I have no suspicion of plagiarism in the scientific publications submitted for peer review.

On the basis of my acquaintance with the submitted scientific works, their significance, theoretical and scientific-applied contributions contained therein, I give my **positive assessment** and I find it justified to propose Dr Stefan Georgiev Miletiev to occupy the academic position of "Associate

Professor" in the professional field 1.3. Pedagogy of Teaching in ... (Physical Education and Sport – Fitness)

10. 06. 2022

Reviewer:

/Prof. Dr. Galin Tsokov/