

OPINION

by **Professor Georgi Vladimirov Ignatov, PhD,**

lecturer from the Sport Games and Mountain Sports Division of the Sports
Department of Sv. Kliment Ohridski Sofia University

**Regarding: reviewed scientific works and academic activity
of Chief Assistant Srefan Georgiev Miletiev, PhD,**

the only applicant for participation in a procedure for filling the academic position Associate Professor, announced by the Sofia University „St. Kliment Ohridski” in State Gazette, Issue 21 of 15 March 2022, under professional strand 1.3. Pedagogy of training in... (Physical Education and Sports – Fitness) 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 №1 / 19 April 2022. I participate in the scientific jury of the competition according to Order № RD-38-215 / 03 May 2022 of the Rector of Sofia University „St. Kliment Ohridski”.

II.Applicant details

Stefan Miletiev was born on February 07, 1989 in the city of Sofia. He completed his bachelor's degree in 2011 at the National Sports Academy „Vasil Levski“ (NSA) with a degree in Football Coach. In 2013 he again completed his master's degree at the NSA with a degree in Sports Management, and in 2015 a one-year postgraduate qualification as a licensed Fitness instructor. From October 01, 2013 to May 31, 2015 he worked as a part-time teacher of physical education and sports – fitness in the Department of Sports at Sofia University „St. Kliment Ohridski”. On June 01, 2015, after winning a competition, he was appointed „Assistant“ in Physical Education and Sports – Fitness at the Division of „Individual Sports and Recreation“ of the Department of Sports. On December 21, 2018 he defended his dissertation on the topic: Methodological system for fitness training of students from Sofia University „St. Kliment Ohridski” and obtained the educational and scientific degree „PhD”. From May 27, 2019, after a competition to the present, he holds the academic position of „Chief Assistant“ in the professional field 1.3. Pedagogy of training in ... (Physical education and sports – fitness).

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

The scientific production of Chief Assistant Miletiev, PhD fulfills the criteria for scientificity such as 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 235 points.
- Indicators in group D: total 65 points.

As can be seen, the scientometric indicators of the scientific activity of Chief Assistant Miletiev, PhD in all four groups (A, B, D and E) are met and cover 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 his training, Chief Assistant Miletiev, PhD has acquired specialized scientific knowledge and specific professional skills and competencies, which he successfully applies academically and professionally, in research and project activities.

The candidate has participated in 3 scientific and educational projects in the field of physical education and sports. Evidence of the academic work of Chief Assistant Miletiev, PhD are also found in the citation of his 6 scientific papers in another 7 of those of colleagues working in the field of physical education and sports, which is undoubtedly valuable for all professionals.

IV. Description of the scientific works

Chief Assistant Miletiev, PhD is the author of 28 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 18 scientific papers, of which by type:

1. Monograph – 1
2. Book – 1 pc.
3. Articles and reports published in scientific journals, referenced and indexed in world-famous databases – 2 pcs.
4. Articles and reports published in non-peer-reviewed journals with scientific review – 14 pcs.

The author's share of scientific publications is: independent author – 14 works and co-authored – 4 works, in which he is the second author.

The presented scientific production can be distributed thematically as follows:

- Sports as a component of valeological education (scientific papers numbered 1 and 9);
- Training content and methods of fitness training for different age groups (scientific papers numbered 1, 2, 4, 6, 7, 8, 11 and 17);
- Problems of fitness training in e-environment (scientific papers with numbers 12 and 13);

- Physical education and sports in secondary and higher education (scientific papers numbered 3, 5, 15, 16 and 18);
- Issues of continuing qualification of teachers of physical education and sports (scientific papers numbered 10 and 14).

V. Scientific contributions

Based on the presented publications, scientific summaries, evidence, conclusions and the overall activity of Chief Assistant Stefan Miletiev, PhD, I allow myself to systematize the main and scientific contributions as follows:

I. In the field of sports as a component of valeological education of interest is the monograph published in 2021 „Sports and valeological education“ (№ 1). It interprets the connection between sport for all and valeological education. The idea is that sports education is an important social factor in building a modern model of healthy living. The idea of sport for all is conceptualized as an activity that develops the need for a healthy life and physical improvement, aimed at more fully taking into account the individual characteristics of man in the process of physical training. Theoretically, the influence of sports is emphasized not only on physical health, but also on emotions and the construction of the value system in man. Theoretical considerations provide an opportunity to draw some current conclusions about consumer interest in active sports and the motivation of people of different ages and with different professions for a healthy lifestyle. Emphasizing the role of valeological education and its interdisciplinary nature, the idea is advocated that in this regard educational practice needs the implementation of basic and applied research. Empirical research is oriented in the direction of the more general problem of the relationship between concepts and competencies to the more specific question: the extent to which motivation for sports of students as a component of a healthy lifestyle is formed and developed on a conscious basis by mastering concepts at different stages in secondary and higher education. The obtained results give grounds to conclude that based on the knowledge and skills acquired in high school in the teaching of individual subjects and integrated class, extracurricular and extracurricular sports, environmental and valeological activities in the university can continue in the discipline „Sport“ the purposeful work for building valeological competence and developing valeological culture in young people. In practical terms, the author's contribution can be seen in the collected empirical data from a large number of respondents (a total of about 2,000 students, teachers and users of fitness services of various ages and professions) within 3 years.

Contributing to the theoretical and practical-applied aspect are the author's views on the need to apply new technology in physical education and sports to students of various non-sports specialties, based on the characteristics of fitness, establishing it as a path to healthy way of life (№ 9).

II. In the field of curriculum and methods of fitness training for different age groups:

II.1. In his monograph „Sport and valeological education“, the author analyzes the characteristics of fitness, determining its popularity among people of different ages. Chief Assistant Miletiev, PhD develops some of his ideas set in the methodological system for fitness training of students from Sofia University „St. Kliment Ohridski“. An innovative moment in the methodological system are the developed and tested models of exercises for fitness training of different age groups (№ 1).

II.2. The book, published in 2019. Fitness training for students from Sofia University „St. Kliment Ohridski“ is the result of research work to create a modern model of fitness education for students of Sofia University „St. Kliment Ohridski“, through which to improve the physical capacity of students and to increase their interest in sports. The practical contribution is proved by the multiplier effect that the thematic minimum and the training programs for fitness training of beginners and advanced have (№ 2).

II.3. In several of his articles, the author analyzes some aspects of the methodology of fitness training. In practical terms, free time reserves are opened for progress in fitness training, as training sessions in the gym alternate with additional sports activities on days off. Theoretically, principles for selection and structuring of learning content are derived, teaching methods are recommended, as well as a system of exercises that is tailored to the individual abilities of young people (№ 6, 7, 8, 11).

II.4. In other articles, the author focuses on empirical research on the physical capacity of young people, which allows to draw conclusions about the possibilities of fitness training. The idea of fitness as a major sport for non-sport students is affirmed, which stimulates students such values as physical, mental and social well-being in order to improve human resources for life, and that physical activity during university education leads to building lasting habits for practicing physical exercises and maintaining physical and functional condition throughout life (№ 4, 17).

III. In the field of problems of fitness training in an electronic environment, the author highlights the problems of this training in a pandemic. According to him, learning in a virtual environment creates special difficulties. The results of the work, which have a certain practical value, show that greater efficiency of distance learning is achieved in beginners. There are more difficulties in the training of the advanced. It is concluded that fitness training, performed remotely by digital means, has its place in isolation, to overcome certain stressful situations, to maintain a healthy lifestyle, but only in case of impossible or difficult visits to the gym. the hall (№ 12, 13).

IV. Physical education and sports in secondary and higher education:

IV.1. Problems and possibilities of physical education and sports in secondary and higher education have been studied. Based on the understanding that in the field of higher education there is a reorientation of the goals and objectives of sports activities, ideas are formulated for more complete consideration of the individual characteristics of pupils and students in the process of physical

training. The importance of fitness is emphasized, which occupies an increasingly prominent place in the discipline of "Physical Education and Sports" in higher education. From a theoretical point of view, there are opportunities for changes in the process of physical education and sports and in secondary education. The analysis of the psychological and pedagogical side of the problem of developing motor skills of the individual allows to emphasize the important function of fitness as a sport with a very wide public scope, which can be considered in the context of strategic principles for physical education and sports in Bulgaria. In this sense, the basic rules, ideas, principles that guide the teachers of physical education and sports largely determine the effectiveness of education (№ 3, 5, 16).

IV.2. The author draws attention to current information, allowing to draw conclusions that will serve as a basis for the development of a more comprehensive study of the impact of sports on the mental and physical development of students in modern conditions. The practical contribution is complemented by original data on students' self-assessment of the values and opportunities of sports to build a value system, their motivation to lead a healthy lifestyle. Theoretical statements about the development of motor skills are confirmed and expanded with empirical data from the study of motor activity of young students in the application of athletic exercises in physical education and sports in the initial stage of basic education. The results show that the applied system of exercises in the classes of physical education and sports, as well as extracurricular activities allow to increase the general motor preparation of children even after the absentee learning when returning to the school environment (№ 15, 18).

V. In the field of continuing education of teachers of physical education and sports, the author reveals a system of activities aimed at their continuing education. Contributing elements are found in the data collected from the self-assessment of physical education and sports teachers for their readiness to participate in training courses, for their attitude to be included in professional growth programs. In the period of crisis, when tension and anxiety arise in people, data were collected by studying the attitudes of various pedagogical specialists to overcome stress and fatigue through sports. It is concluded that in order to make full use of the opportunities of sport to overcome professional stress, it is necessary to create conditions in educational institutions by organizing halls where teachers can play sports (№ 10, 14).

The presented scientific production in a wide range, its content, results and conclusions give me reason to identify the author as a leader in sports fitness and in particular fitness in higher education in our country. From the analysis of the scientific production of Chief Assistant Miletiev, PhD impresses with the high competence and interpretation of scientific research.

Proposed by Chief Assistant Miletiev, PhD in Scientific Production meets the requirements for the academic position of „Associate Professor“.

VI. Academic and scientific research activities

In reviewing the published data on the teaching and research activities of Chief Assistant Miletiev, PhD, it is revealed that the conditions of the Regulations on the terms and conditions for acquiring scientific degrees and holding academic positions at Sofia University „St. Kliment Ohridski”. In particular, the announced competition has a full workload with the relevant compulsory courses.

Chief Assistant Stefan Miletiev, PhD is a keynote lecturer of Individual sports and recreation Division at the Department of Sports at Sofia University „St. Kliment Ohridski”.

It is important to note that Chief Assistant Miletiev, PhD, in addition to the disciplines „Sport – Fitness“ and „Sport – Fitness for Advanced“, which he leads in the Department of Sports for all faculties in the educational qualification degrees „Bachelor“ and „Master“ the disciplines „Theory and methodology of sports training“, „Rehabilitation in sports“ and „Organization of the educational process“ with the relevant accompanying lectures in the Department of Information and Teacher Training, as well as the discipline „Methods of bodybuilding training“ at the Faculty of Science, Education and Arts in the specialty „Physical Education and Sports“ with the accompanying lectures and exercises.

The candidate takes an active part in the winter training and sports practices organized by the Department of Sports from 2018 to 2022, where he very successfully trains students in the discipline „Snowboard“.

According to my personal impressions, he is the author of a number of innovative approaches for the needs of educational work with students from specialized fitness groups and those learning to snowboard in winter training and sports practices, which are a continuation of his research and many years of research experience. He is also the author of his own lecture courses, teaching students from the Department of Information and Teacher Training. This fact shows that he is very well prepared to create, present and update the content of his lectures, thus he practically shares with them his effective ways and practices of how to teach and how to achieve high quality. of research and publication activities.

Chief Assistant Miletiev, PhD has 14 participations in scientific conferences, of which 13 in Bulgaria and 1 abroad. All this testifies that he invests long, consistent and purposeful efforts in his academic training and in achieving a high level of competencies.

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 „Associate Professor“ Chief Assistant Stefan Georgiev Miletiev, PhD

has the necessary professional, pedagogical and scientific training. Stefan Miletiev is a young and extremely modest lecturer, respected by students and colleagues, but at the same time has a very good practical and theoretical training.

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 – the academic position „Associate Professor“ in 1.3. Pedagogy of training in... (Physical Education and Sports – Fitness) for the needs of the of „Individual Sports and Recreation“ Division at the Department of Sports at Sofia University „St. Kliment Ohridski“.

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Sofia

Prepared the opinion:
/Professor Georgi Ignatov, PhD/