

SOFIA UNIVERSITY "ST. KLIMENT OCHRIDSKI"
DEPARTMENT OF SPORT
DEPARTMENT OF INDIVIDUAL SPORTS AND RECREATION

OPINION

from Assoc. Prof. Dr. Spas Bogdanov Stavrev-UNWE

in competition for the academic position of Associate Professor
in Professional field 1.3 Pedagogy of teaching in .. (Physical Education and Sport-Fitness)

announced in the State Gazette, issue 21/15.03.2022 for the needs of the Department of Individual Sports and Recreation at the Department of Sport at the Sofia University "St. Kliment Ohridski".

I participate in the composition of the scientific jury of the competition for "associate professor", according to the *Order No. RD-38-215/03.05.2022* of the Rector of the Sofia University "St. Kliment Ohridski".

1. Brief information about the candidate in the competition

The only candidate in the competition is Ch. Assistant Professor Dr. Stefan Georgiev Miletiev. The candidate obtained a coaching diploma in football at the bachelor's degree in NSA "V. Levski". He graduated with a Master's degree in Sports Management, also at the Sports Academy. In 2015, he obtained additional professional qualification at the SPC and obtained a fitness instructor license. In a relatively short period of time, he gained a wealth of experience as an instructor, teacher and manager, both in the fitness industry and in teaching. This experience is very much a prerequisite for an excellent professional in his field.

2. General characteristics of the candidate's research and applied activities

Dr. Stefan Georgiev Miletiev submitted one habilitation thesis-monograph (192 pages) with 34 pages of annexes. In addition, he submitted a published book based on a defended dissertation for the award of the educational and scientific degree "Doctor" in the volume of 216 pages. 12 independent publications and 4 co-authored publications as a second author are presented in scientific publications. The scientific interests and research are focused exclusively on the study of the training of schoolchildren and students in fitness classes, the development of motor qualities in the same, with which the author is looking for the role, place and importance of physical education in secondary and higher education. My fellow Miletiev defines the role of sport as a factor in overcoming stress and fatigue in the teaching profession.

Last but not least in importance he explores the acquisition of skills through fitness activities during the global pandemic of Covid-19.

According to the IR ASDA and the Regulations on the Conditions and Procedures for Holding Academic Positions in the Republic of Bulgaria and Sofia University "St. Kliment Ohridski" in professional field 1.3 Pedagogy of teaching in... .. (Physical education and sports-fitness), with the presented scientific papers, the candidate collects a total of 450 points from the minimum national requirements in this professional field, as follows: by group of indicators **A**-50 points; by group of indicators **B**-100 points; by group of indicators **D**-235 points. The candidate also meets the requirements for the number of points in terms of citations, collecting 65 points on indicators **E**, of the required 50 points.

He participated in 3 national research projects in 2020 (1) and 2021 (2) years in which research: Aggression and depression of SU students participating in different sports; Primary teachers' competencies on students' physical and health education and Valeological education of students.

3. Evaluation of the candidate's pedagogical training and activity

Dr. Miletiev is a lecturer at the Sofia University "St. Kliment Ohridski" from 2013 to 2015. After winning a competition he was appointed to a regular job at the Department of Individual Sports and Recreation at the Department of Sports from 1 June 2015. Acquired pedagogical education in bachelor's and master's degree and especially his one-year postgraduate qualification allow him to conduct classes with students in sports fitness and fitness for advanced, as well as methods of bodybuilding workout. He teaches courses for teachers with a defined hours "Theory and Methodology of Sports Training" (24 hrs.); "Recovery in Sport (Optimization of the Educational Process in PE)" – 24 academic hrs.; "Organization of the Educational Process" (16 hrs.) – in the Department of Information and Teacher Development (DITD). The trust that has been given to him is an assessment of his qualities and solid preparation.

4. Characteristics of scientific works and main scientific and applied contributions

Dr. Stefan Miletiev definitely shows high scientific research activity and publication activity for a relatively short time span. The submitted habilitation thesis, in my opinion, was published at the most appropriate and necessary time – after the long-lasting restrictions and limitations on the movement of people around the world associated with the Covid-19 pandemic. Valeology, or the science of health, has gained enormous importance in the last two years. The monograph appropates and proposes

models of fitness activities for three age groups. Of utmost importance is the subsequent differentiated approach, in which, after establishing the degree of impact of fitness activities on the development of practitioners, different amounts of exercise are applied. Presenting fitness as a fully accessible sport for different age groups and establishing the positive impact on individuals contributes to the promotion and mass practice by lay people.

The scientific searches in the published book and 6 of the articles are concentrated exclusively on the study of sport fitness and its impact on improving the physical fitness of students, emphasis is placed on empirical studies of physical fitness of young people, creating models of fitness education for students, improving the methods of teaching the discipline of sport in universities. Other research has drawn attention to the important function of fitness as a sport with a very wide societal reach. Taking into account the popularity with young people, the influence of sports on their mental and physical development in modern conditions is highlighted. In other studies, the author discusses the problems of the distance form of training (imposed during the pandemic), stressing the importance for overcoming certain stressful situations, for maintaining a healthy lifestyle, but only when visits to the gym are impossible or difficult. The attitudes of teachers towards participation in qualification programmes are discussed in 2 of the articles, as well as recommendations for educational professionals to overcome stress and fatigue through sport.

5. Synthesized evaluation of the main scientific and applied contributions of the candidates

After reviewing the materials provided to me, the following scientific contributions of the candidate can be summarized:

- The developed theoretical part of the science of healthy lifestyle-value is at a high scientific level, absolutely timely and useful for people of different age groups;
- It focuses on and justifies lifelong sports as a component for the development of a valeological culture in people;
- The models of exercises for fitness training of different age groups are developed and the author's concept of a methodological system for fitness training of students is established;
- Curricula for training of students and acting teachers based on the interaction of sport with valeological education have been developed;

- Developed is a methodology to study the attitudes of students, students, teachers and users of fitness services with the necessary tools;
- Important from a pedagogical point of view is the differentiated approach, after establishing the degree of progress of those involved, which is a consequence of the research experience gained and the possibility of producing professional expertise;
- In studies with different pedagogical professionals on overcoming stress and fatigue through sport, its positive role is established, recommending the equipping of rooms in schools where teachers can carry out sporting activities.

6. Critical remarks and recommendations

I recommend to Ch. as. Prof. Dr. Miletiev to continue his efforts towards researching the problems of working with students by including research with student-athletes from the representative teams of universities and give appropriate guidance. In a future study guide, more practical visual materials with various exercises should be advocated, with a separate section focusing on safe handling during activities, with professional guidelines and instructions.

Conclusion

The work and achievements in scientific research and teaching-teaching activities, as well as the organizational and managerial qualities, the provided materials with their scientific value and applicability to sport, the accumulated professional experience of the candidate and last but not least his public-social commitment to health education and health culture give me the reason to propose the head as. 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) at Sofia University "St. Kliment Ohridski"

Date: 08.06.2022
Sofia

Signature:.....
(Assoc. Prof. Dr. Spas Stavrev)