

REVIEW

from

Prof. Kiril Atanasov Aladjov, Doctor of Pedagogical Sciences

According to the materials for participation in a competition of
Assoc. Prof. **Julian Bogdanov Karabiberov, Ph.D.**

for holding the academic position "Professor", in a professional direction 7.6. "Sport",
scientific specialty "Athletics and fitness training", announced in the State Gazette, issue
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for the needs of the Department of Athletics
to the National Sports Academy (NSA) "Vasil Levski".

The review was prepared on the basis of Order № 736 / 08.07.2020.
of the Rector of NSA "Vasil Levski".

Brief autobiographical data about the candidate:

Julian Bogdanov Karabiberov was born on July 14, 1955 in the city of Sofia. He completed his primary and then secondary education in a physics and mathematics class at the "Sava Ts. Savov" Vocational High School with an average grade of 5, 95. He completed his military service in Plovdiv in the period 1973-1975.

In the period 1975-1979 he was a student and graduated from Higher Institute of Physical Education "Georgi Dimitrov.", majoring in "Pedagogy" and "Athletics". He has an adequate level of computer literacy. He speaks Russian and English.

I. Summary of the candidate's career development

He began his career as a physical education teacher in 1979, at the 10th primary school in Sofia, for a year. At the same time, he is a part-time lecturer at the Higher Institute of Physical Education "Georgi Dimitrov".

In 1980, after a competitive exam, he was appointed a lecturer (as an assistant) at the Department of Athletics at Higher Institute of Physical Education "Georgi Dimitrov".

In 1984 he was promoted to senior, and in 1988 to chief assistant.

In 1988 he successfully defended his dissertation on "Experimental substantiation of methods for the development of local and regional muscle strength in runners at 800 m" and received the educational and scientific degree "Doctor".

In 1989 he was on a one-month internship at the Ukrainian Institute of Physical Education, Kiev.

In 1992 he received the academic position of "Associate Professor".

Associate Professor Julian Karabiberov, PhD is the author of 60 scientific articles, 3 (three) monographs, 4 (four) textbooks and manuals. He has also twice written textbooks on athletics.

There are 3 (three) registered patents (documented with official notes), as well as one author's program for conditioning training. To date, he has participated in 24 scientific topics, projects and programs. He has participated in international and national seminars and scientific conferences 21 times.

He is the supervisor of 6 (six) graduates and 3 (three) doctoral students, two of whom he successfully defended.

Leader and lecturer of 24 courses for training of personal trainers in fitness and fitness training at the American school C.O.R.F.I.T. Deputy Head is on 2 (two) courses at the Canadian Fitness Academy N.A.F.A.

Assoc. Prof. Karabiberov Dr. is a consultant to various teams in the field of fitness training, including foreign: Volleyball clubs from Italy: Trento, Modena, Verona; Halbank (Turkey), Arcade Galati (Romania). Consultant to the national weightlifting teams of Mexico, Argentina, Peru, Venezuela and the Dominican Republic. He was a fitness coach of the Bulgarian national volleyball teams (men and women). On the national basketball team (men) in 1989, ranked 7th at the European Championships in Zagreb. This year marked the beginning of his successful career as a fitness coach.

In 2010 he founded the Professional College of Sports "Bio Fit" with teaching two specialties - "Coach but fitness training" and "Fitness Instructor". For this purpose, Assoc. Prof. Karabiberov, PhD, has personally developed curricula for training in these two specialties.

Since 2006, until now, he is the founder and organizer of 3 (three) athletics tournaments for children, boys and girls: Road race "Vrabnitsa" - 2006-2008, International tournament "Tsvetanka Hristova - 2009-2016 ., Memorial "Grigor Hristov" - Grishata - 2016.

In the period 1995-2016 he founded 8 (eight) training complexes and halls, two sports clubs (MLO and Universal), developing Athletics and Fitness, a sailing school, 2 (two) sports magazines for Fitness and Physical Training Participated as publisher of the American magazine for Fitness and Bodybuilding "IRON MAN" (2004-2009).

In 2010 he completed a fully original training system for fitness training - "Fit Motion".

For his overall scientific, sports-pedagogical and donation activity, Assoc. Prof. Yulian Karabiberov, PhD has attached a detailed list, reflected in "Appendix № 1".

II. Grounds for acquiring the academic position "Professor"

To participate in the competition, the candidate has submitted all the necessary documents and it can be stated that he meets the formal requirements:

1. He has the educational and scientific degree "Doctor" since 1988;
2. For 28 years (from 1992 until now) he has held the academic position of "Associate Professor" at the National Sports Academy "Vasil Levski";
3. At present he has a total length of service of 38 years and 1 month. In the specialty in NSA "Vasil Levski" his work experience is 36 years and 9 months.
4. The candidate has published papers in specialized scientific journals, which do not repeat those presented for the acquisition of the educational and scientific degree "Doctor".
5. In the field of sports-pedagogical practice, as a specialist in fitness training, Assoc. Prof. Julian Karabiberov, PhD, has achieved exceptional success at the national European and world level.

III. General description of the scientific production submitted for review at the competition

To participate in the competition for "Professor", the candidate has submitted for review a detailed list containing the following scientific output:

- Monographic works - 3 (three) issues; of which only one of these works "Modern aspects of fitness training in sports" is presented for participation in the current competition for "Professor".

- Textbooks, sections of textbooks, textbooks and manuals on paper - 11 pieces; of which 7 individually and 4 co-authored, 4 (four) textbooks and manuals. He also has twice written textbooks on athletics.
- Published articles in journals - a total of 57 issues, of which only those with which the candidate participates in the competition for the academic position "Professor" are reflected in a separate list.
- Management of doctoral students, a total of 3, two of which were successfully defended;
- Assoc. Prof. Julian Karabiberov, PhD, has participated in 11 educational projects under national and international programs;

The quality of the research activity of the candidate is evident from the content analysis of the scientific production presented by him. From the properly and correctly systematized documentation, it is evident that it is related to the topic of the announced competition, and its overall activity is relevant and important for science, practice, and education. The scientific works and publications of the candidate have been published in authoritative Bulgarian and foreign editions. The materials developed and published by Assoc. Prof. Yulian Bogdanov Karabiberov, PhD, are up-to-date and have both scientific and practical value.

From the attached references and certificates, it is indicative that Assoc. Prof. Julian Karabiberov, PhD, competently combines teaching and research activities. His work with doctoral students and students is at a high level, which is an indicator of his good pedagogical skills in teaching and research. He is the research supervisor of 7 students who have successfully defended their dissertations. He is the research supervisor of three doctoral students, two of whom he successfully defended.

IV. Sports and pedagogical successes of the candidate

In this regard, Assoc. Prof. Julian Karabiberov, PhD, has shown exceptional activity and versatility, demonstrating in practice his great professional potential as a specialist in fitness training! Above, in my review, I have reflected some of the more significant successes of the candidate. Objectivity requires to add more factual information:

He has coached 4 athletics clubs in Denmark, including the divisional SPARTA (Copenhagen) and FIF (Copenhagen);

Fitness coach of volleyball club Marek Union-Ivkoni from 2011 to 2015 - 4th multiple national champion for this period;

In 2020 he was approved in the coaching board of BFV, responsible for the training of fitness coaches of all national teams and a consultant for the fitness training of the men's and women's national volleyball team;

In 1998, he represented Europe at the American School of Personnel Training C.O.R.F.I.T. as a keynote speaker;

During the competitive season of 2019/2020 he is a fitness coach of the Italian volleyball club "Verona" (men);

During his many years of career as a fitness specialist, he has trained a number of professional volleyball players, as well as many national players in other sports.

V. Evaluation of the scientific and practical contributions of the creative production of the candidate submitted for participation in the competition

The contributions in the scientific production of the candidate are related to the application in practice of highly effective methods and tools, which can be defined as scientific-methodological and scientific-applied.

Many and significant are the scientific and practical contributions of Assoc. Prof. Julian Bogdanov Karabiberov, Ph.D. I will focus on some of them:

- Innovative training methods and principles have been developed, as well as complete training complexes and modules, in which means of athletics and weightlifting have been rationally used;
- A specialized training hall and sports and recreation complex have been developed, equipped with original equipment and facilities;
- Conditions for conditioning training have been developed by the author.

In order to optimize the fitness training, an innovative modular scheme of training activity has been developed, containing specialized training complexes based on the principles and methods proposed by the author:

- The principle of "conditioning potentiation of musculoskeletal synergism";
- The principle of "purposeful diversity";
- The principle of "stability and dynamism of the training device system";
- Serial interval loading of small and large antagonistic muscle groups;
- Slow dynamic circular training method.

VI. Educational course guides:

Assoc. Prof. Julian Karabiberov, Ph.D. has participated as a leader and lecturer in educational courses for the training of personal fitness trainers in the system of the American school C.O.R.F.I.T. - to the CSDK of NSA "Vasil Levski" together with C.O.R.F.I.T. (USA) - 5 courses, 2005, 2006, 2007, 2008 and 2009;

Leader and lecturer of educational courses on fitness and fitness training of the American "Continental Organization of Registered Fitness Instructors and Trainers" C.O.R.F.I.T. (USA) - a total of 12 courses from 1998 to 2009;

Leader and lecturer of educational courses for training personal fitness trainers according to the system of C.O.R.F.I.T. (USA) - to the College of Sports "Bio Fit" - 6 courses, 2010 - 2016;

Leader and lecturer of an educational course for training of personal fitness and fitness trainers in the system for functional training "Fit Motion" - at the College of Sports "Bio Fit" - 1 course, 2014;

Deputy Leader and lecturer on topics of fitness training of athletes at the North American Fitness Academy - NAFA (Canada) - "Techniques and methods for general and specific physical training of highly qualified athletes in the proprietary system Fit Motion" - 2 courses (45 hours of lectures and practical methodical classes) - 2012-2013;

Head and lecturer of an educational course for training fitness trainers at SK Olympus, 2019;

Leader and lecturer of an educational course for training fitness trainers at the Bulgarian Snowboard Federation, 2019;

Lecturer of qualification courses for football coaches - I level at the coaching school at the Bulgarian Football Union, 2018 - 2020.

Assoc. Prof. Julian Karabiberov, PhD, is the publisher of the American edition of bodybuilding and fitness, founded in 1936 (published in Bulgaria every 2 months). Director is also an authorized representative of IRON MAN (USA) for Bulgaria;

He cited in monographs, collective volumes with scientific review, and various journals with a scientific review - a total of 31 times.

The data presented by the candidate for the scientometric reference are appropriately systematized according to the specific indicators. In the attached reference for scientometric indicators, the scientific production of Assoc. Prof. Yulian Karabiberov, PhD, is detailed and correctly reflected and described, including the necessary, according to the national requirements, articles and publications, as well as the determined point

asset. These data show that the applicant significantly exceeds the minimum national requirements for these indicators.

VII. Assessment of the teaching and sports-pedagogical activity of the candidate:

Assoc. Prof. Julian Karabiberov, PhD, has been working in the education system at the National Sports Academy "Vasil Levski" for more than 37 years. As an associate professor at the Department of Athletics, for the needs of which the competition was announced, for 28 years (from 1992 until now). He has the educational and scientific degree "Doctor" since 1988;

He is an established lecturer and a leading lecturer at NSA "Vasil Levski" in basic disciplines for students who study at the Department of Athletics. He has participated in the development of curricula, lecture courses and 3 (three) research projects directly related to the specialty "Athletics" and "Fitness". As a lecturer, he enjoys high academic authority and respect from his colleagues and students.

For his significant successes as a lecturer and remarkable coaching activity, Assoc. Prof. Julian Karabiberov, PhD, has been awarded many prizes and high honors. He has also sponsored a number of sports clubs and federations, as well as individual high-class athletes.

VIII. Conclusion

Based on my acquaintance with the submitted documentation and the scientific and applied contributions of a candidate, I evaluate as positive his candidacy. I believe that Assoc. Prof. Julian Bogdanov Karabiberov, PhD, fully meets the necessary requirements of the legal framework for holding the academic position "Professor" in the professional field 7.6. Sports, scientific specialty "Athletics and fitness training", for the needs of the Department of Athletics.

With full conviction, I recommend to the Distinguished Scientific Jury to be elected Assoc. Prof. Julian Bogdanov Karabiberov, Doctor for the academic position "Professor" at the National Sports Academy "Vasil Levski".

Sofia, October 12, 2020

PRESENTED BY:

Professor Kiril Aladjov, Doctor of
Pedagogical Sciences.