

Review

Regarding the participation of the Main Assistant Tsveta Dimitrova Traikova, doctor in competition for "Docent" in professional field 1.3. Pedagogy of training in physical education, specialty "Physical education for the needs of the department "Theory of physical education" at the National Sport Academy "Vasil Levski".

Reviewer: Docent Vladimir T. Chernev, P.H., doctor

Only one candidate - Tsveta Dimitrova Traikova, Ph.D., participated in the competition announced by the "Vasil Levski" National Sport Academy for the above-mentioned specialty (SG No. 34 of 11.04.2023, p. 58) for the academic position of "Associate Professor". The review of the documents presented to me establishes compliance with all the requirements of the RSARB and the regulations for its application in the "Vasil Levski" NSA.

The Main assistant Tsveta Dimitrova Traikova was born on November 1, 1965 in the city of Sofia. She graduated from "Vasil Levski" National Sport Academy in 1987. with the specialties "Physical Education Teacher" and "Athletics Coach". For 10 years (09.1987 - 04.1997) she was a physical education and sports teacher at 140 Secondary School "Ivan Bogorov" in the city of Sofia.

After winning a competition, she was appointed as an assistant at Vasil Levski National Sport Academy on April 1997.

Career and development goes through the following stages:

Assistant (04.1997-09.1999)

Senior assistant (09.1999-08.2003)

Main Assistant (08.2003-05.2014)

Assistant (05.2014-04.2018)

Main Assistant (04.2018-present)

In 2018, she successfully defended his dissertation and obtained the educational and scientific degree "doctor".

In the current competition, the candidate presents a list of 17 scientific works (articles), 4 of which are published in refereed and indexed editions, and 13 in non-refereed journals with scientific review.

A monographic work "Motive qualities of preschool children" is also presented.

A book was also published based on a defended dissertation work called "State of physical development and motor abilities of children in a preparatory group for school (5-7 years old).

Out of a total of 17 scientific works presented to us for review, Tsveta Traikova is the independent author of 10 of them, 1 – second author, third author in three articles, fourth in one and fifth in two articles.

According to the author, 13 citations are presented in articles and monographs.

The thematic research and published materials fully correspond to the nomenclature of the announced competition, which we can group according to the following issues:

1. Physical development, motor activity and motor abilities.
2. Security problems and obesity.
3. Physical education and sports lesson - attitude, program content.
4. Extra-time forms of work.

All four areas are closely related to the candidate's major. The analysis of the presented scientific works unequivocally shows the gradual deepening and improvement of the candidate in the main subject area.

The first thematic direction focuses on a serious and permanent problem, namely: the physical development of students in the case of motor activity and the functional state of children and students. The relevance of the problem is beyond doubt, especially since recent studies have found serious anomalies between the physical development and physical capacity of Bulgarian children and students.

Recent studies not only in Bulgaria, but also according to data from European publications confirm the disadvantageous fact that physical activity in Bulgaria is at an extremely low level. 3 to 5% of the active Bulgarian population, including Bulgarian students, are actively engaged in this specific type of activity.

Lack of physical activity leads to significant medico-social problems, namely:

- Weight gain, hypertension and a number of other health problems.

Through her research, Traikova proves the dynamics and interrelationship of physical development, motor abilities, based on the extremely important problem of motor activity leading for a lack of high level physical performance. It is exactly why Ts. Traykova analyzed the problems in 11 of her scientific works (II.2.2.; II.2.3.; II.3.2.; II.3.5.; II.3.6.; II.3.8.; II.3.9.; II. 3.10.; II.3.11.; II.3.12. and II.3.13.).

In this direction, the emphasis falls on the physical education and motor skills of preschool children. In this connection, motor activity and harmful habits among teenagers were also investigated, emphasizing the preventive role of physical activity in the fight against smoking and other harmful habits.

II. Over eating and obesity.

An extremely serious problem in the modern global world is body weight and obesity. This negative trend does not escape Bulgaria, unfortunately, and the Bulgarian students.

Traikova examines the importance of the problem in two of her scientific works (II.2.1.; II.3.4.)

A high percentage of obesity was found in all studied groups, with the highest values shown by 6-year-old boys - 38.5%.

This social and medical problem is also confirmed in the second study in this direction, which indicates that students from 1 to 11 grades register higher body mass and obesity in 15.8% of cases.

In her research Traikova proposes an algorithm for effective training in the basic elements of the game "Frisbee - Flying Disc", the idea being to show all the steps and to be included the motor activity in pedagogical situations as well as in free time as a means of increasing the motor activity of the children.

IV. Outdoors forms of work.

In the presented one development (II.3.3.) in this direction, the modern trends in the development of out of the lesson work in physical education and sports are considered. Based on the survey method, an assessment of the state of this important fragment of the educational process is made.

I highly appreciate the proposals for a review of the monographic work "Motive qualities of preschool children".

The monograph presents research in three main directions:

- Theoretical aspects of the problem;
- Features of the methodology for developing motor skills in preschool age;
- Physical exercises, games and circular activities to develop the motor skills of children from the III and IV preparatory groups.

The monographic work represents a completed scientific study, which has both theoretical-methodical and practical value in the modernization of physical education for children of preschool age.

The published book based on a defended dissertation "State of physical development and motor abilities of children in a preparatory group for school (5-7 years old)" received the same high rating.

The book is a valuable scientific aid and definitely complements scientific research in this direction.

In the first chapter, the scientific-theoretical foundations of the problem are examined, emphasizing the main normative documents regulating the education and training of children of preschool age in the "Physical Culture" educational direction.

Another important aspect of children's physical development was analyzed, namely the morpho - functional status of children from 3 to 7 years of age.

The important interrelationship between physical development and motor abilities is the essence of the scientific research presented in chapter two. The state and dynamics of development of the main ones are monitored indicators of physical development and motor abilities of children from the third and fourth preparatory groups for school.

The important role of parents in educating and stimulating the motor activity of children of preschool age is considered in the last third chapter.

The survey method was also used in the scientific work.

Main assistant Tsveta Traikova has participated with her reports in scientific forums both in our country and at international events.

The overall analysis of the candidate's scientific output establishes:

- The topic of the main part of the publications corresponds to the nomenclature scientific specialty of the competition;
- A wide range of problems are studied;
- An in-depth scientific study is presented in the field of the physical education system in Bulgaria with an emphasis on preschool age;
- The results of scientific research enrich the existing methodological and practical knowledge.

Academic work

Tsveta Traikova has been a full-time assistant for 25 years, actively participating in the pedagogical process of the "Vasil Levski" National Sport Academy by teaching lectures, exercises, guiding teaching-methodical and internship practices. Educates and modules in the master's program "Physical education and sport".

The authority among colleagues and students is undeniable.

Conclusion

The candidate is an established specialist who, in his many years of activity, has proven her diversity qualities as a teacher, researcher and organizer. Teaching in the main department in the National Sports Academy "Physical Education Theory", she actively participates in the professional development of students in this specialized higher education institution. On the basis of the merits highlighted by me, I propose to the Honorable Scientific Jury to award the Main Assistant Tsveta Dimitrova Traikova, doctor with the academic title "Associate Professor" in accordance with *The Law for the establishing on the academic team of republic Bulgaria* and the regulations of the National Academy of Sciences.

Reviewer:

Docent Vladimir T. Chernev, P.H., doctor