

Field of higher education: 1. Pedagogical sciences  
Professional trend: 1.3. Pedagogy of training in...  
Specialty "Theory and methodology of physical education"  
Department "Physical Education Theory"  
NSA „Vassil Levski”

### **R E V I E W**

by prof. Galina Petrova Dyakova, PhD  
on the scientific production of  
Tsveta Dimitrova Traykova  
in connection with her participation in a competition for the academic position  
**ASSOC. PROFESSOR**, SN issue 34 dd 11.04.2023

### **COMPETITION DATA**

By order 3П №479/30.05.2023 of the Rector of NSA "Vassil Levski" I was appointed a member of the scientific jury in the competition for the academic position "Assoc. Professor".

The announced competition is for a Assoc. Professor in the scientific specialty "Theory and methodology of physical education" for the needs of the Department "Physical Education Theory", NSA "Vassil Levski" promulgated in SG issue 34 from 11.04.2023. The only candidate participating in the competition is Tsveta Dimitrova Traykova, who has been on an employment contract for an indefinite period at the Academy since April 8, 1997.

The competition procedure was conducted in accordance with the requirements of the Law on the development of academic staff in the Republic of Bulgaria (LDASRB), the Regulations for its application and the Regulations for acquiring the scientific degree "Doctor of Sciences" and for holding academic positions in NSA "Vassil Levski". I do not find any violations of the procedure.

### **CANDIDATE DATA**

Tsveta Dimitrova Traykova graduated from the National Sports Academy "V. Levski" (VIF "G. Dimitrov") in 1987 and received two qualifications –

Physical Education Teacher and Athletics Coach, later she also received a master's degree at the academy.

In 2017, she defended a dissertation on the topic: "State of physical development and motor abilities of children in a preparatory group for school (5-7 years old)" and obtained the educational and scientific degree "Doctor".

Tsveta Traykova's professional career began in 1987 as a physical education teacher in 140 Secondary School, Sofia. She worked there until 1997. From 1997 until now, she has been teaching the "Theory and Methodology of Physical Education" discipline to the students of the National Sports Academy "V. Levski".

Her main activity is related to teaching the discipline "Theory and methodology of physical education" to students. Her social and organizational skills and competencies cover teamwork and working with young people. She has technical and artistic skills and competencies related to working with a computer - working with WINDOWS operating system, MS OFFICE, Internet and drawing in her free time.

He speaks Polish, Russian and English at a good level.

## **SCIENTIFIC RESEARCH ACTIVITY AND CONTRIBUTIONS**

The list of scientific production submitted for participation in this competition for the position of professor includes 19 scientific works that are subject to review and are distributed as follows:

- Monographic work – 1 pc.;
- Published book on the basis of protected dissertation work for the awarding of the PhD – 1 pc.;
- Publications and reports published in scientific journals, referenced and indexed in world-famous databases with scientific information – 4 pcs.;
- Publications and reports published in unreviewed journals with scientific review – 13 pcs.;

The scientific works are developed as follows: independent – 12 pieces; in co-authorship – 7 pieces. Out of 19 scientific publications – 5 are in Latin and 14 in Cyrillic. All works have been published, no ones are under printing. The research work of the candidate corresponds to the scientific specialty in which the competition was announced. The quality of the developed scientific works from a linguistic point of view is at a high level. There is no evidence of plagiarism. For participation in the competition, the candidate presents 13 citations, as follows: citations in scientific journals, referenced and indexed in world-famous databases with scientific information or in monographs and collective volumes – 8; citations or reviews in unreviewed journals with scientific review – 5 pcs. A significant contribution to the candidate's research activity is the monographic work "Motive qualities of preschool children", which has both theoretical-methodical and practical value in the field of physical education for preschool children. The monograph is dedicated to the disclosure of the main theoretical, methodological and practical aspects of physical education in kindergartens, in connection with the development of the motor qualities of children of preschool age. The monographic work is structured in three chapters and contains 149 pages. It is intended for a wide range of specialists, with interests in this field, for teachers, students and parents.

The main scientific contributions of the research work of Tsveta Dimitrova Traykova can be summarized thematically and specified in the following four directions: Physical education and sports for preschool children and students; Motor activity of adolescents; Motor abilities and physical capacity of children and adolescents; Physical development of adolescents.

***The first direction*** includes scientific works with the numbers: I.1., II.2.4., II.3.1., II.3.3., II.3.7. In the monographic work "Motive qualities of preschool children", the general pedagogical principles and the appropriate means and methods for developing the motor qualities of 5-7-year-old children, as one of

the main tasks of the physical education training process, are systematized and clarified.

An algorithm was developed for effective training in the basic elements of the Frisbee game technique for 6-7-year-old children. The need to include it as a motor activity in the educational content of "Physical Culture" is justified.

The physical load in dance classes (rock and roll, Latin and funk) was tracked. It has been proven that they meet the criteria for activities with a certain training effect on the body's aerobic capacity. A number of motives and interests of 15-16-year-old schoolgirls in aerobic dance classes have been revealed, which presuppose their inclusion in both curricular and extracurricular work in physical education and sports.

The state and current trends in the development of curricular and extracurricular activities in physical education and sports have been established and analyzed. Valuable conclusions have been drawn to increase to a very large extent the effectiveness of work on physical education in the Bulgarian school (№ II.3.1. и № II.3.3.).

The existing problems of physical education in the modern Bulgarian school have been studied and analyzed. Critical conclusions have been drawn regarding the functioning of the physical education system and concrete recommendations have been made to overcome them (№ II.3.3.).

The preferences and interests of students from the 5th to the 11th grade, as well as the attitude of the basic teachers of the NSA "V. Levski", to the nature of the lesson and the educational content of physical education. The need to update and enrich the physical education curriculum content in its individual sections is emphasized.

***In the second direction***, scientific works with the numbers: II.3.2, II.3.5, II.3.6 are included.

The motives, the degree of motor activity of students from 5th to 8th grade in the lesson of physical education and sports and in free time, the

preferred partners and places for activities, as well as the reasons for non-participation or limited participation in activities with motor activities have been established and analyzed.

A critical analysis and assessment of the state and problems of physical education and sports in the Republic of Bulgaria was made. The need for increased and diverse motor activity of individuals in all stages and grades of the Bulgarian education system is scientifically justified. Perspectives are outlined and reasoned conclusions and recommendations are made for its improvement from preschool to youth age.

The relationship between the motor activity of 15-year-old students in their free time and the presence of harmful habits (in this case - smoking) was studied and established. The role of physical activity in the prevention of smoking and other harmful habits has been established and emphasized.

*The third direction* includes scientific works with numbers: I.1., II.1., II.3.8, II.3.9, II.3.12, II.3.13.

The main motor qualities, the specific principles, the appropriate means, methods and methodological requirements for their development are systematized and characterized, and tests are proposed for their assessment in 5-7-year-old children.

Contribution with a practical orientation - a selection, classification and description of exemplary physical exercises, games and circular activities for developing both individual motor qualities and their complex impact, according to the specific age characteristics of 5-7-year-old children, have been made.

A technology has been developed for assessing the physical capacity of 5-6-year-old boys and girls of preschool age, based on a sports-pedagogical test of the studied contingent based on a test battery proposed by the author.

With a certain scientific and practical contribution, the simplified assessment standards by age and gender have been developed, which can be

used both for assessing the level of individual motor qualities and for a general, complex assessment of the physical capacity of each child and of older children.

The level of motor skills of 7-10-year-old male and female students, by age and gender, was determined, evaluated and analyzed, both for individual motor tests and for their general physical ability.

The nature and degree of interrelationships and interdependencies between basic anthropometric indicators of physical development and the motor qualities of boys and girls of preschool age, as well as between their individual motor abilities, have been established and interpreted, which is of particular importance for the selection and application of an effective methodology for.

*The fourth direction* includes scientific works with numbers: II.2.1., II.2.2, II.2.3, II.3.4, II.3.10, II.3.11.

The state and dynamics of basic morphofunctional indicators (anthropometric and physiometric) of children from preparatory groups for school, as a result of purposeful application of experimental educational content on "Physical Culture", were tracked and analyzed. The role of the enriched content of physical culture, including diverse and attractive motor activity, for stimulating the natural growth and development of children and for the statistically significant changes in the main indicators of their physical and functional development has been established.

A somatotype characterization of 6–7-year-old boys and girls was made, the nature of changes in individual somatotypes, as well as the total somatotype in both sexes, over a period of one year, was interpreted.

The nature and degree of interdependence and interrelationship of body dimensions with motor abilities of 5-6-year-old boys and girls was investigated. The dynamics of the degree of protection of children of preschool age, as a result of an applied enriched motor program, have been established. The prevalence of overweight and obesity among adolescents (students from I to XI grades) was determined by applying the body mass index.

The scientific production submitted for review by Chief Assistant Tsveta Dimitrova Traykova, in quantitative indicators significantly exceeds the minimum national requirements under Art. 2 b, para. 2 and 3 of LDASRB, the Regulation for its application, and the Regulations for acquiring the scientific degree "Doctor of Sciences" and for holding academic positions in NSA "Vasil Levski" (651,15 points are the total points collected by the candidate.).

### **PEDAGOGICAL ACTIVITY**

Chief Assistant Tsveta Dimitrova Traykova has a full regular and extracurricular teaching load. She conducts lectures and exercises to students of the educational and scientific degree "Bachelor" and "Master" in the discipline "Theory and Methodology of Physical Education".

She conducts current and pre-graduate teaching practice at school, semester exams and state exam lessons, consultations. She is the supervisor of 2 diploma theses of students from the Bachelor's and Master's.

She participated in five educational and scientific projects.

### **CONCLUSION**

Chief assistant Tsveta Dimitrova Traykova is a well-established university lecturer and scientist. She has very good theoretical and practical qualification. She has in-depth theoretical knowledge of the specialty and abilities for independent research and teamwork.

The scientific works of the candidate contain sufficient and substantial scientific-theoretical and scientific-practical contributions.

The scientific production of Tsveta Dimitrova Traykova will enrich the knowledge in the theory and practice of sports science, related to motor activity of individuals in all stages and degrees of the Bulgarian education system (from preschool to youth).

Her application for the competition meets all the requirements and criteria set by the Law on the Development of Academic Staff in the Republic of Bulgaria, the Regulations for its implementation and the regulatory requirements

of the NSA "Vasil Levski". Based on the above exposed review, I express my positive vote regarding the approval of the candidate for the academic position "ASSOC. PROFESSOR" in the field of higher education: 1. Pedagogical sciences, Professional trend: 1.3. Pedagogy of training in..., Specialty "Theory and methodology of physical education", at the National Sports Academy "Vasil Levski", Department "Physical Education Theory" and I recommend the esteemed members of the scientific jury to confirm this opinion.

07.07.2023

Reviewer: Prof. Galina Dyakova, PhD

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