

S T A T E M E N T

by Prof. Yordan Kostadinov Ivanov, PhD

Member of the Scientific Jury

Regarding: Competition for occupying the academic position "Professor" at NSA "Vasil Levski", announced in State Gazette, issue 96 of 11.11.2025.

Professional field – 1. Pedagogical Sciences, professional direction 1.3. Pedagogy of teaching in ...

Specialty “Theory and methodology of physical education”

I. DATA ABOUT THE COMPETITION AND THE ACADEMIC DEVELOPMENT OF THE CANDIDATE

The competition for occupying the academic position “Professor” is for the needs of the Department “Theory of Physical Education” and fully meets the requirements of the Law for the Development of the Academic Staff, the internal regulatory documents and rules at NSA “Vasil Levski”.

In the overall procedure of the competition, no procedural violations of formal or other nature have been established, as well as plagiarism above the permissible norms.

The only candidate who declared participation and submitted the necessary documents meeting the requirements and deadlines is Assoc. Prof. Todor Marinov, PhD.

The candidate was born on 22.08.1981. In 2004 he completed his higher education at NSA “Vasil Levski”, educational and qualification degree “Bachelor”, specialty: “Teacher of Physical Education” and second specialty – “Aikido Coach”, with excellent results. In 2005 he completed the educational and qualification degree “Master” in the master’s program “Sport at school and leisure time” with excellent results. Since 2007 he has held the academic position “Assistant” at the Department “Theory of Physical Education” at NSA “Vasil Levski”. In 2014 he defended a dissertation on the topic “Model for specialized training of students for survival in disaster situations” and was awarded the educational and scientific degree “Doctor”. In 2016 he was elected “Associate Professor” at the Department “Theory of Physical Education” and marketing manager at the Center for Postgraduate Qualification at NSA “Vasil Levski”. He demonstrates and proves his administrative and managerial qualities, knowledge and skills through his election as Head of Department in the period 2020–2024, and in 2024 he was elected Vice-Dean of the Faculty “Pedagogy” at NSA “Vasil Levski”. He has worked on numerous national and international projects and successfully and authoritatively supervises 3 PhD students and 4 diploma students.

II. GENERAL DESCRIPTION AND ANALYSIS OF THE SCIENTIFIC PRODUCTION OF THE CANDIDATE

The candidate participates in the competition with a total of 28 works, including one monograph, one book based on a defended dissertation, 4 articles published in scientific journals indexed in world- renowned databases, 20 articles published in non- indexed peer- reviewed journals, one university textbook, and one teaching aid used in the school network. He is the sole author of seven of the

scientific publications and co- author of 17. The thematic orientation of Assoc. Prof. Marinov can be summarized, analyzed, and classified into 3 main directions:

1. The main direction is “Theory and methodology of physical education”;
2. Psychological aspects and problems in physical education;
3. Scientific approaches, tools, methods, and methodology for survival in extreme situations.

An exceptionally high evaluation deserves the monographic work “Foundations of Physical Education. Theory and Methodology”. The monograph is structured in 7 sections and presented in 288 pages with a bibliography of 312 sources.

Based on the in- depth sportological analysis and on the basis of the contemporary development of scientific knowledge, a summarized and analyzed theory and methodology of physical education has been developed. The functions of the academic discipline are systematized, structured, and characterized. The basic conceptual apparatus and retrospective analysis of the development of physical education in Bulgaria are presented.

The goal, objectives, didactic principles, tools, and methods of physical education are considered in logical sequence. A classification of physical exercises is built according to 8 criteria, and the specialized variety of additional means of physical exercises is examined. The scientific foundations in the development of motor activity are very well analytically and deeply developed, and an innovative contemporary theory and methodology for the development of physical qualities has been developed. Fundamental issues related to biological- age and morphological characteristics of adolescents at different stages of school education, as well as in higher education, are examined.

A system for long- term sports training and control, as well as the selection and recruitment of young athletes, has been developed and presented. Special attention deserves the participation of Assoc. Prof. Marinov as co- author of the textbook “Theory and Methodology of Physical Education” for students at NSA “Vasil Levski”, where he developed 4 sections. He is also co- author of the “Specialized section: Theory of Physical Education” in the guide for professional training of the profession “Assistant Coach” in sports schools for grades 11 and 12.

High evaluation also deserves the presented scientific works in the second and third directions.

It has been established from the studied orientation of future sports pedagogy students that students who practice sports have a better affinity toward sportsmanship compared to students who do not practice sports. It has also been proven that the systematic practice of yoga has an extremely positive effect on stress coping strategies.

Special attention deserves the book from the third direction “Specialized training of students for survival in disaster situations”, where the nature and characteristics of disaster situations, the specifics of survival, and the role and place of physical education in preparing students for action in disaster and extreme situations are analyzed.

In summarizing and analyzing the scientific production, I can state that Assoc. Prof. Todor Marinov has extremely deep knowledge, rich practical experience as an established sportologist, who can perform sportological analyses of various theories, useful practices, and innovative methodologies in the field of theory and methodology of physical education and youth sports.

III. MAIN SCIENTIFIC CONTRIBUTIONS TO SPORTOLOGY

- The theoretical framework in the field of physical education has been enriched regarding theoretical and methodological foundations fully consistent with contemporary trends, factors, and conditions in the development of modern society.
- The structure of the physical education system and its main functions, as well as its organizational and methodological aspects in Bulgarian education, are examined, analyzed, and clarified.
- For the first time, a new and relevant goal of physical education in the educational system has been derived and justified, related not only to acquiring knowledge and skills for targeted and effective application of physical exercises, but also to building motor habits and qualities, and for leading a healthy lifestyle and successful socialization in society.
- Fundamental principles of the physical education system have been derived: health orientation; comprehensiveness; applicability and scientific validity; and specific principles related to the development of students' motor qualities.
- A system for control and evaluation of students' physical capacity has been developed, as well as analyses regarding the influence of body mass on motor abilities at different ages.
- The theoretical basis for the motor development of adolescents has been developed, and its main phases have been revealed.
- Eight main challenges to physical education in the educational system have been identified.

IV. CONCLUSION

Based on the positive evaluations and the indisputable significant scientific contributions of the works presented for opinion, as well as from the analysis of the scientific- applied, sport- pedagogical, administrative- managerial, and public activity of the candidate, I consider that Assoc. Prof. Todor Zhelyazkov Marinov, PhD fully meets the requirements of the Law for Academic Staff Development and the internal regulatory requirements of NSA “Vasil Levski”.

Assoc. Prof. Marinov is an established sportologist with extensive experience and high professional training, possessing deep theoretical knowledge and practical skills to develop his own concepts and create useful scientific products with significant practical applicability.

All this gives me grounds with full conviction to give my positive evaluation and propose to the respected Scientific Jury to elect Assoc. Prof. Todor Zhelyazkov Marinov, PhD to the academic position “Professor” in the field of higher education 1. Pedagogical Sciences, professional direction 1.3. Pedagogy of teaching in “Theory and methodology of physical education”.

10.02.2026

Prepared by:

Sofia

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