

STATEMENT OF OPINION

Prepared by Prof. Ivan Stoyanov Merdzhanov, PhD

Director of the Department of Foreign Language Teaching, Communications and Sport
at the Medical University "Prof. Dr. Paraskev Stoyanov", Varna,
Member of the Academic Jury determined by Order No. P-109-198/26.04.2021 of the Rector of
the Medical University – Varna

Regarding: A competition for holding the academic position "Associate Professor" within the higher education field of 1. Pedagogical sciences, professional subfield 1.3 Pedagogy of teaching..., with the scientific specialty of "Physical Education and Sports" for the needs of the educational sector "Physical Education and Sports" at the Department of Foreign Language Teaching, Communications and Sports of the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna, which was announced in Issue 17 /26.02.2021 of the State Gazette.

As the only applicant in the contest participated Zhulieta Georgieva Videnova, PhD, Senior lecturer in educational sector "Physical Education" at the Department of Foreign Languages, communications and sports at the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna. The presented documents were prepared in compliance with the requirements of The Act for the Development of the Academic Staff in the Republic of Bulgaria and the Regulations for the Application of the aforementioned Act, as well as in compliance with the Regulations for the Development of the Academic Staff of Medical University – Varna dated 28.01.2021.

1. Professional development of the applicant

Senior Lecturer Zhulieta Georgieva Videnova, PhD has two master's degrees. In 1994 she graduated with a master's degree from the National Sports Academy "Vasil Levski" - Sofia, specialty "Physical Education", qualification "Athletics Coach and Physical Education Teacher", and in 2018 he successfully completed her second master's degree at the Medical University. "Prof. Dr. Paraskev Stoyanov" - Varna, specialty "Public Health". In the period 2018-19 she was a doctoral student in the scientific specialty "Public Health Management" at the Department of Social Medicine and Health Care Organization at the Faculty of Public Health of MU-Varna, and in 2019 she acquired the "Doctor" in scientific specialty "Public Health Management". Dr. Videnova has been a master of sports since 1988, a multiple republican champion in the sprint disciplines for girls, holder of a national record in the 200 m hurdles and more. Since 2015 she has been a member of the Regional Commission for Youth and Sports at the District Administration - Varna. She began her professional development as a physical education teacher in the town of Kostinbrod, and later in the sports school "Georgi Benkovski" - Varna as a methodologist in a scientific-applied laboratory and a teacher of theory and methodology of sports training. In 2003 she started working as a lecturer in the educational sector "Physical Education and Sports" of the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna, and since 2007 she has been a senior lecturer and head of the sector.

2. Characterization of the scientific and methodological activity of the applicant

2.1. General description of the presented materials

Under Art. 126 (1), Item 4 of the Regulations for the development of the Academic Staff of MU-Varna Senior Lecturer Zhulieta Georgieva Videnova, PhD has submitted on paper and electronic media a completed standardized electronic report proving the fulfillment of the minimum requirements for holding the academic position of "Associate Professor". It is noteworthy that the applicant presented, in addition to a monograph and 3 co-authored articles, published in scientific journals, referenced and indexed in world-famous databases of scientific information. Out of the 18 articles included in the evidence to meet the minimum requirements submitted 1 full text publication in scientific magazines is, 15 participations in national and international scientific meetings, five of which abroad. The citations are a total of 21 - 2 in scientific journals, referenced and indexed in world-famous databases with scientific information or in monographs and collective volumes, 15 in monographs and collective volumes with scientific review and 4 in non-referenced journals with scientific review.

2.2. Evaluation of scientific contributions

Scientific work of Zhulieta Georgieva Videnova, PhD, cover the following main areas: 1) Physical activity among young people, European policy and pedagogical approaches in the field of student sports ; 2) Integration of Bulgarian folk dances as a pedagogical approach in the training of students in physical education and sports and research of attitudes, motivation and quality of life related to health through innovative research methods ; 3) Pedagogical practice in the field of health promotion .

The presented monograph "**Bulgarian folk dances - heritage, development and approaches in Medical University - Varna**" (2020) stands out with the greatest scientific contribution . The text proposed by the author meets all the requirements for monographic work, including over 128 pages, divided into three chapters, 93 images, 6 figures and 1 table The remarkable analysis of the role of folk dances in academic education is based on the in-depth study of the scientific literature, which found its expression in the rich bibliography of 128 sources, of which 61 Bulgarian and 67 foreign . Labor is identified with the international standard number ISBN 978-619-22 1- 297-1 and publish Mr. Bulgarian by the publisher of the Medical University - Varna.

The dialectic of the text is the adequate approach to this specific aspect of pedagogical practice, and the monograph itself is a competent summary of previous theoretical literature in the field of Bulgarian folk dances, supported by personal professional observations and summaries of the author. The first chapter "**Development of Dance**" is a historical overview of the origin, philosophy and social role of dance from the primitive municipal system, through antiquity, the Middle Ages and the Renaissance to the present day. The interrelations of dance with the physical and spiritual development of society, its religious interpretation and ritual function are studied. The second chapter "**Bulgarian folk dances today**" presents both the development of

Bulgarian folk dances over the centuries and their role in the life and philosophy of Bulgarian communities, and an in-depth study of the characteristics of folk dances in different ethnographic areas of the country. On the basis of a rich literary review, the public role of the Bulgarian folk dances, as well as the development of the folk ensembles and the importance of the state policy and the specialized higher educational establishments in this field are considered. The third chapter "**Bulgarian folk dances at the Medical University - Varna - history and development**" focuses on the history and rapid development of Bulgarian folk dances as a discipline at the Medical University - Varna. The history of this discipline is illustrated with rich photographic material from the first ideas to its introduction in the curricula of all specialties based on the exceptional interest among both Bulgarian and foreign students at the university. Attention is also paid to the role of the university leadership in establishing folk dances as a desirable discipline and in the creation and performance of the student dance group "Diana", whose mastery and enthusiasm compete with professional ensembles. This monograph makes a very good impression with the use of casual, accessible and very well structured style in Bulgarian, formally- logically substantiated composition, consistently presenting the research approach from a general historical and social context through principled considerations of the object of study to specific details and aspects of pedagogical practice and a well-developed relationship between problem analysis and the volume of the exhibition thanks to the focus on pedagogical discourse and its academic and practical aspects.

While in the monograph Dr. Videnova gives a large-scale view of dance as a social phenomenon and as an integral part of Bulgarian culture, focusing on its unique and pedagogically sound integration into the teaching and cultural life of the Medical University - Varna, in a **dissertation printed as a book. Influence of the Bulgarian folk dances on the health of the students of the Medical University - Varna**" the dance stands out in the foreground in its concrete impact on the health of the young people and its inclusion in the academic education. The study was conducted in the context of missing similar studies in Bulgaria. It was made not only a historical and ethnographic overview of Bulgarian folk dances, but terminological clarification of concepts and concepts from the field of health promotion and quality of life. The conclusions in the dissertation address a wide range of issues related to health and regulation of folk dances, some of which are as follows: the practice of Bulgarian folk dances improves health and quality of life, in the curriculum of all universities in Bulgaria Bulgarian Folk dances have the "reserved" place and the "special" role as an equal alternative to sports, the teaching of Bulgarian folk dances at MU-Varna turns out to be a successful academic model and others. Bulgarian dances have a beneficial effect not only to engine stall activity of students, but also to their emotional resilience and lifestyle. Students engaged in in this activity are defined as charged and energetic. Bulgarian folk dance classes are a protective health determinant that leads to the reduction of harmful habits such as smoking, unhealthy eating and alcohol use.

The full-text publications submitted for consideration are an essential part of the applicant's scientific output. In the field of physical activity among young people, European policy and pedagogical approaches to student sport stand articles Γ_7-3, Γ_7-4, Γ_7-5, Γ_7-6, Γ_7-9, Γ_7-10 et al. Scientific research in the field of physical activity among young people, the

development of student sports through the use of innovative methods and the role of communication in sports are a significant contribution of the applicant to the development of programs for physical activity among students and the effect of introducing various sports. . Studies have been conducted on the place of sport in universities from different European countries and on international good practices for stimulating physical activity among students. The topic of non-verbal and marketing communication in sports is also touched upon. On the topic of integration of Bulgarian folk dances as a pedagogical approach in the training of students in physical education and sports and research attitudes, motivation and quality of life related to health, through innovative research methods are also presented many papers - A _ 1 , B _ 3 , Г _ 5 - 1 , Г _ 6 - 2 , Г _ 7- 14 , Г _ 7-1 5, Г _ 7-1 6 and others. They show an in-depth study of the attitudes and motivation of the students from MU-Varna for folk dance classes and the impact of these classes on the health and self-esteem of future health professionals. The need for the inclusion of folk dances in the curricula of the discipline Sports as an opportunity to preserve and promote Bulgarian folklore, traditions and culture, including abroad. Articles Г _ 6 - 1 , Г _ 6 - 3 , Г _ 7- 1 , Г _ 7- 7 , Г _ 7- 8 Г _ 7-1 7 et al. are directed to the third field of scientific interest - pedagogical practice in the field of health promotion . Bulgarian folk dances are considered a health-promotional intervention. Studies of the needs for sports skills in students and the role of an active and healthy lifestyle are presented. The issues concerning the practice of Bulgarian folk dances in the context of health promotion and the development of the basic motor qualities through classes in folk dances in the classes of physical education and sports are considered in detail. The topic of the borderline states of health and the place of physical education in sports in their prevention is analyzed.

The applicant's contributions, achieved outside the topic of the habilitation work, are in a wide range of teaching and research work, and we would like to highlight the following several areas:

- 1) For the first time in the study of Bulgarian folk dances the concepts of health promotion, quality of life and, determinants of health and community are brought together, as well as an analysis of the influence of Bulgarian folk dances on the subjective health of students is presented.
- 2) Contribution is the endeavor in the direction of preserving the Bulgarian culture and popularization of the national wealth, as represented by the folk dances.
- 3) The integration of the teaching of Bulgarian folk dances in the curricula of students of all specialties Bulgarian-English teaching popularize the Bulgarian culture and contributes to the improvement of the motor activity of the students.
- 4) For the first time in Bulgaria an audio-visual textbook for studying Bulgarian folk dances has been created, which is an innovative way to teach healthy motor activity in a digital environment.

3. Educational activity/participation in applied scientific and research projects

According to the attached documents, Dr. Zhulieta Videnova has more than 26 years of experience in the specialty, of which more than 17 years of teaching experience at MU-Varna. It has a full study load of 360 to 792 hours per year, which significantly exceeds the existing standard. Dr. Videnova has participated in numerous national and international

conferences, congresses and other scientific forums in the country and abroad. Scientometric indicators indicate a high degree of research and teaching activity.

4. Conclusion

The scientific contributions and the serious research work and teaching activity presented in this statement of opinion provide me to vote for the election of senior lecturer Zhulieta Georgieva Videnova PhD to hold the academic position "**Associate Professor**" in educational sector "Physical Education and sports" at the Department of Foreign Languages, communications and sports of the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna, within the higher education field of 1. Pedagogical sciences, professional subfield 1.3 Pedagogy of teaching..., with the scientific specialty of "Physical Education and Sports".

04.06.2021

Prepared Statement:
Prof. Ivan Merdzhanov, PhD



