

*(Translation from Bulgarian)*

## EXPERT OPINION

*Re: The Competition for the Academic Position of Associate Professor*

*Prof. Dr. Paraskev Stoyanov Medical University of Varna; pursuant to Article 3, paragraph 1 of the Development of Academic Staff in the Republic of Bulgaria Act*

*Higher education field 1. Pedagogical Sciences, professional field 1.3. Pedagogy of Education in....., specialty Physical Education and Sports - for the needs of the Physical Education and Sports Sector at the Department of Foreign Language Training, Communications, and Sports*

*Candidate: Dr. Julieta Georgieva Videnova*

*Expert opinion by: Assoc. Prof. Svetoslav Stefanov Stefanov, PhD, St. Cyril and St. Methodius University of Veliko Tarnovo, member of the scientific committee appointed with Rector's Order P-109-198 / 26.04. 2021*

### *1. General description of the materials submitted*

Dr. Julieta Georgieva Videnova is the only candidate in the competition for the academic position of Associate Professor at the Department of Foreign Language Training, Communications, and Sports of Prof. Dr. Paraskev Stoyanov Medical University of Varna announced in State Gazette No. 17 of 26/02/2021.

Dr. Julieta Georgieva Videnova provided a **list** of the necessary documents for participation in the competition for the academic position of **Associate Professor**.

The presented list of papers includes a total of **28** scientific papers, of which 24 were offered for review, and I accepted 24 for review, as well as the habilitation paper.

The candidate meets the additional requirements of the competition for completed master's degrees in Physical Education and Public Health, which is evident from the higher education certificates presented.

From the provided teaching experience certificate, it is evident that since 2008 she has been head of a sector and a senior lecturer at Prof. Dr. Paraskev Stoyanov Medical University of Varna, which is an excellent prerequisite for the candidacy and the announced position of Associate Professor.

The presented report by years shows that over the years she has fulfilled almost double the norm for teaching hours, i.e. 360.

The academic reference issued by the library of the Medical University of Varna includes publications and citations that cover the minimum national requirements.

## ***2. General characteristics of the scientific and scientific-applied and pedagogical activity of the candidate***

The candidate's CV clearly shows the interests of Dr. Zhulieta Georgieva Videnova in improving the physical activity of young people, integrating Bulgarian folk dances as a pedagogical approach in the training of students in Physical Education and Sports, and researching the attitudes, motivation, and quality of life related to health through innovative research methods.

## ***3. Scientific and scientific-applied and pedagogical activity and nature of the scientific contributions and applied achievements of the candidate:***

### **Scientific theoretical contributions**

The analysis of the scientific-applied works of the candidate, as well as of the presented habilitation work shows that she continues to develop her skills and get scientific results that are new for her, using the scientific approaches mastered in the work on the dissertation and applied in similar tasks and scientific fields.

The presented monographic work consists of 128 pages and is illustrated with 1 table, 6 figures, and 93 photos. The literature used includes 128 sources. The author presented a large-scale historical view of dance as a social phenomenon and an integral part of the Bulgarian culture, as well as of its unique and pedagogically sound integration into the education and cultural life of Prof. Dr. Paraskev Stoyanov Medical University of Varna. The monographic work is addressed to the academic community of the Medical University of Varna and other universities, to those working in the field of Physical Education and Sports and interested in the pedagogical integration of the art of dance. The exposition and the summaries made in the monographic work *Bulgarian Folk Dances - Heritage, Development, and Approaches at the Medical University of Varna* are indisputable proof that the study of Bulgarian folk dances in Physical Education and Sports classes is a successful model for training the students of Prof. Dr. Paraskev Stoyanov Medical University of Varna.

The research in the field of Bulgarian folk dances has been enriched. In addition, the scientific research is aimed at preserving the Bulgarian culture and promoting our national wealth, such as Bulgarian folk dances. For the first time in Bulgaria, the concepts of *health promotion*, *quality of life*, *health determinants*, and *community* have come together in a study of Bulgarian folk dances.

For the first time in Bulgaria, an analysis of the influence of Bulgarian folk dances on the subjective health condition of students has been made.

Studies of European policies in the field of physical activity, as well as of the impact of communication on sports have been conducted.

The importance of the contributions of the habilitation work is undoubted. Given its wide international and national publicity and the large number of citations abroad listed below, these contributions undoubtedly correspond to the guidelines for reviewing.

### **Contributions of a practical-applied nature**

The most significant contribution is the creation of a functioning and successful model for the organization and implementation of the educational process in Physical Education and Sports at the Medical University of Varna. The continuous introduction and validation of new

opportunities for sports for students are a natural part of the practical-applied work of the candidate.

The integration of training in Bulgarian folk dances is a contribution with an indisputable effect. Their introduction in the curricula of students of all specialties improves the motor activity and favours a healthy and active lifestyle.

The further development of the idea for training in dances in the Physical Education and Sports classes and the author's leading role for the creation of *Diana* Student Dance Ensemble is a contribution in which she has invested a lot of energy and enthusiasm.

In the conditions of a pandemic, the candidate has created an audio-visual textbook for studying Bulgarian folk dances, which is an innovative way to teach healthy motor activity, and which proves its role and clear benefits in learning in an electronic environment during the Covid 19 pandemic.

The application of a mix-method design is a modern approach in the field of research related to public health. Studies show that when used in combination, quantitative and qualitative methods complement each other and allow for a comprehensive analysis.

The public health research provides a theoretical model for conducting a Delphi study among experts, which can be applied when aiming to reach consensus on various issues affecting community life.

#### ***4. Personal impressions***

I know ***Dr. Julieta Georgieva Videnova*** as a good organizer. She is responsive, correct, and ethical in her relations with her colleagues. She is hardworking, persistent, consistent, and extremely precise and responsible for her professional duties. She is distinguished by her serious scientific interests, communication skills, and perspective thinking. She stands out with her original ideas and methodical solutions, and excellent teamwork skills. She is characterized by innovative thinking in teaching folk dances to students.

#### ***Conclusion***

Taking into account the overall scientific, scientific-organizational, expert, and teaching activity of the candidate, which includes the scientific results achieved by her, as well as my opinion that the candidate is a fully-built and established scientist with international and national recognition, highly qualified and sought after lecturer in the field of the competition, practitioner and expert, I can say with confidence that the candidate has the necessary qualities required by the Development of Academic Staff in the Republic of Bulgaria Act as well as by the regulations of Prof. Dr. Paraskev Stoyanov Medical University of Varna for occupying the academic position of Associate Professor. Therefore, I propose to the scientific committee for the announced competition for the academic position of Associate Professor ***in Higher education field 1. Pedagogical Sciences, professional field 1.3. Pedagogy of Education in..., specialty Physical Education and Sports - for the needs of the Physical Education and Sports Sector at the Department of Foreign Language Training, Communications, and Sports, to award the academic position of Associate Professor to Dr. Julieta Georgieva Videnova.***

Veliko Tarnovo

21/05/2021

Assoc. Prof. Svetoslav Stefanov

