

OPINION

By Assoc. Prof. Daniela Ivanova Popova, PhD

Regarding: Competition for the academic position "associate professor" in higher education area 7. Health care and sport, professional direction 7.4 Public Health, specialty "Kinesiotherapy", announced in State Gazette issue No. 07 /23.01.2024 for the needs of the "Kinesiotherapy" department at the Faculty of "Public Health Care" at Varna Medical University.

By order № P-109-89/21.03.2024 of the Rector of MU- Varna, I am designated to present an opinion as a member of the scientific jury.

I. General data on the scientific production and activity of the candidate:

The sole candidate for the announced competition is chief assistant YaniGeorgievShivachev, PhD. The documents presented by the candidate are formatted according to the requirements of the Regulations for the development of the academic staff at MU- Varna. All requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria (LDRASRB), the regulations for its application, and the Regulations for the development of the academic staff at MU-Varna have been met.

In the current competition, chief assistant YaniShivachev participates with the following scientific developments:

- Publications in scientific journals, referenced and indexed in world-renowned databases of scientific information – 4 pieces;
- Publications in journals with scientific peer review, not referenced in world-renowned databases of scientific information – 6 pieces.
- Citations in scientific publications - 10 pieces (total 60 points).

II. Educational and teaching activity:

According to the report, the candidate has sufficient and exceeding the requirements educational workload for the last two academic years (2021/2022 and 2022/2023), totaling 1183 teaching hours for the Degree "bachelor", of which 122 hours are lectures, and 795 hours are practical exercises.

Chief assistant Shivachev teaches the bachelors in the specialty "Kinesiotherapy" in the mandatory educational disciplines "Kinesiological bases of kinesiotherapy", "Pathokinesiology - functional analysis and evaluation" and "Manual mobilization techniques of peripheral joints", as well as to students from the master's program "Rehabilitation, marine treatment, Wellness and SPA".

III. Assessment of the scientific and practical results and contributions of the creative production presented for participation in the competition:

The scientific production of the candidate shows his continuous growth as an academic personality and scientific researcher. All works reflect his practical experience in the field of kinesiotherapy. The scientific contributions are grouped into the following 3 main directions:

1. **Kinesiotherapy in musculoskeletal dysfunctions:** Pathologies of the knee joint, particularly its soft tissue injuries. Scientific interests in the issue of the knee joint are related to the mechanisms that lead to injury and the risk factors associated with them. Therapeutic techniques for the restoration of arthrokinematics and mobility of soft tissues are discussed. The possibilities for postoperative kinesiotherapy for knee dysfunctions, cooperative approach in the postoperative follow-up. In the area of sports k i n e s i o t h e r a p y, the candidate presents an expanded kinesiotherapeutic methodology in the treatment and prevention of more common postoperative conditions of the knee joint.
2. **Oncological rehabilitation,** in its part of restoring the function of the affected limb after chemotherapy and radiotherapy. Kinesiotherapeutic methods for coping with the complications occurring after surgical intervention, chemotherapy/radiotherapy, adversely affecting the function of the upper or lower limb and quality of life.
3. Kinesiotherapy in unconventional medicine

IV. Scientific activity

The candidate has participated with presentations at 12 national congresses and conferences and in 6 international forums.

The candidate has participated in a national educational project.

Member of:

- The Association of Physiotherapists in Bulgaria.
- Member of the Ethics Committee of the APB.

IV. Personal impressions

I know the candidate, I have worked with him and I believe that he possesses the necessary qualities related to a responsible attitude towards the tasks assigned to him, executive ability, correctness, and excellent teamwork. His creative activity as a teacher and scientific worker is associated with the striving for expanding professional competencies and raising his qualification.

In conclusion:

The quantity and quality of the materials presented for review give me reason to accept that they meet the requirements of the Law on the Development of the Academic Staff in the R Bulgaria, the Regulation for its implementation, and the corresponding Regulation of MU-Varna. I confidently give my positive assessment of the reviewed materials and the qualities of the candidate.

Based on the presentation made, I propose to the esteemed scientific jury to vote positively for chief assistant Yani Georgiev Shivachev, PhD., to occupy the academic position "associate professor" in the field of higher education 7. Health care and sport, professional direction 7.4 Public Health, specialty "Kinesiotherapy" for the announced by MU-Varna competition for the needs of the department "Kinesiotherapy" at the Faculty "Public Health".

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Prepared by:

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