

**TO THE CHAIRPERSON OF
THE SCIENTIFIC JURY**

R E V I E W

Concerning: competition for holding the academic position of “ASSOCIATE
PROFESSOR”

Scientific field: 1. Pedagogical sciences

Professional field 1.3 Pedagogical training for...

Scientific specialty “ *Physical Education and Sport* ”

MU “Prof. Dr. Paraskev Stoyanov ”

**“Department of Foreign Language Teaching, Communications and Sport”, published in
SG, issue 17/ 26.02.2021**

Reviewer: Prof. D.Sc. Nadezhda Yordanova-Stoyanova

1. Competition Information:

The competition for the vacant academic position of **one associate professor** in the specialty of “ *Physical Education and Sport* ” was announced for the needs of MU “**Prof. Dr. Paraskev Stoyanov**”, “**Department of Foreign Language Teaching, Communications and Sport**”, and published in **SG, issue 17** as of **26.02 2021**.

During the stated period, documents concerning participation in the competition have been submitted by only one candidate – senior lecturer, Dr. Julieta Georgieva Videnova who has been a full-time lecturer on a permanent employment contract at the “Department of Foreign Language Teaching, Communications and Sport” since 2010. The submitted set of documents shows that the applicant fulfills the conditions of Art. 24 of the Act for the Development of the Academic Staff in the Republic of Bulgaria, the Regulations for its implementation and the Regulations on the terms and conditions for the acquisition of scientific degrees and holding academic positions at MU “Prof. Dr. Paraskev Stoyanov”.

The procedure for this particular competition was closely followed. No suspected violation was detected.

2. BIOGRAPHICAL DATA ABOUT THE APPLICANT:

The senior lecturer, Dr. Julieta Georgieva Videnova was born in the city of Varna. Upon completing her secondary education, she continued her tertiary studies at the National Sports Academy (NSA) “Vassil Levski” - Sofia, to be awarded, in 1994, a Master’s degree in two specialties “Teacher of physical education” and “Trainer of track-and-field athletics”.

Subsequently, in 2018 she also gained a Master's degree in "Public Health" from MU "Prof. Dr. Paraskev Stoyanov", Varna. Further reference should be made to the candidate's triumphant sporting career. She is the title holder of the Bulgarian national track and field team, a participant in the European and World Championships, Republican championships medal recipient, Honoured Master of Sports in track –and- field athletics.

Some keystones of prime importance for her professional development, more particularly:

- ✓ **1990-1994** - graduated tertiary education.
- ✓ **1994 – 2003**- worked as a teacher of physical education and sport.
- ✓ **2003 –present**– lecturer in sport at MU, Varna
- ✓ **2007 present** -head of the training and research center of physical education and sport, part of the "Department of Foreign Language Teaching, Communications and Sport" at MU, Varna.
- ✓ **2018**- successfully defended doctoral dissertation and acquired educational and scientific Degree "doctor".

The professional advancement of the candidate for holding the academic position of "ASSOCIATE PROFESSOR" has naturally moved forward. And therein lies my genuine appreciation for all the effort she had put into reaching that far.

3. CHARACTERISTICS OF THE SCIENTIFIC WORKS AND PUBLICATIONS SUBMITTED FOR REVIEW

As part of her participation in the competition for the academic position of "associate professor" the candidate has submitted a list of **28** scientific publications, created either independently or collabotatively.

- **A monograph;**
- **A book based on the successfully defended doctoral dissertation;**
- **25 articles and papers, 5 of which including** in periodical scientific journals, refereed and indexed in internationally-recognized science research databases and **20** publications in non-peer reviewed journals.

The scientific and research activities of the applicant for the academic position of "associate professor" are clearly outlined and the works presented in this competition could be grouped under the following headings:

1. Theoretical and methodological problems related to the physical activity in young people, European policy and pedagogical approaches to tertiary sport and physical education. (*Г_7-3; Г_7-4; Г_7-5; Г_7-6; Г_7-9; Г_7-10; Г_7-11; Г_7-12; Г_7-13*)

2. Problems associated with the integration of Bulgarian folk dances as a pedagogical approach in the training of students in physical education and sport and research into the attitudes, motivation and quality of life related to health through innovative methods of research. (*A_1; B_3; Г_5-1; Г_6-2; Г_7-14; Г_7-15; Г_7-16; Г_7-17; Г_7-18; OHC-Г_6-1; OHC-Г_7-1*).

3. Pedagogical practices in health promotion. (*Г_6-1; Г_6-3; Г_7-1; Г_7- Г_7-7; Г_7-8; Г_7-17; Г_7-18; OHC-Г_6-2*)

The principal scientific works produced by the senior lecturer Julieta Videnova are in the areas of physical education and sport, improving student's physical development and enhancing their motor skills, re-affirming the value, the place and the role of sport in higher education.

Preservation of the Bulgarian culture and popularization of our nation's wealth, such as the Bulgarian folk dances.

Publications in the areas of healthcare and health promotion. Some of her scientific publications focus on a range of innovative methods for teaching physical education and inquire into the students' attitudes to the discipline under study and determine the underlying motivation behind their active participation in sports related physical activities. Conducted, further, have been studies into the European policies on physical and motor development of adolescents, and the importance of communication in sport.

It can, therefore, be concluded, from the provided data and publications that the candidate meets the minimum quantitative requirements under Art.2b, para. 2 and 3 of of the Act for the Development of the Academic Staff in the Republic of Bulgaria for holding the academic position of “ associate professor” in higher education institutions 1. Pedagogical Sciences. In reference to the scientometric indicators, achieved is a total of 403,9 points – as against minimum requirement of 400 points.

From the submitted works special emphasis should be given to the monography on the subject of the “Bulgarian Folk Dances Heritage, Development and Approaches at the Medical University – Varna”, a volume of 128 pages. The author aims to provide an in-depth large-scale historical exploration of the national folk dance as a social phenomenon and as an integral part of Bulgarian culture. The first chapter takes an ethnographic look at the dance as a unique phenomenon of the nation's spirit. The second chapter gives a full description of the Bulgarian dance folklore. The third chapter gives an account of the specific development and history of the national folk dances within Medical University of Varna academic curriculum. The findings of the research prove the benefits of practicing Bulgarian folk

dances as a way to promote the national folk arts and preserve and restore our cultural heritage.

The manuscript is richly illustrated with 93 photographs, as concrete evidence of MU folk dance ensemble participation in a number of festivals and a testament to the practical application of the model under consideration. The author's indisputable contribution is the sustained and persistent development of the ensemble and brave endeavours to enhance the popularity of the Bulgarian folk choreography and traditional folk dances as a performing form of art.

It should be pointed out that all the scientific works and publications included in the list submitted for review by the candidate for the academic position of “ associate professor” were publicized.

4. SCIENTIFIC CONTRIBUTIONS

Distinguished, among the scientific and applied research activities undertaken by the senior lecturer Dr. Julieta Videnova, are the following scientific contributions grouped in the following areas:

1. Physical activity in young people, European policy and pedagogical approaches to tertiary sport and physical education

- *Developed are programmes for strengthening student's motor skills and analysed is the effect of the applied sport disciplines.*
- *Explored is the issue of the place and role of sport in university curricula across different European countries and the best international practices to promote physical activity among students.*
- *Covered is the topic of nonverbal and marketing communication in sport.*

2. Integration of Bulgarian folk dances as a pedagogical approach in the training of students in physical education and sport and research into the attitudes, motivation and quality of life related to healthcare through innovative methods of research.

- *Conducted is a thorough research in the field of Bulgarian folk dances. Determined are MU – Varna students' attitudes and motivation to participation in folk dance classes and evaluated is the effect of the respective dance practices upon the health and self-esteem of the future healthcare professionals.*
- *Highlighted is the importance and necessity of including Bulgarian folk dances in the curricula for the discipline “Sport” as a way to preserve and promote Bulgarian folklore, traditions and culture.*
- *Recognised is the fact that Bulgarian folk dances tend to greatly facilitate the integration of foreign students and are more direct way of transmitting cultural values*

and popularizing Bulgarian folklore outside the borders of the country. They are believed to be an effective way to bridge the differences within the university multinational student community, by creating casual acquaintances, lasting friendships between people of different nationalities, races and religions. Bulgarian folk dances generate social capital (trust, communication, fruitful collaboration), which is an essential prerequisite for the establishment of a healthy student community.

3. Pedagogical practices in health promotion

- *Considered is the role of Bulgarian folk dances not only as a unifying social phenomenon, but also as a means of developing relevant health promotion intervention.*
- *Performed have been studies into the need for teaching students various sport skills and the importance of living an active and healthy lifestyle.*
- *Examined in more detail is the issue of practicing Bulgarian folk dances to promote healthcare, and strengthening the students' physical development and basic motor skills through folk dance-related activities incorporated gradually into their regular classes of physical education and sport. Observed, additionally, is the problem of borderline personality disorder and the role of physical education and sport in their prevention.*
- *Interwoven elegantly throughout the presented scientific works are key messages about the Bulgarian folk dances, namely:*
 - *as physical activity, they can be practiced on a daily basis;*
 - *they are beneficial to our mental health, physical and social functioning;*
 - *physical activity at a younger age contributes to maintain better quality of life and healthcare in older adults;*
 - *improved health and well-being through reduced levels of stress, more retentive memory and efficient self-organization;*

Scientific and theoretical contributions

The author Julieta Videnova is an innovator in her research on Bulgarian folk dances and their association with the concepts of health promotion, "quality of life", "determinants of health" and "community". She has made a comprehensive analysis of the likely effect of Bulgarian folk dances on students' subjective health.

Contributions of applied research

- *A noteworthy and easily noticeable practical contribution is the firmly established and well-functioning model for the organization and implementation of the educational process of physical education and sport at the Medical University of Varna. Considerable part of the practical and applied work profile of the senior lecturer Julieta Videnova is related to the continuous introduction and initiation of a wide range of sport and tourism opportunities for the students to explore. She channeled all her energies into*

the development of both mass and elite sports at the university. The innovations she has successfully implemented have led to a number of outstanding sports achievements for the MU Varna, as for instance being the overall winner of the 2020 Summer University Sports Games, multiple Complex Winner in the Varna Universiade, awards for achieving the best sports results ever among the medical universities in Bulgaria, etc.

- *A significant contribution is also the implementation of Bulgarian hora (chain dances) and national folk dances in the students' curricula for all the specialties at MU – Varna. The large number of foreign students studying at MU “Prof. Dr. Paraskev Stoyanov” is reported to take great pleasure and enthusiasm in horo dancing. Consequently, these classes contribute enormously to the integration of foreign students in Bulgarian culture and medical education.*
- *She gave her heart and soul not only to improve further the idea of intertwining national folk dances into the classes of physical education and sport but also to initiate the creation of the Student Dance Ensemble (SDE) “Diana”. With their numerous performances and participations in numerous festivals, the students have in fact boosted the prestige of the Medical University of Varna and the glory of Bulgaria around the world. The level of their dance mastery is constantly increasing and is commensurate with that of the professionals. A fact that is publicly acknowledged by prominent experts in the field of choreography and dance art.*
- *Created, for the first time in Bulgaria, is an audio-visual textbook on Bulgarian folk dances, which is an innovative way to teach healthy motor skills, and which proves to be highly beneficial in e-learning environment during the Covid-19 pandemic.*
- *The application of mix-method design is a modern approach in the field of public health research. Studies show that when used in combination, quantitative and qualitative methods complement each other and allow for a more comprehensive analysis.*
- *The conducted public health-related research studies provide a theoretical model for performing a Delphi expert survey applicable to such cases when a general consensus should be reached on various issues that affect the life in the community as a whole.*

EVALUATION OF THE CANDIDATE’S TEACHING EXPERIENCE

Senior lecturer Julieta Videnova has delivered lectures and seminars in the discipline “Bulgarian traditional hora and national folk dances” to the students from all the specialties at MU- Varna. She is the founder and director of the MU- Varna Folk Dance Ensemble “Diana” which has earned prestigious awards at home and abroad..

CONCLUSION

The scientific works and publications submitted by the senior lecturer, Dr. Julieta Georgieva Videnova meet the requirements for the promulgated competition for holding the

share my deep conviction that the esteemed members of the scientific jury will unconditionally elect senior lecturer, Dr. Julieta Georgieva Videnova for the academic position of **“ASSOCIATE PROFESSOR”** in the specialty “Physical Education and Sport”, field of higher education 1. Pedagogical Sciences, Professional field 1.3. Pedagogical training for...

08.06.2021

Reviewer: Prof. Yordanova

A handwritten signature in blue ink, appearing to be 'Yordanova', written in a cursive style.

academic position of “associate professor”. They contain sufficient and substantial scientific-theoretical and applied contributions to the pedagogical science content. From this perspective, and in view of the thematic focus of the announced competition, I give my **positive vote** and share my deep conviction that the esteemed members of the scientific jury will unconditionally elect senior lecturer, Dr. Julieta Georgieva Videnova for the academic position of “**ASSOCIATE PROFESSOR**” in the specialty “Physical Education and Sport”, field of higher education 1. Pedagogical Sciences, Professional field 1.3. Pedagogical training for...

08.06.2021

Reviewer: Prof.



Yordanova