

## ACADEMIC REFERENCE LETTER

by associate prof. Theodora Nikolaeva Simeonova, PhD  
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**In reference to:** evaluation and assessment of the documentation submitted in relation to a competition for the academic post “associate professor” at the Medical University-Varna “ Prof. Dr Paraskev Stoyanov“ in the field of Higher education 1. Pedagogical sciences, professional area 1.3. Pedagogy of Education in..., specialty “Physical education and Sports”, candidate senior lecturer Zhulieta Georgieva Videnova, PhD.

The competition for a regular associate professor was announced in the State Newspaper issue 17 as of 26.02.2021, for the needs of Education sector

“ Physical education and sport” as part of the Department of Foreign language teaching, communication and sport, Medical University-Varna “ Prof. Dr Paraskev Stoyanov“ . The competition is in the field of Higher education 1. Pedagogical sciences, professional area 1.3. Pedagogy of Education in..., specialty “Physical education and Sports”. The only candidate for the position is senior lecturer Zhulieta Georgieva Videnova, PhD from the Education sector

“ Physical education and sport” as part of the Department of Foreign language teaching, communication and sport, at the Medical University-Varna “ Prof. Dr Paraskev Stoyanov“ .

The present academic reference has been written on the basis of regulation № ПД-16-006 as of 12.01.2021 of the Rector of the Medical University-Varna

“ Prof. Dr Paraskev Stoyanov“ for conducting a competition for the position of associate professor announced in accordance to the requirements of the Act on Development of the Academic Staff in the Republic of Bulgaria, The Guidelines for implementing the Act on Development of the Academic Staff in the Republic of Bulgaria, Guidelines for the development of the academic staff and Regulations for the development of the academic staff at the Medical University-Varna”, Dr Paraskev Stoyanov”.

### **I. Candidate’s professional biography.**

Zhulieta Georgieva Videnova was born on the 22<sup>nd</sup> of May, 1970 in the town of Varna. She

graduated from the National Sports Academy “ Vassil Levsky”, Sofia in 1994 Specialty “Physical Education”, qualification “ A coach in track and field events and a teacher of Physical Training - Master’s degree. In 2018 she obtained the Educational qualification degree „Master” – specialty “ Public Health” from the Medical University-Varna “ Prof. Dr Paraskev Stoyanov“. Her professional career is closely related to the system of School and University Education. Between 1994 and 2003 she was a teacher in Physical Training ( at the Secondary School “ Dr Petar Beron” in Kostinbrod), a trainer in an applied science lab and a teacher in the Theory and Methodology of sports training (“ Georgy Benkovsky” Sports School– Varna). Her teaching practice was followed by a permanent contract as a lecturer in 2003 at the Medical University-Varna “ Prof. Dr Paraskev Stoyanov“. Since 2007 up to now she has been the director of the Education Centre “ Physical Education and sport” while in 2008 she was appointed as a senior lecturer.

For her dissertation work on the topic “ The influence of Bulgarian folk dances on the health of the students from the Medical University in Varna” on the 6<sup>th</sup> of December 2019, Julieta Videnova was awarded the educational and scientific degree “ PhD” in the specialty of Health Care Management, Faculty of Public Health.

Zhulieta Videnova has a significant sports career as an athlete in the national team of track and field events, she participated in both European and world championships, and won medals at championships in the Republic of Bulgaria. She is Master of Sports in track and field events.

## **II. Applicant’s Scientific research activity:**

The scientific work submitted by the senior lecturer Julieta Georgieva Videnova, PhD for the competition includes 28 scientific papers: 1 dissertation work, 1 monograph, a book based on the defended dissertation, 25 articles (in scientific books, published in referred and indexed scientific journals in well-known databases all over the world - 5), citations – 21. All presented publications are in the field of the announced competition. A criterion for a positive assessment of the scientific research of the candidate is her participation with reports in scientific conferences (both national and international). Her participation in international scientific forums in Austria and Spain is also good evidence in this respect. The materials related to the competition and thus submitted by the candidate have been documented accurately and give the entire necessary information that meets the minimum national requirements according to article

2 b, paragraphs 2 and 3 from the Act on Development of the Academic Staff in the Republic of Bulgaria for the position of “ associate professor” in the area of Higher education 1. Pedagogical sciences by the indicators: 403,9 points altogether while the minimum requirements are 400 points.

The scientific work thus presented proves that not only the quantitative parameters have been met but also some qualitative results have been achieved in the scientific research and applied activity of the candidate.

The monograph “ Bulgarian Folk Dances – legacy, development and approaches in the Medical University of Varna, (2020 , p.128 c, Medical University of Varna, ISBN 978-619-221-297-1) impresses with its wide-scale view of the history of the folk dance as a social phenomenon and as an inalienable part of the Bulgarian culture. The folk dance phenomenon has been presented in a multifaceted way as a historical and ethnographic review in the first chapter of the book. The awareness of Bulgarian folk dances and the ways of their teaching (second chapter) has been supplemented in the third chapter by their development and history at the Medical university - Varna. The successful model of teaching folk dances to students provides evidence that the Bulgarian folk dances are a cultural heritage and a way of making folk art popular.

The various illustrations that depict the folklore world – 93 photos (showing the participation of the folk dance ensemble at the Medical University in a number of festivals) demonstrate the implementation of the model. The continuous development of the folk dance ensemble and increasing the popularity of the art of choreography and dancing are some of the undoubted contributions on part of the author of this habilitation treatise.

Zhulieta Videnova takes part in the competition with 25 articles, a significant part of which are published in books of collected papers from scientific conferences at the Medical University (on a national and international level) and some of them were published in the renowned Sport and Science journal. The applicant’s participation in international conferences abroad with articles published in referred and indexed scientific journals in well-known databases all over the world is good evidence for how popular her scientific research is.

The articles outline the basic thematic areas of the candidate’s investigatory research:

- Physical activity among young people, European policy and pedagogical

approaches in the field of students' sport ( $\Gamma_{7-3}$ ;  $\Gamma_{7-4}$ ;  $\Gamma_{7-5}$ ;  $\Gamma_{7-6}$ ;  $\Gamma_{7-9}$ ;  $\Gamma_{7-10}$ ;  $\Gamma_{7-11}$ ;  $\Gamma_{7-12}$ ;  $\Gamma_{7-13}$  and besides 1.

- Integrating the Bulgarian folk dances as a pedagogical approach in teaching students in Physical education and sport and investigating the attitudes, motivation and quality of life related to health through innovative methods of research (A\_1; B\_3;  $\Gamma_{5-1}$ ;  $\Gamma_{5-2}$ ;  $\Gamma_{7-14}$ ;  $\Gamma_{7-15}$ ;  $\Gamma_{7-16}$ ;  $\Gamma_{7-17}$ ;  $\Gamma_{7-18}$ ; OHC -  $\Gamma_{6-2}$ ; OHC-  $\Gamma_{7-1}$ .
- Pedagogical practices in the field of health promotion ( $\Gamma_{6-1}$ ;  $\Gamma_{6-3}$ ;  $\Gamma_{7-1}$ ;  $\Gamma_{7-2}$ ;  $\Gamma_{7-7}$ ;  $\Gamma_{7-8}$ ;  $\Gamma_{7-17}$ ;  $\Gamma_{7-18}$ ; OHC- $\Gamma_{6-2}$ ).

### **III. Evaluation of the contributions of the submitted creative work for participation in the competition.**

Not only the good quantitative parameters of her publications but also the specific scientific theoretical and practical contributions constitute positive evidence that should allow Zhulieta Videnova to obtain the academic position "associate professor".

Some of the substantial theoretical contributions can be pointed out as follows:

- Research has been carried out on European policies in the field of motor activity as well as the influence of communication in sport;
- For the first time in Bulgaria concepts such as "promotion of health", "quality of life", "determinants of health" and "community" are brought together in a research on Bulgarian folk dances
- For the first time in Bulgaria an analysis has been done on the influence of the Bulgarian folk dances on the individual health state of the students.

Contributions that are both practical and easy to implement:

- ✓ Creating a successful and functional model for the organization, education and implementation of a teaching/learning process in physical education and sport at the Medical University-Varna;
- ✓ For the first time in Bulgaria an audio visual teaching aid has been created for teaching and learning Bulgarian folk dances which is an innovative way of teaching healthy motor activity which in turn proves its positive role and usefulness in an online teaching

environment;

- ✓ The implementation of a blended learning design is a modern approach in the field of research related to Public Health. The combination of quantitative and qualitative methods allows for a comprehensive analysis;
- ✓ The research done connected to public health provides a theoretical model for carrying out a Delphi investigation among experts which can be applied when the aim is to reach a consensus on various questions that concern the life in a given community.

#### **IV. Candidate's teaching and training activity.**

For a number of years Zhulieta Georgieva Videnova, PhD has been training first and second year students in Physical education and sport, she has organized practical sessions for first and second year students in Bulgarian folk dances and lecture courses on the disciplines: Theory and methodology of physical education and Sport for all.

#### **V. Critical notes and recommendations.**

The theoretical and practical experience of Zhulieta Videnova thus accumulated prompts me to recommend the expansion of her publication activity in prestigious Bulgarian scientific journals and specialized international editions referred and indexed in the best academic research databases.

#### **VI. Conclusion.**

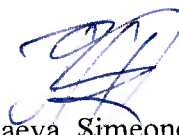
On the basis of the review of her scientific works and the scientific contributions found in them, I firmly state my positive opinion that the announced academic post "associate professor" in the competition should be awarded to Zhulieta Georgieva Videnova, PhD. This evaluation is also as a result of the relevant documentation submitted by the candidate according to the requirements of the Act on Development of the Academic Staff in the Republic of Bulgaria, the Regulations for implementing the Act on Development of the Academic Staff in the Republic of Bulgaria, the regulations for the development of the academic staff and the guidelines for the development of the academic staff at the Medical University-Varna, "Dr Paraskev Stoyanov".

The scientific results both theoretical and practical thus achieved by Zhulieta Videnova, PhD convinced me to strongly recommend her before the honorable members of

the scientific jury so that they give a positive feedback to her application and I propose to the Academic council of the Medical University-Varna, "Dr Paraskev Stoyanov" that Zhulieta Videnova be elected for the position of "an associate professor" in the field of Higher education 1. Pedagogical sciences, professional area 1.3. Pedagogy of Education in..., .

Academic reference letter written by:

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21.05.2021

Shumen