

REVIEW

of the scientific output and professional development of assistant professor Milena Avramova, doctor, candidate for the academic position of "associate professor" at the "Vasil Levski" National Sports Academy, in professional field 7.6. Sport, specialty Sport /Handball/, for the needs of the "Basketball, Volleyball, Handball" department.

The competition was announced in State Newspaper No. 93; November 22, 2022.

Reviewer - prof. Ivan Yotov, doctor

1. General notes.

Regarding the announced competition by the NSA "V. Levski" there was only one candidate for associate professor, namely – assistant prof. Milena Georgieva Avramova from the "Basketball, Volleyball, Handball" department, "Handball" sector. She has submitted all the necessary documents for participation in the competition.

Assistant prof. Milena Avramova, doctor, was born in 1978 in the city of Sofia. She completed her secondary education at 40th Secondary School "Louis Pasteur", Sofia /1995/. She obtained a bachelor's degree with a specialty "handball coach" and a teacher of physical education and sports at the NSA "V. Levski" /1999/. In 2007, she obtained a master's degree with a professional qualification: "Handball in the educational system."

Successfully defended a dissertation on the topic: "Optimization of the selection and training of the handball goalkeeper" in /2015/.

Sports and creative career.

The candidate started practicing handball at the age of 8. She is a player of the club "Lyulin" /1986 - 1987/

- 1987 – 1992 HC "Septemvri" Sofia - two-time republican champion and two-times vice-champion for girls;

- 1992 – 1995 HC "Volan"80 Sofia-women-two-time republican champion and winner of the "Bulgaria" cup
- 1995 – 1999 "NSA" Sofia-women, winner of the "Bulgaria" Cup and qualifying for the European Cup
- 1999 - 2002 HC "Volan" 80 Sofia-women.
- 1991 – 1995, national player for girls team - two-time winner of gold medals from the Balkaniads and participation in the European Championship for girls.
- 1995-1999 national women's player.

Milena Avramova has a clearly visualized conceptual model for personal, creative and professional realization. It can be said that her entire life and professional path is connected with the game of handball.

She successfully appeared as a coach in the youth, in the student teams of SU "Kliment Ohridski", as well as in the national girls' team up to 19 years old.

Academic activity: assistant prof. Milena Avramova has significant pedagogical and academic experience with students from the Faculty of Sport and Faculty of Pedagogy at the V. Levski National Academy of Sciences.

2. General characteristics of scientific publications.

M. Avramova has presented 15 publications at the competition. All works are on the subject of the competition and I accept them for review. The structure of the publications is as follows:

Habilitation thesis - monograph - 1 pc. - 100 points;

Publications in referenced and indexed in the world database with scientific information - 3 items, independent and one in co-authorship - 150 points;

Publications in non-refereed journals, with scientific review or published in edited collective volumes - 11 items, of which 8 independent - 277 points;

Citations in scientific publications, referenced and indexed in world-famous databases with scientific information or in monographs and collective volumes - 185 points;

Participation in a national scientific or educational project - 2 - 30 points;

Participation in an international or educational project - 1 - 20 points;

The submitted materials amount to 762 points. The candidate satisfies all the quantitative scientometric requirements for holding the academic position "Associate Professor" at the National Academy of Sports.

3. Usefulness of the candidate's activity for practice.

All publications are aimed at establishing the morphological status of adolescent handball players, the state of their physical capacity, control of the preparation of the handball goalkeeper, new methods for modeling and training, as well as analysis of the speed-strength training and game efficiency of highly qualified handball players.

4. Pedagogical activity.

She teaches at the teaching and coaching faculty, leads a specialty in handball theory and practice. She uses an innovative approach in her teaching activities, skillfully experimenting and introducing novelties from theory into practice. Under her supervision, four diploma theses have been defended by students (Bachelor's degree).

5. Analysis of scientific output.

The analysis will be carried out on groups of works depending on the purpose and tasks.

5.1 Monographic work on the topic: "Preparation of the handball goalkeeper", articles 2; 5; and 4; 12;

The developed monographic work is presented in 11 chapters in the necessary sequence. 135 literary sources corresponding to the monograph were studied.

Selection approaches have been perfected based on the study of the morphological status of adolescent goalkeepers, which includes basic anthropometric parameters determined according to specific criteria based on own experience and the reviewed literature.

A new approach has been developed regarding the individual aspects of specialized training, through the application of a hierarchical exercise model.

A variant of a cybernetic model for the formation of motor skills and habits of the handball goalkeeper has been presented.

Regression models for managing the motor training of the handball goalkeeper have been compiled and tested.

5.2. Anthropometric characteristics and physical performance in adolescent handball players.

The results of the study are presented in papers-3; 6; 8; 9; 10; 15;

The lesson on physical education and sports at school has a positive effect on improving the motor activity of students of the 7th, 8th, 9th grades. Applied tests can serve to optimize the learning process, both in physical education classes and in extracurricular forms of work focused on the handball game. (3,6).

In articles 8 and 15, the selection of handball goalkeepers among 11-12 and 15-16 year old students was studied, through the use of a specially developed test battery including revealing the level of the morphological status of the examined persons and specific physical and motor skills. In (10), a high correlation dependence between height and weight is revealed, which determines their significance for selection, together with span parameters.

In (9), an optimized model for the control of educational training work for 14-18 year old students from sports schools is presented.

I evaluate the approaches to the optimization of educational and training work in school physical education and the forms of extracurricular training activity, as the main selection factor in the handball game.

The proposed model for control of training work in sports schools is modern, up-to-date and subject to implementation.

5.3. Motivation, game efficiency, speed and power qualities.(1,11,7,13,14).

The specialized questionnaire research tool used reveals the positive attitude of the students towards the handball game, which is due both to the emotional charge that the game evokes and to the skillful management of the learning process by the teacher.

An analysis of distance learning in the COVID crisis is presented, which reveals the main drawback of this learning due to the lack of opportunity for effective practical activity and control.

The game efficiency of highly qualified female handball players was investigated, revealing the significance of the morphological status for the selection of the players. The importance of the effectiveness of the fast attack in its two forms to the final outcome of the game has been established.

The results obtained regarding the study of strength abilities during the competitive period of elite handball players are important for the educational and training process. The candidate establishes their level by finding no significant differences in the lower and upper limb tests. This is due to the high intensity of the load in the competition period.

6. Scientific and scientific applied contributions.

The scientific production of the assistant prof. Milena Avramova has high value and significant scientific and applied contributions in the relevant fields.

1. A regulatory system has been created to control the anthropometric and sports-technical indicators of adolescent handball goalkeepers.
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2. Regression models were compiled for 11, 12, 13 and 15 year old handball goalkeepers. Through the developed specific test for the goalkeeper, the level of control over technical skills, speed-power qualities and coordination abilities is increased.
3. A hierarchical model of the special, specialized and auxiliary exercises for the handball goalkeeper was developed, with a view to increasing the level of management of the training process.
4. The presented experimentally based model for control of special physical and technical-tactical training in sports schools is up-to-date and will support the management of motor activity of handball players in the individual stages of training.

7. Knowledge and use of the candidate's scientific output.

The scientific works of the Assistant Professor M. Avramova have been published in well-known prestigious journals and this has enabled a wide range of specialists to become familiar with them.

There are the following citations: 14 publications are cited, two of which are in indexed journals. Multiple participation in a series of scientific conferences, seminars and scientific projects at home and abroad has helped her to know the results.

8. Notes and recommendations.

None.

I would make the following recommendation: To propose to the Bulgarian Handball Federation to implement the system for the selection and training of the handball goalkeeper in sports clubs, with a view to optimizing the educational and training process for teenage goalkeepers.

9. Personal impressions.

From my contacts with assistant prof. Milena Avramova, I have excellent impressions of her, as a young talented scientist and a wonderful practitioner.

10. Conclusion.

The facts stated above give me reason to conclude that assistant prof. Milena Avramova, doctor, is an established specialist in the field of theory and methodology of sports training - handball specialty.

That is why I give my positive vote and recommend to the distinguished members of the scientific jury that she is to be elected as an "associate professor" of the National Academy of Sciences "V. Levski", in scientific field 7. "Health and sport", professional direction 7.6 "Sport", specialty Sport "Handball".

24.03.2023

Sofia

Sign:

Prof. Ivan Yotov, doctor