

**To
To the Chairman of the Specialised Scientific Jury
in the procedure for the academic post of Associate Professor
of the NSA "Vasil Levski" for the needs of the Handball Section
to the Department of Basketball, Volleyball, Handball
according to the order ZP-1306 / 14.12.2022.**

R E V I E W

by prof. Ognyan Stoyanov Miladinov, DSc

Member of the scientific jury in the competition for the academic position of Associate Professor in the field of higher education 7. Health and Sport, professional field 7.6. Sport, specialty Sport (Handball), promulgated in the State Gazette, no. 93 of 22.11.2022.

For participation in the competition, within the statutory deadline, documents were deposited by one candidate - Assoc. Milena Georgieva Avramova, PhD. The submitted materials comply with the requirements of the Law on the Development of Academic Staff in the Republic of Bulgaria, the Regulations for the Implementation of the Law on the Development of Academic Staff and the Regulations for the Acquisition of the Degree of Doctor of Science and for the Occupation of Academic Positions at the NSA Vasil Levski.

The review of the fulfilment of the minimum national requirements and the requirements of the NSA Vasil Levski showed that the candidate fully meets these requirements in all indicators and there is a formal basis for holding the academic position of Associate Professor.

Biographical reference

Senior asst. Milena Avramova was born on 18.01.1978. She finished her secondary education at 40 "Louis Pasteur" High School in 1995. As a student she was a handball competitor in various clubs of ARCHG.

In the period 1995 - 1999 she was a student at NSA "Vasil Levski", acquiring 2 professional qualifications "handball coach" and "physical education teacher". As a student, for 4 years she was a handball player at the NSA club. In 2007 she

graduated from the Master's program "Sport for Excellence" at the NSA "Vasil Levski" with specialization "Handball". From 2001 to 2007 she was a teacher-coach at the Sofia Centre for Work with Children (SCWC), where she taught the handball game to children of different age groups. From 2007 to 2018 she was a teacher of physical education and sport at the Sofian high school "Paisii Hilendarski".

From 2012 to 2015 she was a full-time doctoral student. In 2015 she successfully defended his dissertation for the degree of Doctor of Education and Science on "Optimizing the selection and training of the handball goalkeeper".

In 2018, after winning a competition, he started working at NSA Vasil Levski as an assistant professor of handball at the Department of Basketball, Volleyball, Handball. In 2019, she was elected to the academic position of "Senior Assistant Professor" in Sports (Handball).

She has been a national handball athlete, having been through all age groups of the national team.

Teaching and project activities

Senior asst. Milena Avramova has a full teaching load. She teaches the compulsory academic disciplines "Handball" for the Faculty of Sport and "Handball and Teaching Methodology" for the Faculty of Pedagogy and the elective academic discipline "Mini Handball" in the Bachelor's degree. She speaks English and Russian at a good level and Serbian at an excellent level.

Senior asst. Avramova has performed activities at the Bulgarian Handball Federation as a lecturer at the Annual Seminar for coaches in Bulgaria working with children aged 8 - 10, chief referee and technical delegate at various competitions. She is also a lecturer at a training seminar for physical education and sport teachers. She teaches postgraduate students at the Centre for Postgraduate Studies. In addition, she is a member of the Biomechanics Society of the Bulgarian Academy of Sciences. She has participated in 2 national and 2 international

research projects. She is a scientific supervisor of 2 students in Bachelor's degree who have successfully defended their diploma theses.

Publication activity

Senior asst. Milena Avramova has presented a list and copies of her scientific works in a total volume of 21 titles. This list includes: monographs - 1 pc., publications in refereed and indexed in world-known databases (Scopus and Web of science) - 3 pc., publications in non-refereed publications with scientific review - 17 pc.

The monographic work of the candidate "Optimization of the selection and training of the handball goalkeeper" deals with the problem of the morphological status and sport-technical characteristics of adolescent handball goalkeepers, as well as approaches to their modeling. The cybernetic model of motor habit formation in handball goalkeepers with a view to the intensification of the training process is recommended. Real conditions for the improvement of selection and for the creation of model exercises for the initial sports training of handball goalkeepers are created. The selection and control system has been improved.

The scientific-methodical articles of senior asst. Avramova are directed in different fields:

Technique, training and control in the preparation of handball players - 14 publications

One part of the publications in this group is related to the study of morphological characteristics, their correlation with certain motor and conditioning abilities, with the recruitment and selection in handball. Somatotypic features in adolescent handball players have been investigated, and it has been shown that mesomorphy is a dominant component characteristic of athletes with marked strengths. Some anthropometric speed-strength indices were investigated in 9-10 year old children involved in handball. The indicator "height" and the length and width of the fist (palm) were found to be the the main factors in the selection and selection of children for handball activities.

Based on the study of some morphological characteristics, the selection and training of adolescent handball goalkeepers is optimized. It has been shown that in early puberty and in the post-pubertal period, a marked variability of somatotype is observed. It has been suggested that the active training regime plays a role in this, which contributes to the change of morphological features of adolescent handball players. The relationship between some anthropometric parameters and the conditioning abilities of adolescent handball players was investigated. It was found that individual units and segments of anthropometric parameters in 11-12-year-old handball players were relatively the same.

In other studies, the level of special motor fitness in adolescent handball players was determined, and it was found that the studied group as a whole was homogeneous in terms of measured fitness parameters. The presence of certain fluctuations in the handball throwing tests was attributed to the still unstrengthened musculoskeletal system and the level of technical training. The issue of selection of 15-16 year old handball goalkeepers is discussed. The morphological status and condition of specific physical qualities and skills of goalkeepers, as well as some morphological and sports-technical characteristics are established. The indicator "stature" was derived as the main one in the selection of handball goalkeepers.

Publication activity of the senior asst. Avramova also includes research on specific motor qualities and technical abilities of handball players. A normative system for the assessment of the specific goalkeeper test has been developed. The method of interval evaluation by confidence interval is used, the evaluated trait is compared with the average level of the same trait. The question of the control of the training process in handball players of 8-12 classes is considered and an attempt is made to optimize the training process of adolescent handball players by controlling the main parameters of their specific performance. The correlations between the morphological status, physical qualities and technical skills of adolescent handball players have been established, which is a prerequisite for the creation of a complex of specialized tests for the selection of athletes. The effect of an 8-week competition period on the strength of different muscle groups was

investigated. It is concluded that such a period may lead to some changes in strength parameters.

Perennial training is also addressed in the candidate's research. Objectives are stated and content of training material in the five stages of goalkeeper's perennial training is proposed in order to facilitate and optimize the coaches' work in goalkeeper's training.

In another part of the work, some anthropometric and game indicators in highly skilled female handball players are investigated. It has been shown that the teams participating in the World Championship in 2019 have shown high goal scoring efficiency. In attack, there is an increasing reliance on first and second phase and their effective finishing respectively. It has been shown that the greatest efficiency is in shooting at goal from close range in the central area, and the lowest in shooting from long range. A comparative analysis of the playing efficiency of highly skilled female goalkeepers in handball was also performed. It was found that the successful countering of goalkeepers against 7-m shots was reduced and that teams outside Europe generally had significantly lower efficiency. A recommendation is made for the need to model goalkeepers' actions when taking 7-metre penalty shots.

Physical capacity, handball and personal anxiety in school education - 4 publications

The studies in this group of publications compared physical fitness between 7th grade students in 2 schools. The variability of some physical ability tests was determined, as a possibility of adequate adjustment of the control and assessment scale in the age range 15-16 years.

Various questionnaire surveys were conducted. On the one hand, the attitude of students towards handball game was revealed. It was found that systematic pedagogical influence on students through handball exercises can lead to a desire for purposeful involvement in this sport. On the other hand, interpersonal and personal anxiety in school was investigated in sporting and non-sporting children.

The results showed that non-sporting children had more pronounced anxiety indicators compared to sporting children and this is a rationale for increasing physical activity and improving students' physical and mental health.

Training of NSA "Vasil Levski" students - 2 publications

The training of students of NSA "Vasil Levski" in academic disciplines related to the handball game is also covered in the publication activity of senior asst. Milena Avramova. On the one hand, the attitude and satisfaction of the students of NSA "Vasil Levski" towards the elective discipline "Mini handball" is studied in order to optimize the learning process. It was found that more than 98% of the students were completely satisfied with the "Mini Handball" training, which in turn serves as an indicator for the future work of the teachers. On the other hand, the opinion of the students regarding the conducted online handball training was investigated. It was found that 73% of the students were completely satisfied with the online handball training, and 69% of the students did not think that this form should remain the main form because handball is a practical discipline where the most effective training is in the face-to-face form.

Senior Asst. Avramova has presented a list of a total of 22 of her citations. She has been cited by specialists prominent in theory and practice.

The analysis of the publication activity of senior asst. Milena Avramova showed that all published materials are her personal work. I did not find any plagiarism or illegal use of others' research data.

Conclusion

The in-depth analysis of the materials submitted to me for review and the accompanying documentation on the overall activity showed that the senior asst. Milena Avramova is a proven professional in the field of teaching, project and scientific activities, and the results of the research are of high theoretical value and practical applicability. Therefore, with fully objective grounds and conviction, I propose the academic position of "Associate Professor" in the field of higher

education 7. Health and Sport, professional field 7.6. Sport, specialty Sport (Handball) for the needs of the Handball Sector of the Department of Basketball, Volleyball, Handball to be filled by **senior asst. Milena Georgieva Avramova, PhD.**

Sofia
20.03.2023 г.

Reviewer:
Prof. Ognyan Miladinov, DSc