

OPINION

by Prof. Stefan Hristev Bazelkov, Ph.D., University of Shumen "Bishop Konstantin Preslavsky" , member of the Scientific Jury for the competition for the academic position of "ASSOCIATE PROFESSOR", announced in the State Gazette, no. 93 of 22.11.2022, Higher Education Region 7. Health and sports, professional direction 7.6. Sport, specialty handball.

I. Contest Details

The competition for the academic position "associate professor" was announced in the State Gazette, no. 93 of 22.11.2022 for the needs of the NSA "Vasil Levski", Sofia - faculty "Pedagogy", department "Basketball, Volleyball, Handball". Participated as the only candidate ch. assistant Milena Georgieva Avramova, PhD, member of the "Basketball, Volleyball, Handball" department. After reviewing the documentation for this competition, I believe that the requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria have been met.

In the scientific production submitted for review from ch. assistant Milena Georgieva Avramova we have no joint publications.

II. Biographical data for the candidate

Milena Georgieva Avramova was born on 18.01.1978 in Sofia.

In 2007, she received a master's degree in the National Sports Academy and in 2015 she defended her doctoral dissertation on the topic "Optimization of the selection and training of the handball goalkeeper", obtained the educational and scientific degree "doctor" in the scientific specialty "Theory and methodology of physical education and sports training (incl. Methodology of physical therapy)".

She started her academic career in 2018 as an assistant in the "Handball" sector, department "Basketball, Volleyball, Handball". Since 2019, she has been ch. assistant and has a main employment contract until now at "Vasil Levski" National Sports Academy, Sofia.

Milena Avramova was an active handball player in the period 1987-2002, winning a number of prestigious awards - two-time republican champion and winner of the Bulgaria Cup, national player for girls and women. Since 1996, she has been actively engaged in coaching activities with adolescents, men and women.

III. Academic and teaching activity of the candidate

In the teaching-methodical activity ch. assistant Milena Avramova leads lectures, seminars and practical exercises in the specialty "Handball", as well as teaching methodology in the faculty of "Pedagogy" and the faculty of "Sport", participates in the accreditation activities of the academy and specific academic programs, actively participates in the construction of academic policies and develops and implements online learning programs. She is active in the Postgraduate Qualification Center, where he is a lecturer in the discipline "Type of sport - handball", specializing in "Handball".

She demonstrates active project activity. She participated in a scientific research project of the National Sports Academy, a national educational project of the Sofia Municipality, an international educational project of the Ministry of Education and Culture "Student Practices" and Erasmus+ on the role of handball refereeing.

She is the supervisor of two graduates (bachelors) who have successfully defended their theses.

Milena Avramova has excellent organizational qualities and skills, acquired as the main organizer of national and international seminars, courses and competitions related to handball. She is involved many times as a chief referee and on-duty delegate at national handball tournaments.

IV. Scientific production

In the current competition ch. assistant Milena Georgieva Avramova participated with 16 publications on topics related to the scientific areas in which she has an interest and works. The publications presented include: Monograph (1), articles and reports (15).

The main place among the presented scientific publications is occupied by the monograph. At its core, it is dedicated to the theoretical and practical-methodical foundations related to the prediction, selection and modeling of the training of handball goalkeepers. The main directions of specialized training and the stages in the multi-year sports program of goalkeepers in the game of handball are outlined.

The specific functions of the goalkeeper position have provoked the author to follow the dynamics of the somatotype of goalkeepers in different age groups. An analysis of the performance of goalkeepers of both genders at the World Cups for the period 2015-2019 was made.

Particularly valuable are the methodical approaches developed at the end of the monograph and the auxiliary and specialized exercises for the training and

preparation of the handball goalkeeper. On the basis of the interval evaluation method, normative tables have been developed for the evaluation of the anthropometric and sports-technical indicators of the handball goalkeepers. They are structured separately for the different age groups in five-point scales.

Of the articles and reports proposed for review, Milena Avramova is the independent author of 10, and in the others she is the first (2), second (2) and third (1) author. We would group the entire production in the following main scientific-practical and methodical directions:

1. Physical education and sports at school (1,3,6). The analyzed problem areas relate to the physical capacity of students, their motivation for active motor activity and the place of the handball game in the system of physical education and sports at school.
2. Specific functions, training methodology, selection, forecasting, stages of preparation and control in multi-year sports training of the goalkeeper in handball. New methodological solutions were sought in the selection, optimization of training and evaluation of adolescent goalkeepers.
3. A significant part of the publications are devoted to the physical development, conditioning and technical preparation of adolescent handball players and high-level athletes (2,9,10,13,14,15). Players from proven handball centers and sports schools were studied. An analysis of the game performance of female players during the 2019 Women's World Handball Championship was made.
4. A study of the possibilities for improving the training of handball students, including the use of alternative forms and methods in the conditions of an emergency situation caused by the epidemiological situation (7,11).

V. Scientific contributions

1. A study and analysis of the physical capacity of junior high school and high school students and their motivational readiness for active motor activity in handball lessons was made.
2. The dynamics of the anthropometric indicators of adolescent handball players were tracked, the main somatotype characteristics were analyzed and a connection was made with the improvement of physical capabilities and technical preparation.
3. The game of the handball goalkeeper has been studied and analyzed. The relationship between the morphological status and the sports-technical

training of adolescent handball goalkeepers was revealed. An innovative systematization of special handball exercises for optimal motor training of goalkeepers is proposed.

4. An analysis was made of the game efficiency of highly qualified female handball players in the real conditions of prestigious sports forums.
5. The educational process of students has been improved, by studying their attitudes and competencies. A program has been developed for preparation and training from a distance, under the conditions of emergency.
6. Normative tables are structured for control and assessment of the anthropometric and sports-technical indicators of adolescent handball goalkeepers.

The total number of noticed citations is 15. Of these, 4 are in monographs and peer-reviewed volumes, 5 are in yearbooks of the NSA "Vasil Levski". The remaining 6 issues are in peer-reviewed scientific journals.

VI. Critical Notes and Recommendations

I have no critical comments on the scientific production proposed for review. I allow myself to make a recommendation in future developments that the candidate should develop appropriate materials for the game of the goalkeeper in handball, with a methodical-practical focus, which should be addressed to teachers of physical education and sports.

CONCLUSION

Based on the data presented above about the contributions and the overall activity of ch. assistant Milena Georgieva Avramova, PhD, I believe that they meet the requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria and the Rules for its Application in the "Vasil Levski" National Sports Academy, Sofia. This gives me the reason to give my positive assessment and to suggest to the respected members of the scientific jury to vote "for" awarding Milena Avramova, PhD, the academic position of "ASSOCIATE PROFESSOR" in the field of higher education 7. Health care and sports, professional direction 7.6 . Sport, specialty handball.

19.03.2023
Sofia

Prepared the opinion:.....
(prof. S. Bazelkov, PhD)