

## OPINION

for the qualities of the scientific production and the academic activity of  
**Chief Assistant Professor Milena Georgieva Avramova, Ph.D.**  
for participation in a competition for the academic position  
**"Associate Professor"**

in a professional direction **7.6. Sports,**  
Specialty **"Sports (Handball)"**  
for the needs of the **Department of Basketball, Volleyball, Handball**  
at **National Sports Academy "Vassil Levski"**

**Member of the scientific jury: Associate Prof. Sasho Chanev, Ph.D.**

### Contest data

In the announced in State Gazette № 93 of November 22, 2022, pp. 62-63, competition for the academic position **"Associate Professor"** in professional direction 7.6. Sports, specialty "Sports (Handball)", for the needs of the "Basketball, Volleyball Handball" Department, at the NSA "Vassil Levski", the only candidate is **Chief Assistant Professor Milena Avramova, Ph.D.** The competition procedure was followed correctly, no violations were committed.

### Candidate details

Chief Assistant Professor Milena Avramova graduated with a bachelor's degree from the National Sports Academy "V. Levski" in 1999 with the specialties "Handball Coach" and "Physical Education Teacher" and with the educational and qualification degree of Master with the specialty "Physical Education" in 2007.

In 2015, she defended her dissertation work and received the educational and scientific degree "Ph. Doctor" in the scientific specialty "Theory and Methodology of Physical Education and Sports Training (incl. Methodology of Physiotherapy)", in the professional direction 7.6. Sports.

The candidate's high professional qualification and pedagogical skills are the result of her many years of work as a handball teacher and coach in a Sofia Children

Center (2001-2007), a physical education and sports teacher in Sofia Mathematics High School "P. Hilendarski" (2007-2018) and assistant professor in the "Handball" sector of the NSA "V. Levski" from 2018.

Chief Assistant Professor M. Avramova conducts teaching and research activities in all faculties and forms of education at the National Sports Academy. She has very good computer skill and speaks Russian and English. She was a member of the national handball team of Bulgaria. Currently she works actively as a lecturer in the Bulgarian Handball Federation and is a member of the Biomechanics Society at Bulgarian Academy of Science and a handball delegate.

### **Fulfillment of the requirements for holding the academic position**

The submitted report on for fulfillment of the minimum national requirements and the evidences to it shows that the research and applied activity of the candidate fully meets the requirements of both the Law on the Development of the Academic Staff in the Republic of Bulgaria and the Regulations of the National Sports Academy "V. Levski" for its application - if necessary **590 points**, Chief Assistant Professor Avramova has completed **912 points**. The attached package of documents is fully and precisely prepared and includes:

- under item A.1 - dissertation work (abstract) (**50 points**);
- under item B.3 - monographic work - 1 piece (**100 points**);
- under item G.7 - publications and reports published in scientific journals, referenced and indexed in world-famous databases with scientific information - 3 pieces (**150 points**);
- under item G.8 - publications and reports published in non-referred journals with scientific review - 11 pieces (**277 points**);
- under item D.10 - citations in scientific journals, referenced and indexed in world-famous databases with scientific information - 4 pieces (**60 points**);
- under item D.11 - citations in monographs with scientific review - 7 pieces (**70 points**);
- under item D.12 – citations in non-refereed journals with scientific review - 11 pieces (**55 items**);

- under item E.16 – participation in a national scientific or educational project – 2 items (**30 points**);
- under item E.17 – participation in an international scientific or educational project – 1 item (**20 points**);
- under item E.22 - won awards from national sports competitions - 2 items (**60 points**);
- under item E.25 – scientific supervisor of the student`s thesis – 2 issue (**40 points**).

The scientific production of Chief Assistant Professor M. Avramova is a result of systematic research and experimental work, which allowed her to collect, process and analyze rich factual material.

In general terms, based on the scientific production presented for the competition, several main scientific contributions to her work can be formulated:

- the problems related to the somatotype in adolescent and elite handball players have been studied, which allows the author to take important steps towards solving the problems in the initial sports selection;
- the attitude of students towards handball activities in physical education and sports classes at school was investigated and, based on the analysis, important conclusions were drawn for the optimization of handball training;
- the survey conducted with students from the National Sports Academy allows her to analyze and identify the main factors that influence the educational effectiveness in a distance form of handball training;
- the competitive effectiveness in attack of highly qualified handball players in the time of World and European championships, was analyzed;
- an innovative approach in the practical application of the exercises for the handball goalkeepers was developed, which allows improvement of the methodology for solving the problem in training of the goalkeepers;
- the management of the educational and training activities of handball players from a sports school has been optimized, through control and evaluation of the training process;
- an approach was created for scientifically based modeling of exercises to improve the methodology of the initial training of the handball goalkeeper

and a large volume of exercises was presented - specialized, special and auxiliary.

***In conclusion:*** The scientific production of Chief Assistant Professor Milena Avramova – Ph.D., fully meets the scient-metric requirements for acquiring the academic position "Associate Professor", both the Law on the Development of the Academic Staff in the Republic of Bulgaria and the Regulations on the terms and conditions for obtaining scientific degrees and holding academic positions in NSA "Vassil Levski". The candidate's scientific research concerns important and current issues of the theory and practice of sports training of adolescent and highly qualified handball players.

Based on all this, I consider that there are enough scientific arguments to give my ***positive vote*** for borrowing from ***Chief Assistant Professor Milena Georgieva Avramova, Ph.D.*** of the academic position "***Associate Professor***" of the National Sports Academy "Vassil Levski", in professional direction 7.6. Sports, for the needs of the "Basketball, Volleyball, Handball" Department.

***March 23, 2022***

***Sofia***

**Member of the Scientific Jury: .....**

***(Assoc. Prof. S. Chanev, Ph. D)***