

## **OPINION**

**of Assoc. Prof. Rositsa Dimitrova Dimkova, Ph.D**

Member of the scientific jury on the contest of the academic position of "associate professor",  
PZ order №1306/14.12.2022, NSA "Vasil Levski", Faculty of Teachers, Department  
"Basketball, Volleyball, Handball"

Field of higher education: 7. Health care and sports.

Professional direction: 7.6 Sport.

Scientific specialty: Sport (Handball).

Department: Basketball, Volleyball, Handball.

The contest announced in the State Gazette, No. 93 of 22.11.2022

**Candidate: Senior Assistant Milena Georgieva Avramova, Ph.D.**

### **1. Data for the contest**

The contest for the academic position of "associate professor" has been announced in accordance with the normative documents in SG No. 93, p.63, from 2022. The only candidate in the competition is senior assistant Milena Georgieva Avramova, PhD, who meets the requirements in the sense of Art. 24 of ZRAS in the Republic of Bulgaria, the Regulations for the implementation of ZRAS in the Republic of Bulgaria, the Regulations of the National Sports Academy "Vasil Levski" on the conditions and procedures for acquiring scientific degrees and holding academic positions.

### **2. Details for the candidate**

Milena Georgieva Avramova was born on 18.01.1978 in the city of Sofia. In 1991, she graduated from higher education with a "Bachelor's" degree at the "Vasil Levski" National Sports Academy, majoring in Handball Coaching. In 2007, she upgraded her education with a Master's degree in the National Sports Academy "V. Levski", specialty Physical education - Master's program "Handball in the educational system"

The career development of senior assistant Milena Georgieva Avramova, PhD is entirely in the educational system and related to handball training. Senior assistant Milena Avramova, PhD presented her competences as a handball coach (2001-2018), in her work with children of different age groups in handball classes. During the period, she planned, organized and managed a learning process, which is the basis of the achieved good results in scientific development and in the activities of sports organizations, organizing the practices of handball at the club level. She has worked with educators and resources to deliver instructional content and has led teams of specialists in the field of school pedagogy. Demonstrates skills in organizing training and sports-competitive activities. A certificate of participation as a lecturer in a training seminar for FVS teachers and a document of participation as a lecturer in the training of coaches at the BFH. Senior assistant Milena Georgieva Avramova, fulfills his appointment as a delegate of the BFH with license "B" RHG.

As a PhD student in 2015, senior assistant Milena Avramova defended her dissertation on the topic "Optimizing the selection and training of the handball goalkeeper", based on which she was awarded the educational and scientific degree "PhD". Since 2018, she has been an assistant at the Handball Sector, Department of "Basketball, Volleyball, Handball" at the V. Levski National Sports Academy and since 2019 she has been the senior assistant to the department.

### **3. Description of scientific works**

The candidate for the academic position "associate professor", senior assistant Milena Georgieva Avramova, PhD, has presented 1 Monography, 11 publications in which she is the sole author and 4 co-authors.

The list of publications includes:

- V.3.1. Habilitation thesis - monography - 1 pc. (123 pages), (100 volumes).
- G.7. Publications and reports published in scientific publications, referenced and indexed in world-famous databases with scientific information (150 points): publications No. 2,7,10.
- G.8. Publications and reports published in non-refereed peer-reviewed journals or published in edited collective volumes (277 points):
- 10 in "Yearbook of NSA and NSA PRESS" - publications No. 3,4,5, 8, 9, 11, 12, 13, 14, 15.
- 1 in the specialized scientific journal, "Pedagogical Almanac" VTU "St. St. Cyril and Methodius" - publication No. 6.
- 1 in the collection Sport and Science - BPS OOD - publication No. 1.

There are 11 independent publications, and 4 co-authored publications, where the candidate's personal contribution shows that she is able to carry out scientific experimental activities not only individually, but also in a team. The scientific developments are on current scientific problems, professionally written, and most of them are directly oriented towards children's and youth sports.

The main place in the scientific works is occupied by the monographic work on the topic:

"Optimizing the selection and training of the handball goalkeeper" The main characteristic of the present work is its applied orientation, which is substantiated with a deep theoretical analysis, consistent with modern handball. A theoretical clarification of the selection, control and modeling of the training of the handball goalkeeper was made, and various stages in long-term training were developed. The improvement of the approaches to the selection and training of the goalkeepers creates a real prerequisite for the development of a more effective system of selection and control. An approach of scientifically based modeling of exercises has been created to improve the methodology of the initial training of the handball goalkeeper.

The interest in the scientific production of senior assistant Milena Georgieva Avramova, PhD, is evident from the observed citations in 21 works of doctoral students and professors, in monographies, articles, etc., as well as 23 self-citations.

I would like to make a recommendation to senior assistant PhDr. Avramova:

- To direct her attention to scientific appearances, that are not mainly in the NSA Yearbook and NSA PRESS, where is about 70% of the publication activity. In the future, to offer her publication activity and to carry out scientific appearances in scientific conferences, both in the country and abroad with a view to wider disclosure of the achieved results of the experimental work and their use in practice.

#### **4. Scientific contributions**

The scientific production of senior assistant Milena Georgieva Avramova, PhD, presented in connection with the participation in the competition, contains results of the nature of contributions that enrich the theory in the field of the sport of handball and sports competition in children and adolescents. The scientific and applied contributions of the presented works can be reduced to the following:

- ✓ The somatotype was studied in adolescent and elite handball players. The essence and role of the somatotype in the handball game is analyzed.
- ✓ The attitude of students towards handball activities in the physical education and sports classes at school was investigated, from which important conclusions were drawn for the optimization of handball training at school.
- ✓ The effectiveness of distance learning in handball among students of the National Sports Academy "V. Levski", through a survey, which identifies and analyzes the main factors that influence educational effectiveness.
- ✓ An innovative approach has been developed in the practical application of exercises for the handball goalkeeper, where a methodological view to solving the problem in training approaches is indicated.
- ✓ The game activity in attack of highly qualified handball players from world and European championships was analyzed.
- ✓ Optimization of the management of the educational and training process of handball players from a sports school was carried out, through the control of the training process.

#### **5. Teaching work**

In her capacity as a teacher at the National Academy of Sciences "Vasil Levski", senior assistant Milena Georgieva Avramova, PhD is competently realized in the training of students in the "Bachelor's College" - exercises, practicums and lectures in the National Sports Academy, Sofia. Under various forms, she conducts theoretical and practical training in handball. Everywhere she shows the necessary responsibility, goodwill and flexibility in the use of modern approaches to motivate students and cooperation with colleagues.

The announced competition is provided with the necessary horary of lecture courses.

#### **6. Conclusion**

I believe that the quality and content of the scientific works presented by the candidate senior assistant Milena Georgieva Avramova, PhD, in combination with her teaching activities, fully meet the criteria, requirements and conditions for occupying the academic position "associate professor" according to the announced competition. On this basis, I give my positive assessment

and propose to the respected scientific jury to award senior assistant Milena Georgieva Avramova, PhD, the academic position "associate professor" in the field of higher education: Professional direction: 7.6. Sport, Scientific specialty: Sport (Handball), for the needs of the department: Basketball, Volleyball, Handball.

06/03/2023

V. Tarnovo

Author of the opinion:

(assoc. prof. Rositsa Dimkova, PhD)