

## **REVIEW**

In the competition for the academic position of "professor"

Scientific field of higher education: 1. Pedagogical sciences, professional direction  
1.3. Pedagogy of education in ... (Theory and methodology of physical education)

For the needs of the National Academy of Sciences "V. Levski" department - "Theory  
of physical education".

Announced in the State Gazette issue 96 of 11.11.2025

Candidate - Assoc. Prof. Todor Zhelyazkov Marinov, PhD, lecturer at the National  
Academy of Sciences "V. Levski".

Reviewer: Full Prof. Daniela Dasheva, DSc. with order No. RD 1290 of 04.12.2025 of  
the Rector of the National Academy of Sciences "V. Levski".

### **1. Data on the competition**

In the competition for a professorship announced by the National Academy of  
Sciences "V. Levski" in the field of higher education, 1. Pedagogical sciences,  
professional direction 1.3. Pedagogy (Theory and Methodology of Physical  
Education), Assoc. Prof. Todor Zhelyazkov Marinov, PhD, is the sole candidate.

No violations were found in the procedure for announcing the competition.

### **2. Candidate details**

Assoc. Prof. Todor Zhelyazkov Marinov, PhD, has excellent theoretical training and  
extensive professional experience in competition, which underpin his purposeful and  
fruitful research and teaching.

In 2004, he graduated from the National Academy of Physical Education "V. Levski"  
with a degree in "Physical Education Teacher" and a second degree in "Aikido Coach".  
A year later, in 2005, he also graduated with a Master's degree in the Master's  
programme "Physical Education and Sports", specialising in "Sports at School and  
Sports in Leisure Time".

The candidate for professorship obtained the academic and scientific degree of  
"Doctor" in 2014 in the scientific speciality "Theory and Methodology of Physical  
Education and Sports Training" (including Methodology of Therapeutic Physical  
Education - 05.07.05), with the dissertation topic: "Model for Specialised Preparation  
of Students for Survival in Disaster Situations".

Since 2007, he has been an assistant in the Department of "Theory of Physical Education" at the National Academy of Sciences "V. Levski", and since 2016, he has held the academic position of "Associate Professor".

Assoc. Prof. Todor Marinov, Doctor, is Deputy Dean of the Faculty of Pedagogy; a member of the Academic Council of the National Academy of Sciences "V. Levski"; a member of the Faculty Council of the Faculty of Pedagogy; and a member of several faculty committees and expert councils. He was the head of the Department of Physical Education.

He has three doctoral students who have successfully defended their dissertations.

Participation in 8 national educational and scientific projects and 2 international projects.

Assoc. Prof. Todor Marinov, PhD, is distinguished by several personal skills and competencies, including advanced computer, organisational, and communication skills.

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

The participant in the competition for the academic position of "professor" - Assoc. Prof. Todor Marinov, PhD, has presented a substantial body of high-quality scientific work of sufficient quantity, in accordance with the requirements of ZRAS, PRAS, and the Regulations for the acquisition of the scientific degree "Doctor of Sciences" and for occupying academic positions at the National Sports Academy "Vasil Levski". This scientific production, as listed in the publications (original and photocopy deposited), comprises a total of 28 titles, distributed by groups as follows:

Monographs - 1 pc.

Book based on a defended dissertation - 1 pc.

Published university textbook - 1 pc.

Articles published in scientific publications indexed in world-renowned databases with scientific review – 4 issues.

Articles published in non-refereed scientific journals with scientific review – 20 issues.

Teaching aid used in the school network – 1 issue.

In 7 of the publications, Assoc. Prof. Marinov is an independent author, and in 17 he is a co-author—the analysis of Assoc. Prof. Marinov's publication activity, as measured by co-authorship indicators, indicates a central emphasis in his scientific growth:

teamwork to deliver better scientific solutions, stronger motivation, and improved problem-solving.

Undoubtedly, the quantitative indicators of the Association's publication activity, as Prof. Todor Marinov, PhD, implicitly reveals, highlight significant aspects of his academic growth. The candidate's aspiration to be professionally dedicated to the educational cause, in accordance with Article 55 of the Higher Education Act, para. (1) stands out.

Another distinctive feature is the presence of 4 publications in journals with an impact factor (Marinov, T. (2024). Research on students' orientation to sportsmanship as future physical education teachers. *Trakia Journal of Sciences*, Vol. 22, Suppl. 1, pp. 238-243. ISSN 1313-3551; Marinov, T. (2023). Impact of body mass on the manifestation of motor abilities in students of different ages. *Trakia Journal of Sciences*, Vol. 21, Suppl. 1, pp. 325-329. ISSN 1313-3551; Andonov, H., T. Marinov. (2024). Interrelation between emotional intelligence and ways of responding to conflict among students and sport teachers. *Trakia Journal of Sciences*, Vol. 22, Suppl. 1, pp. 226-231. ISSN 1313-3551; Ilieva, D., T. Marinov. (2023). Influence of emotional intelligence on the professional fulfilment of students specialising in sport management. *Thrace Journal of Sciences*, Vol. 21, Suppl. 1, pp. 365-371. ISSN 1313-3551).

Reference for citations: 15 in monographs and collective volumes with scientific review; 4 in scientific publications, referenced and indexed in world-renowned scientific information databases.

According to the subject, the publications can be divided into three main groups:

1. On the problems of the theory and methodology of physical education - 1 monographic work, 4 scientific publications, and 1 textbook.
2. On the problems of the theory and methodology of survival and readiness for survival in disaster situations – 7 leading publications and 1 book, developed from a defended dissertation.
3. Psychological research in physical education and sports – 10 publications.

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

In my capacity as a reviewer, taking into account the system of universal and additional criteria adopted in our country for assessing the quality of scientific research (scientific significance, relevance, novelty and priority, practical significance, research methodology and technique, etc.), I support the candidate's significant scientific contributions across the three thematic areas outlined for the professorship.

## **A. The theory and methodology of physical education.**

1. In the monographic work "Fundamentals of Physical Education: Theory and Practice," published in 2020 and spanning 287 pages, what are the novel, original content and the proven, specific contributions to the relevant scientific field, presented as an independent study?

1. A comprehensive systematic characterisation of physical education has been undertaken, clarifying the structure of the physical education system and its primary functions: health-preventive, educational, and social (educational, constructive, and integrative/inclusive).

2. The organisational and methodological structure of physical education in the Bulgarian educational system has been presented, and its main components have been identified: 1) Normative provision; 2) Scientific and methodological provision; 3) Material and technical provision; 4) Personnel provision; and 5) Medical provision. On this basis, the methodological foundations of physical education have also been defined as a body of theoretical knowledge for studying its specific essence. This knowledge clarifies the purpose, tasks, principles, means, methods, and forms of physical exercise and sports activities.

3. The topic of physical education training as an information process has been successfully developed. The foundations of training in motor actions and the individual patterns in managing human movement have been revealed. In this regard, the student is presented as a complex self-governing system. By clarifying the psychophysiological foundations of motor training, this report outlines the key methodological guidelines for developing motor skills and habits.

4. A detailed characterisation of the student's motor abilities and their age-related manifestations has been made, and the theory and methodology of motor qualities have been enriched by clarifying the specifics of the work for each quality in physical education lessons.

5. A modern review of children's and youth sports, multi-year sports training, and selection in sports has been undertaken. The essence and functioning of the system for children's and youth sports are clarified, with multi-year sports training occupying an essential part of it, comprising 4 stages: 1) Stage of initial sports training; 2) Stage of basic sports training (preliminary and specialised); 3) Stage of maximum realisation of the athlete's individual abilities; and 4) Stage of preserving and maintaining the level of sportsmanship.

6) The 8 main challenges facing physical education in the education system are identified. Of particular interest are the challenges related to inclusive education and

working with children with special educational needs, as well as the challenge of providing scientific and informational support for physical education within the education system. A contribution in this direction is made by the section on "Theory and Methodology of Physical Education" in the textbook E20(1), which addresses the essence and specifics of scientific research in physical education.

In scientific publications:

1. The topic of students' physical ability, its control and assessment has been developed scientifically and practically. In this regard, the scientific publication G7(12) "State of the system for assessing the physical ability of students from secondary schools in the Republic of Bulgaria" deserves special attention, as do publications G7(1) and G7(2). Also of interest is publication G6(2) on "the influence of body mass on the manifestation of motor abilities of students of different ages" and the logical conclusion regarding the need to update the standards for assessing the physical ability of students, which discusses achievements.
2. The tests must be aligned with the required level of security. 2. The theoretical basis for adolescents' motor development has been developed. Its main phases have been identified (the phase of reflex movements, the phase of elementary movements, the phase of fundamental movements, and the phase of sports movements). Individual patterns in students' psychomotor development by age have been examined in depth.
3. Specific methodological prerequisites for mastering the mandatory areas of the curriculum in the subject "Physical Education and Sports" at school have been derived. This thematic direction also shapes the competition's appearance.

## **B. The theory and methodology of survival and readiness for survival in disaster situations.**

Several studies have been conducted in this area: publications G7(5), G7(10), G7(13), G7(14), and G7(15). Here, the contributions are mainly of a practical and applied nature, such as:

1. Readiness for survival is a complex psycho-functional state that determines the adequacy of a person's actions in disaster situations.
2. The experimental methods of physical education and sports for the formation of mental, physical, technical and tactical readiness for survival are practical and have been applied in practice, as evidenced by publications G7(10) and G7(15). In this direction is also the book "Specialised training of students for survival in disaster situations", published in 2025 and developed from the defended

dissertation, which presents the theory and methodology of a proven-in-practice model for specialised training of students for survival in disaster situations.

### **C. Psychological research in physical education and sports.**

There are the most publications in this thematic direction. What are the most significant results, and at the same time, the contributing moments here?

1. A new approach has been applied to analyse the indicators of psychological research among students studying to become physical education teachers and sports coaches.
2. The attitudes towards sports among students, future physical education teachers, and adolescents deprived of parental care who grew up in social homes have been established.
3. Research into the emotional intelligence of students from the National Sports Academy "Vasil Levski".
4. The influence of practising different sports on responses to conflicts (publication G7(20)); self-regulation among karate competitors (publication G7(6)); and strategies for dealing with stress among yoga practitioners (publication G7(19)).

These publications are up to date and complement the candidate's research profile for a professorship, reflecting the candidate's status as a contemporary author well-versed in the latest trends in science and sports practice. Choosing teaching methods tailored to age and individual characteristics fosters a positive attitude towards sports and movement from an early age. Effective communication between teachers and students, feedback and motivational communication, conflict management, and related areas are also of great importance. These factors also directly affect the speciality of the competition for a professorship.

An overall analysis of the scientific output of Assoc. Prof. Todor Marinov, PhD, presents the candidate as highly competent in the field and in the professional domain relevant to the competition. His collaborative research and creative teamwork are also notable, as evidenced by his joint publications and project participation.

The teaching work of Assoc. Prof. Todor Marinov, PhD, as a university lecturer, is distinguished by activity and versatility not only in the classroom but also in extracurricular activities. As the holder of the relevant academic disciplines, he leads lecture courses in the Bachelor's Degree Program in Physical Education and in the Master's Degree Program in the individual specialisations within the Physical Education and Sport at School program. He conducts pedagogical current

and pre-diploma practice. He has developed skills and competencies in curriculum development for Bachelor's and Master's Degree Programs at the Faculty of Pedagogy of the Vasil Levski National Academy of Sciences. He develops curricula and administers training at the Central Educational Service Centre of the Vasil Levski National Academy of Sciences. He prepares a self-assessment report for training in the Bachelor's, Master's and Doctoral programs at the Vasil Levski National Academy of Sciences. He develops documentation for the accreditation of the doctoral program "Physical Education in the Educational System". His activities have public resonance, as evidenced by the facts and documents. He supervised 4 graduate students. He is regularly included on state exam committees, both in theory and in practice.

I declare that I have no joint publications with the candidate for the competition, Assoc. Prof. Todor Zhelyazkov Marinov, PhD.

### **Conclusion**

Assoc. Prof. Todor Marinov, PhD, is a researcher with diverse scientific interests and advanced academic qualifications. He demonstrates creativity and innovation, as well as the readiness and skills to cooperate and work effectively—the content and quality of Assoc. Prof. Todor Marinov, PhD, has a scientific output and teaching record that fully meet the criteria, requirements, and conditions for selection and holding the academic position of "professor" at the National Academy of Sciences "Vasil Levski". The arguments presented give me reason to cast my vote in favour of Assoc. Prof. Todor Zhelyazkov Marinov, PhD, in the Scientific Jury, to be elected as "professor" in the field of higher education 1. Pedagogical Sciences and professional direction 1.3. Pedagogy of education in... (Theory and methodology of physical education) for the needs of the National Sports Academy "Vasil Levski".

Sofia

Full Prof. Daniela Dasheva, DSc.

10.02.2025