

**ANNOTATION OF THE MATERIALS UNDER ART. 65 OF THE
UNIVERSITY OF PLOVDIV DEVELOPMENT OF ACADEMIC STAFF
REGULATIONS**

by

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**applicant in the competition for the academic position of Associate
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area of higher education: **1 Pedagogical Sciences**

professional field: **1.3 Pedagogy of Teaching...**

Scientific specialization: **Theory and Methodology of Physical Education and
Sport Training (incl. Methodology of Therapeutic Exercises)**

The following scientific papers are presented for participation in the competition: 2 monographs, 19 scientific reports and papers, including 12 single-authored, 7 with two co-authors and 1 with three co-authors.

The numbering used reflects the sequential number of the relevant scientific work involved in the competition.

I. MONOGRAPHS

1. Boeva, S. (2018). Physical Education for Primary Students: Theoretical Foundations and Practical Applications, Plovdiv, University of Plovdiv Paisii Hilendarski Publishing House, ISBN978-619-202-3625-6

Abstract

This monograph is of both theoretical and practical nature. It reflects the contemporary theoretical provisions related to the physical education of primary school children within the school curriculum. It is the result of many years of research on the issues of motor skills - their manifestation, development and control.

This work features a comprehensive analysis and summary of the theoretical and practical research that underlie the exploration of new horizons for successful work in providing physical training to young students.

The **first chapter** discusses the main theoretical concepts related to the essence of physical training as a process and the results of its manifestation. It identifies the factors that affect physical fitness.

The **second chapter** presents the components of physical fitness - motor capabilities. Each of these is exposed theoretically on the basis of a summative theoretical analysis. There are also results of application of a targeted impact on development thereof in primary pupils. Practice-oriented conclusions are drawn on the basis of the theoretical and practical materials.

In summary, the theoretical and practical contribution of the monograph relates to the following:

- Analysis of new scientific developments and comparison thereof with existing ones;

- Discussed and summarized from a theoretical perspective are basic concepts such as biological development and acceleration in the context of their effect on the manifestation and development of the motor performance of young pupils.

- based on analysis and comparison with current practices, a critical analysis of the physical capacity monitoring system is made and suggestions for possible changes are provided.

- using a comprehensive set of methodological tools, the physical fitness of primary students is studied. A wealth of factual material has been collected, which makes it possible to reveal a number of general theoretical laws with practical implications.

- the impact of a certain motor regimen on the changes taking place in the motor capabilities of young pupils expressed through their physical training is followed.

2. Boeva, S. (2019). The Learning Process in Physical Education and Sport in Primary Schools - Problems and Perspects, University of Plovdiv Paisii Hilendarski Publishing House 978-619-202-403-1

The monograph presents the main theoretical concepts related to the essence of the educational process in Physical Education and Sport. Changes in idea concepts that determine its development are followed. The organizational and structural components of the system of Physical Education in the Republic of Bulgaria and Physical Education in schools are examined. Various problems that accompany the learning process in primary school Physical Education are presented.

The **first chapter** reviews the European concepts that determine the development of the training process in Physical education and sport.

The historical prerequisites for the emergence and establishment of school physical education are identified and their reflection in more recent times is discussed.

The characteristic features of the main components of school physical education and sport are revealed and physical activity as a major content part of the educational impact is examined in detail.

The **second chapter** of the monograph reflects the global issues related to the development of physical education based on international research and covered in key documents of international importance. The state of play of the current system of physical education and sport in the Republic of Bulgaria is also reviewed. The functions and the role of the main governing institutions related to the implementation of the learning process in Physical Education and Sport in the schools are presented.

The **third chapter** is devoted to the main problems encountered in the implementation of the learning process in Physical Education and Sport in the primary schools of Bulgaria. This chapter contains not only a theoretical overview and analysis, but also the results of the author's own research on the issues under consideration.

Empirical facts are summarized, opinions are interpreted, recommendations are given and conclusions are drawn. There are directions for creative searches and developments, as the solution thereof would help to improve the quality of the educational process in Physical Education and Sport in the Bulgarian primary schools.

We formulate the contributions of this monographic work as follows:

- new guidelines are drawn concerning the concept of the role of the learning process in Physical education and sport in the primary schools. They are mainly related to the increasing role of its health component and cognitive nature;
- opportunities are outlined for the creation of auxiliary literature to aid students. The availability of such literature will also help change the attitude towards this school subject not only of the children but also of the parents;
- the weaknesses related to the implementation of the extra-curricular activities in Physical Education and Sport in the schools are identified and ideas for overcoming some of them are presented;
- recommendations are also made regarding the need to improve the training of the teachers involved in the provision of Physical Education and Sport in the primary schools;

- the monograph will allow specialists to compare their theoretical views and real-life experience and find solutions to similar controversial issues.

II. PAPERS AND REPORTS AT SCIENTIFIC CONFERENCES

Sole Author/ Single-authored

3. Boeva, S. (2000).*Impact of the Biological Development on the Manifestation of the Physical Performance of Primary School Pupils*, Education and the challenges of the new millennium (Proceedings of international conference), Plovdiv, *Sama 2000* Publisher, ISBN:954-8833-33-6

Abstract

This scholarly research is based on a study of 7-10-year-old students. The biological age of the students is established using the method of S. Savov, 1989. A comparison is made between the level of strength, speed and flexibility of children and their biological and calendar age.

As a result of this study, sensory periods are identified in the development of the basic motor capabilities of boys and girls in the primary schools.

4. Boeva, S. (2000).*Impact of Biological and Calendar Age on the Physical Development of Primary Students*, Problems of psycho-physical training, Plovdiv, University of Plovdiv Paisii Hilendarski Publishing House, ISBN: 954-423-175-7 COBISS.BG-ID:1035948260

Abstract

One of the tasks of the learning process in Physical Education and Sport in the schools is to contribute to the proper physical development of adolescents. This provokes the implementation of the present study to establish the relationship between ontogenetic and calendar development and how they affect the key indicators that characterize the physical development of the students.

This is a large-scale research. The total number of subjects within a three-year longitudinal study is 737.

A group-match is made of the calendar age of 7-10-year-olds according to their biological development. The population under study is divided into 3 biological groups as follows: ahead in development (accelerated), biologically and calendar-wise developed in parallel (within norm) and lagging in development (retarded). In terms of the so established groups of children, changes in height and body mass are monitored.

5. Boeva, S. (2009). Impact of Mini Volleyball Training Sessions on the Physical Fitness Development of 9-10-year Old Students, Scientific conference dedicated to 80 years of sport in Alma Mater, Optimization and innovation in the learning and training process, pp. 111-115, Sofia, University of Sofia Kliment Ohridski Publishing House, ISBN:978-954-07-2987-9COBISS.BG-ID: 1231895780

Abstract

The study is devoted to following the occurring changes in the manifestations of motor skills of 9-10-year-olds as a result of their participation in mini volleyball sessions.

An experimental syllabus was developed and implemented within 36 academic hours. Within these lessons, students learned about the main elements of the volleyball game - passing the ball with both hands on top, with both hands from below and a lower face-stroke. Essential content of these classes were games as a means and method.

A test battery was used to establish the changes in the speed-power abilities of the students at the beginning and at the end of the experimental program. The applied impact had a positive effect on the movements and motor skills of students.

6. Boeva, S. (2010). Variations of the Volleyball game and Similar Sports, Scientific Conference with International Participation, Contemporary Problems of Physical Education and Sport, pp. 161-167, Plovdiv, University of Plovdiv Paisii Hilendarski Publishing House, ISBN: 978-954-423-604-5 COBISS.BG-ID: 1235822052

Abstract

Interest in volleyball as a sport has grown over the years. It attracts new supporters and fans of different ages. This emotional and fun game makes sport professionals and amateurs create variations of the game with underlying basic technical features and elements, as well as rules of traditional volleyball.

The article analyzes some of these sports in historical and technical terms. The possibilities for applying variations of the volleyball game in different contexts are identified, which can benefit the pedagogical staff in the implementation of the curricular and extra-curricular activities in Physical Education and Sport.

7. Boeva, S. (2010). Global Development of Mini Volleyball, Sport and Science, Special issue No 4, Part 2, pp. 223-0239 Sofia, BPS OOD, ISSN:1310-3393 in the NACID list

Abstract

The popular game of volleyball is included in the educational content of Physical Education and Sport in the lower secondary schools. The world practice has established a modified version of volleyball for younger children, called Mini Volleyball.

This study investigates the development and spread of mini-volleyball worldwide. Identified are some distinctive moments in the game that allow it to be practised at an earlier age.

8. Boeva, S. (2012). *Management and Assessment of Physical Fitness - Problems and Prospects*, Proceedings of IV International Scientific Conference "Kinesiology" 2012, pp. 210 – 215, Veliko Tarnovo, I&BLTDISSN:1313-244XCOBISS.BG-ID: 1125170916

Abstract

A theoretical study is carried out on the implementation of the system for supervising and assessing the physical fitness of adolescents in school practice in Bulgaria and abroad and possibilities for its optimization are outlined.

Guidelines are provided to improve the functioning of the current system for managing juvenile performance capacity.

9. Boeva, S. (2012). *Contemporary Views on Physical Fitness and its Coverage in Primary School Curricula*, Contemporary Education:

strategies, directions, values, Proceedings, pp. 364-372, Plovdiv, University of Plovdiv Paisii Hilendarski Publishing House, 978-954-423-827-8 COBISS.BG-ID: 1262239972

Abstract

Based on extensive literature review and theoretical analysis, new concepts and understandings of physical fitness are derived. The above requires a rethinking of the activity carried out in the Physical Education and Sport classes along these lines. The domain of development and management of physical capacity requires modifications of the test batteries used to assess physical fitness.

10. Boeva, S. (2015). *Optimization of PES training in athletics-oriented lessons*, Education and Development, Proceedings of a conference of the Faculty of Pedagogy – 2015, pp. 233 -241, Plovdiv, University of Plovdiv Paisii Hilendarski Publishing House, ISSN 978-619-202-07607 COBISS.BG-ID: 1280942564

Abstract

Athletic exercises occupy a central place in the educational content of Physical Education and Sport classes for primary school pupils. It is established

from a baseline study that the low level of physical condition does not allow the effective mastering of the athletics drills set forth in the curriculum.

In the framework of the conducted pedagogical experiment, the working hypothesis is confirmed, namely that the creation of equivalence between motor training and physical training will allow for the optimal mastering of the athletic exercises included in the educational content. Appropriate training conditions are established through the use of appropriate mobile games that enable successful development of the student's speed-strength capabilities.

11. Boeva, S. (2017). Healthy Lifestyle - Priorities and Problems with University Students, Proceedings of the Interdisciplinary Conference on Socio-Pedagogical Aspects of Child Development: : pp. 330-339, Plovdiv, University of Plovdiv Paisii Hilendarski Publishing House, ISBN 978-619-202-279-2 COBISS.BG-ID: 1282625508

Abstract

This article is devoted to the healthy lifestyle of university students. The state policy and legislative support for young people to develop habits for systemic motor activities are studied. The most common relevant problems are covered. Approaches and measures are identified that can be adopted by the higher schools to eliminate the negative phenomena and to promote students' motor activities. ()

12. Boeva, S. (2018). Attitudes to Opting for the Profession of Physical Education and Sport Teacher, Contemporary Problems of Physical Education and Sport №5, pp. 7-12, Plovdiv, University of Plovdiv Paisii Hilendarski Publishing House, ISSN 2367-8216 COBISS.BG-ID (as per report signed by the National Library of 29.11.2018)

Abstract

This survey is aimed at identifying the main factors that provoke the choice of professional guidance and the expectations for training thereof. It was conducted with prospective students at the University of Plovdiv Paisii Hilendarski for the 2017/2018 academic year campaign in BA in Pedagogy of Teaching Physical Education". Its findings hold that the environment and the educational background have the greatest impact on young people in their choice of professional field in which they want to continue their training and possibly pursue a career.

13. Boeva, S. (2018).Development of the Speed Abilities of Primary School Pupils through Movement Games, Contemporary Problems of Physical Education and Sport No 5, Plovdiv pp. 43-48 Plovdiv, University of Plovdiv Paisii Hilendarski Publishing House, ISSN 2367-8216 COBISS.BG-ID: (as per report signed by the National Library of 29.11.2018)

Abstract

In this study, we appraise movement games with specific content to aid the development of pupils' speed abilities. Several variations of several basic motor activities were applied. Movement games were the ones best received by the children. Not only did they improve their abilities, they also applied the learned games in their spare time.

14. Boeva, S. (2018). *Applications of (Sitting Volleyball) in the Schools*, Contemporary Problems of Physical Education and Sport No 5, Plovdiv, pp. 20-25, Plovdiv, University of Plovdiv Paisii Hilendarski Publishing House, ISSN 2367-8216 COBISS.BG-ID: (as per report signed by the National Library of 29.11.2018)

Abstract

Sitting Volleyball is an adapted version of volleyball to be played by people with disabilities. This modified version of the game allows it to be practised by people with not so good movement and conditioning skills. This provokes us to include it in Physical Education and Sport classes at school as an auxiliary tool to master the technical elements of volleyball.

Co-authored

15. Mutafova Yu., I. Iliev, S. Boeva (2002). *Motivation Issues with the Educational Process in Physical Education at the Higher Education Schools and the Role of the Teachers Thereof*, Personality, Motivation, Sport, N 2, pp. 29-35, ISSN 1312-0166-2 COBISS.BG-ID1160452324

Abstract

A survey is conducted to determine the reflection of students' attitudes towards physical education sessions, towards the sports teacher and the legacy remained from the school years.

The role of the acquired knowledge and skills is identified as a motivating component for the development and improvement in the field of sport activities and their use for personal development.

The undoubted importance of the professional and personal qualities of the sports pedagogue are found to be a factor that develops and maintains the interest and motivation of students for sports activities and various forms of motor activities.

16. Boeva,S., G. Davidov (2012). *On the efficiency of out of school activity in physical education and sports*, Scientific-applied aspects of physical education and sport : collection of scientific papers, pp.42-47, Veliko Tarnovo, Publishing House FABER ISBN 978-954-400-636-5 COBISS.BG-ID: 1245019364

Abstract

By means of the survey method, pedagogical observation and analysis, 43 schools were examined in the territory of the two district towns of Veliko Tarnovo and Plovdiv in order to establish the effectiveness of out of school forms of work in physical education and sports in elementary school

In the course of the survey, there is a lack of some of the out of school forms of work in physical education, in the school practice of primary schools on the territory of the two cities.

Known forms of extracurricular sporting activity are not carried out effectively and need to undergo substantial changes in their content. The specificity of these forms of work presupposes that they are realized by a teacher with a narrow specialty - a "teacher of physical education and sport".

We believe that there is a need to regulate financial provision for sports activities with healing effect in the school environment, for prevention and for pupils with special needs.

17. Boeva, S., D. Marinova (2013). *Is There a Place for BMI in the Assessment of Physical Education and Sport, in the Different Degrees of the Education System*, European Standards in Sports Education, Proceedings, pp. 412-418, Veliko Tarnovo, I and B, ISBN: 978-954-9689-79-2 COBISS.BG-ID: 1274513892

Abstract

The overweight pandemic is becoming more and more threatening on a global scale. Overweight and obesity lead to a number of adverse effects on human health, some of which may have a fatal outcome. It is not accidental that in recent years the increased level of nutritional status is qualified as a socially significant disease.

Good physical activity is one of the effective ways to fight overweight. This study presents the rationale why the BMI status of learners needs to be included as part of the Physical Education and Sport assessment in the secondary schools.

18. Boeva, S., St. Dimitrov (2013). *Historical Overview of Women's Football and its Role in the Educational Process of the PES in the schools*, Contemporary Problems of Physical Education and Sport №2, pp. 31-35 Plovdiv, University of Plovdiv Paisii Hilendarski Publishing House, ISBN:978-954-423-906-0 COBISS.BG-ID: (as per report signed by the National Library of 29.11.2018)

Abstract

Football is known as one of the most common and popular sports. It finds application in the educational content of Physical Education and Sport at all levels

of school education. Incorrect assessment and established traditions over time often lead to the girls shunning from this kind of training. With this article, we show the place of women in this sport and point out the possibility of training all students without gender segregation.

19. Boeva, S., D.Marinova (2013). Developing the Flexibility of 10-11-Year Old Students Through Stretching Exercises, Contemporary Trends in Physical Education and Sport, pp. 16-21, Sofia, University of Sofia KlimentOhridski Publishing House ISBN:1314-22575 /NALIS/

Abstract

By means of a survey method, underestimation was found among the specialists in flexibility as part of the adolescent physical fitness and lack of purposeful impact thereof in practice. Contrary to these findings, world practice determines flexibility as an important health component of physical fitness.

An experiment was conducted involving the use of stretching exercises at the end of the preparatory and final parts of the PES class with 10-11-year-old students. The positive results of the study give reason to recommend an increase in the volume of means used in the teaching practice to develop the flexibility in young pupils.

20. Koleva T., S. Boeva (2014). Comparative Analysis of the Anxiety Levels in Students of Different Degree Programs of the University of Plovdiv Paisii Hilendarski, Challenges of the XXI Century for the Development of Communicative Competences for Professional Purposes: Proceedings of the VII International Conference, 8-9. XII. 2014 г., pp. 404-407 COBISS.BG-ID

Abstract

The level of organized physical activities of modern university students is constantly decreasing. There are various reasons for this negative fact, but the result is the increased tension among young people.

The study shows that the systematic inclusion of various types of motor activities leads to lowered levels of anxiety among students.

The study involved undergraduate students at University of Plovdiv "Paisii Hilendarski" enrolled in various degree programs.

21. Boeva, S., V. Margaritova (2014).Impact of BMI on Physical Fitness of Primary School Pupils, Education Outlook, pp. 14-22, Plovdiv, University of Plovdiv Paisii Hilendarski Publishing House, ISBN: 978-954-423-942-8 COBISS.BG-ID: 1275834340

Abstract

The aim of this study is to establish the status of pupils' body mass and its correlation with the components of physical fitness in primary school pupils. Body mass assessment was performed by calculating the body mass index (BMI), an index applicable worldwide to classify people's healthy weight.

The results of the study found the presence of a significant number of pupils with problematic weight. In terms of percentage, this number varied within 19.64% - 23.75%. It was found there was a statistically proven negative relationship between BMI and endurance, most strongly expressed in 9-11-year-old students.

The body mass status also has a significant influence on the manifestation of the pupils' speed abilities.

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