

# RECOMENDATION

by **Prof. PhD Stefan Hristev Bazelkov**

**Paisiy Hilendarski University of Plovdiv**

concerning the materials submitted for participation in the competition  
for applicante for the academic position of "**Associate professor** "  
**at Plovdiv University "Paisiy Hilendarski"**

In: the professional field of higher education 1. Pedagogical science;

Professional direction 1.3 Pedagogy of training in ... (Theory and methodology of physical education and sports training)

In the competition for "associate professor", announced in the Official State Gazette, No. 34 from 03.05. 20 22 and on the website of Plovdiv University "Paisiy Hilendarski" for the needs of the Department of Theory and Methodology of Physical Education and Sports at the Faculty of Education, Head assistant PhD Martin Veselinov Margaritov from Plovdiv University "Paisiy Hilendarski", Department of Sports and Sports is taking participation for the above mentioned position.

## **1. General presentation of the procedure and of the candidate**

By order No. PD 21-1243 of 29.06.2022 of the Rector of Plovdiv University "Paisiy Hilendarski" (PU) I have been appointed as a member of the scientific jury of a competition for occupying the academic position of "**associate professor**" in the PU in the field of higher education Pedagogical Science, professional direction 1.3. Pedagogy of training in..., (Theory and Methodology of Physical Education and Sports Training), **announced for the needs of** the Department "Theory and Methodology of Physical Education and Sports" at the Faculty of Education.

Only one candidate submitted documents for participation in the announced competition:

Head assistant PhD Martin Veselinov Margaritov, from Plovdiv University "Paisiy Hilendarski"

The set of materials on paper presented by Head assistant PhD Martin Veselinov Margaritov is in accordance with the Regulations for the Development of the Academic Staff of the PU, and includes the following documents:

- Application, autobiography and diploma for acquired educational scientific degree "PhD";
- Reference for the candidate's lecture commitment;
- Certificate of originality and credibility;
- Self-assessment of scientific contributions;
- List, annotation and copies of the candidate's scientific output;
- List of co-authorship declarations;

- Certificate of compliance with the minimum national and faculty additional requirements;
- List of noticed citations

Candidate Head assistant PhD Martin Veselinov Margaritov has submitted a total of 30 scientific papers, of which 1 study, 1 monograph, and a list of 28 research projects. The distribution of scientific works by relevant headings, in the country and abroad, is as follows: Fight against hypodynamia and stress (B.1, G.7.21); Physical capacity of secondary school students (G.6.1, G.7.7, G.7.10, G.7.11, G.7.24); Motor and coordination abilities of secondary school students (G.7.1, G.7.5, G.7.8); Physical education and sports in higher education (G.7.2, G.7.3, G.7.13, G.7.14, G.7.18, G.7.19, G.7.20); Theory and methodology of sports training (G.7.4, G.7.6, G.7.9, G.7.12, G.7.16, G.7.17, G.7.22, G.7.23); Football refereeing (G.7.15, G.7.25, G.7.26, G.7.27).

Head assistant PhD Martin Margaritov was born in 1988. He began his academic career in 2013 as an assistant in the "Theory and Methodology of Physical Education and Sports " department at "Paisiy Hilendarski" PU. In 2015, after defending a dissertation on the topic "Diagnosis and prevention of hypodynamia and stress through physical exercises and sports", he obtained his scientific degree "PhD", and in 2016 he was recertified in the position of head assistant. His research interests are mainly in medicine, sports medicine, theory and methodology of physical education and sports training.

Head assistant PhD Martin Margaritov is quite active in the field of football refereeing. Since 2005 he has been a football referee at the BFU, and since 2013 he has been an international referee for UEFA and FIFA. He refereed nearly 200 football matches in the first professional league of Bulgaria, 88 international matches (incl. Champions League, UEFA, European and World Championships for youth and juniors, Olympic Games in Tokyo). He is the winner of awards for the best football assistant referee for 2015, 2017 and 2018 from the Association of Football Referees in Bulgaria.

## **2. General characteristics of the applicant's activity**

In the teaching-methodical activity, Martin Margaritov develops lecture courses for the students of the specialty "Pedagogy of physical education", "Pre-school and elementary school pedagogy" - full-time and part-time education. He gives lectures on "Theory and Methodology of Physical Education", "Methodology of Physical Education in Kindergarten", "Methodology of Physical Education at the Primary Stage of Secondary School", "Winter Sports", "Water Sports".

He took an active part in the preparation of the accreditation of the professional direction "Pedagogy of training in..." in the Faculty of education of PU "Paisiy Hilendarski". Directly responsible for the preparation and conducting of practical courses in the disciplines "Winter Sports" and "Water Sports". He participated in the preparation of the candidate student practical

exam for the "Pedagogy of physical education" specialty. Takes part in the education of bachelors and masters from Germany and Austria.

Of the scientific production proposed for review, the monograph "Sports against hypodynamia and stress" deserves special attention, where a precise theoretical analysis of the problems related to immobilization and the resulting negative consequences for people of student age is made. Contentful conclusions were drawn and models were structured for diagnosis, prevention and effective overcoming of hypodynamia and stress of students. The publication (D.7.21) about "jogging" as a means of relieving accumulated mental fatigue and overcoming stress is in the same direction.

The proposed articles in the field of physical training of students (5 issues) enrich the activity in a theoretical aspect, considering the individual components of physical performance. Also proposed are practical programs containing tools for optimizing the learning process and pursuing a training cumulative effect.

On the problems of motor learning in the Secondary School, 3 articles have been proposed, referring to the improvement of the coordination abilities of elementary and high school students. Conclusions were made regarding the quality of performance of basic motor actions.

Seven articles are dedicated to physical education and sports in higher education, where the sports interests of students, their psychophysical readiness, as well as the problems related to motor training in basic sports disciplines are studied.

High-class sports and problems related to selection, early sports orientation and improvement of practical-methodical work are studied in 8 scientific works. They shed light on the issues related to the nutritional and motor regime of athletes, the functional and motor abilities of adolescent tennis players, football players and other sports talents. The problems related to stress in sport, the use of doping and the control of its use are discussed.

In the proposed set of materials, we find 4 developments in which problems related to football refereeing are treated. Follow-up of the load curve and recovery of football referees has been carried out, a connection has been made between physical training and effective refereeing, up-to-date tests for control and evaluation of the physical capacity of football referees have been indicated. The issue of using VAR as a means to refine referee judgments is discussed.

In the presented scientific publications, the following more important contributions of a scientific and practical nature are summarized.

1. An in-depth characterization and theoretical justification of hypodynamia and stress as a single system from a pedagogical and medical point of view has been made. The models structured by the author prove their effectiveness for optimizing the mental readiness of students, improving the qualities of attention, cognitive-volitional activity and the functions of the nervous system.
2. The theory regarding optimizing the physical training of secondary school students has been enriched. Programs and models are proposed for improving the physical capacity and motor-coordination capabilities of elementary and high school students.
3. The theoretical and practical-applied statements, which refer to the physical training of the students of the higher education, have been systematized. In this regard, new models for diagnosis and prevention of the main functional systems of students have been proposed as a basis for improving their motor training. Methodological guidelines have been developed for the training of students in the disciplines "Winter Sports" and "Water Sports".
4. Valuable studies and summaries have been made in the field of theory and methodology of sports training. The theoretical foundations regarding the relationship of work to improve the level of physical qualities and coordination capabilities of adolescent athletes in the stage of early sports specialization have been developed.
5. A systematic analysis of the physical training of football referees was made. The relationship of the objectivity of football judgments and personal qualities with the development and control of basic motor qualities is examined.

I believe that the mentioned contributions are a personal merit of the candidate Martin Margaritov and were formulated on the basis of the analysis of the scientific publications proposed for assessment.

The total number of noticed citations is 30. Of them, 8 are in monographs and collective volumes with scientific review. The remaining 22 citations are in non-refereed peer-reviewed journals.

### **3. Critical remarks and recommendations**

I have no critical comments on the scientific production provided for consideration. I allow myself to make a recommendation in future developments that the candidate should develop appropriate materials for the methodical-practical training of teachers for refereeing football competitions and games.

## **CONCLUSION**

The documents and materials presented by Head assistant Martin Veselinov Margaritov, PhD, meet the requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria (ZRASRB), the Regulations for the Implementation of ZRASRB and the relevant Regulations of PU "Paisiy Hilendarski".

The candidate in the competition has submitted a sufficient number of scientific works published after the materials used in the defense of the educational scientific degree "PhD". In the works of the candidate, there are original scientific and applied contributions that have received recognition as a representative part of them have been published in journals and scientific collections. His theoretical developments have practical applicability, and some of them are directly oriented to academic work. The scientific and teaching qualifications of Head assistant Martin Veselinov Margaritov, PhD, are undoubted.

The achievements of Head assistant PhD Martin Veselinov Margaritov, the results in the educational and scientific research activities fully correspond to the minimum national and additional requirements adopted in connection with the Rules of the PU for the application of ZRASRB.

After getting acquainted with the materials and scientific works presented in the competition, analyzing their significance and the scientific, scientific-applied and applied contributions contained in them, I find it reasonable to give my **positive assessment** and to recommend the Scientific Jury to prepare a report-proposal to the Faculty council of the Faculty of Education for the election of the Head assistant Martin Veselinov Margaritov, PhD, to the academic position of "associate professor" at PU "Paisiy Hilendarski". In: the professional field of higher education 1. Pedagogical sciences, professional direction 1.3. Pedagogy of training in... (Theory and methodology of physical education and sports training).

02.08.2020

**Prepared the recommendation: .....**

/Prof. PhD. Stefan Bazelkov/