

REVIEW

by Prof. Kiril Zahariev Kostov, Ph.D., SWU "Neofit Rilsky"

of the materials submitted for participation in the competition
for occupying the academic position

"associate professor"

at "Paisii Hilendarski" University of Plovdiv

field of higher education 1. Pedagogical Sciences;

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 State Gazette, No. 34 of 03.05.2022, and in the website of the University of Plovdiv "Paisii Hilendarski" for the needs of the Department "Theory and Methodology of Physical Education and Sports" at the PF participated ch. assistant professor Martin Veselinov Margaritov, PhD, from the "TMFV and Sports" department - the only candidate.

1. General presentation of the received materials

By order No. PD-21-1243 of 29.06.2022 of the Rector of PU "Paisii Hilendarski" I have been appointed as a member of the scientific jury of a competition for the academic position of 'associate professor' in the field of higher education 1. Pedagogical sciences, professional direction 1.3. Pedagogy of training in ... (Theory and methodology of physical education and sports training), announced for the needs of the department of "TMFV and Sports" at the PF.

To participate in the competition announced above, the candidate ch. Assistant Professor Martin Margaritov, PhD, has presented a set of materials on paper and electronic media in accordance with the Regulations for the Development of the Academic Staff of the PU and includes the following documents:

1. application form to the rector for admission to participate in the competition;
2. curriculum vitae in European format;
3. diplomas for higher education with the acquired educational and qualification degree "master" - original with attachment or notarized copy;
4. diploma for educational and scientific degree "doctor" - original or notarized copy;
5. list of scientific works;
6. scientific works /copies of the publications/;
 - 6.1. statement of co-authorship
 - 6.2. list of citations
7. certificate of fulfillment of the minimum national and additional faculty requirements;

8. annotations of the materials under Art. 65 of PRASPU /in Bulgarian and a foreign language/
9. self-assessment of contributions;
10. declaration of originality and authenticity of the attached documents;
11. certificate of work experience
12. documents for academic work;
13. documents according to the additional requirements of the FP
14. set of paper documents from item 1 to item 13 – 3 pieces;
15. set of documents from items 1, 2, 6, 8, 9, 10., on electronic media

2. Brief biographical data about the candidate

The candidate for associate professor ch. M. Margaritov, assistant professor, was born on January 8, 1988. in the city of Plovdiv, where he completed his secondary education with honors at OMG "Academic Kiril Popov", and then higher education with OCS "master" with excellent success /5.51/ at MU "Plovdiv" - at the Faculty of Dental Medicine.

Since 2013, after a successful competition, he has been appointed as a teacher at "Paisii Hilendarski" University of Plovdiv, where he currently works as a chief assistant. He has a protected doctorate on the topic "Diagnosis and prevention of hypodynamia and stress through physical exercises and sports" in 2015.

Since 2005, he has been confirmed as a regular football referee at the BFS with nearly 200 matches in the Bulgarian first professional football league, and since 2013 he has been an international football referee for UEFA and FIFA, where he has been an assistant referee in 88 international matches so far, including the Champions League, UEFA, European and Junior World Championships and the semi-final of the Olympic Games in Tokyo in 2021 and is the Bulgarian assistant referee with the most appearances in international matches.

He was named the best football assistant referee for 2015, 2017 and 2018 by the Association of Football Referees in Bulgaria.

3. General characteristics of the applicant's activity

For the competition, the candidate submitted a list of scientific production of a total of 30 titles. Distributed over time and in relation to the stages in his scientific and professional growth, they look as follows.

- Until the defense of his thesis, the candidate for associate professor has published a total of 4 publications.
- In the competition for the academic position of "Associate Professor", he presented another 30 research and teaching-methodical papers.

A cursory look at the presented production and the time in which it was realized undoubtedly show a uniform creative presence in the developed issues for a period of 7 years.

In terms of scope, significance, character and applicability, the candidate's output submitted for review consists of 1 monograph, 1 study and 28 scientific articles, of which 18 are independent and 10 are co-authored, for which the corresponding declarations are also presented. In co-authorship, 3 of the articles are with three authors and 7 with two, of which the candidate is the first author in three.

I consider it necessary to point out that the precision with which the materials are systematized and presented for participation in the competition makes a very good impression. This suggests not only his responsible attitude to his activity as a researcher and teacher, but also character traits that have enabled the candidate to realize himself as a football referee at the international level. Of the presented works, I do not plan to review only the monograph, which was reviewed by an official reviewer - a qualified teacher at the time of its publication. In fact, this is one of the main requirements as a mandatory criterion for the appointment of the academic position of associate professor, to which the candidate meets.

Ch. Assistant Professor M. Margaritov, PhD, is a teacher with an active educational and pedagogical activity. He covers the necessary academic commitment according to the curriculum of the Faculty of Education by teaching the subjects "Sports Medicine and Hygiene" in a bachelor's program to students from the specialty "Pedagogy of Physical Education", "Medico-biological foundations of sports" - in a master's program "Sports at school", as well as a regular participant in teaching-methodical courses for the students of the "POFV" specialty, as follows: "Winter sports" - skiing and "Water sports" - surfing and water skiing. In the submitted reference for the candidate's teaching commitment, his multi-directional teaching-methodical and lecture activities can be seen/ cf. the officially certified reference for academic lecture engagement and practical activities in educational-methodical courses/.

4. Characteristics and assessment of the candidate's scientific, scientific-applied and pedagogical activities

The main scientific-theoretical and scientific-applied research searches and achievements of ch. Dr. Margaritov are extremely purposeful and oriented to the topic of the announced competition, related to the diagnosis and prevention of hypodynamia and psycho-emotional stress of modern Bulgarian students. The monograph of the candidate for associate professor was also devoted to this problem, which was given a completely positive evaluation by the reviewer when it was issued.

Publications with numbers as follows refer to the theoretical substantiation and practical solution of problems related to hypodynamia, stress, motor activity, physical capacity and physical readiness of students aged 7-10 and 10-12 years: / D.6.1.; D.7.5.;

D.7.6.; D.7.10.; D.7.11.; D.7.24./ etc. In these publications, not only findings and proposals for diagnosis of the above-listed characteristics of motor activity and hypodynamia in general, but above all ideas and practical solutions for increasing children's physical capacity and readiness for physical exercise activities and sport.

The candidate for associate professor has demonstrated his scientific research skills and interest by proposing original practical solutions in the direction of "...students' sports interests" /D.7.2./, their "psychophysical fitness and preparation" /D.7.3./, of "their initial skiing training"/D.7.14/, as well as "assessment of their explosive power and coordination abilities"/D.7.19/. In these studies, the successfully obtained results were established and analyzed for: "the positive influence of the methods applied by the author" for improving the psychophysical fitness and explosive power of the students subjected to the targeted impacts, as well as innovative approaches in their skiing training.

In addition to the research and professional-pedagogical interests mentioned above, ch. Dr. Margaritov directed his efforts to the study of the problems related to the scientific-theoretical foundations of the "nutrition of athletes" /G.7.4./, "theoretical problems of sports and stress" /G.7.17/, "the selection and prediction of talents in sports" /D.7.22./, "the impact of eccentric training on maximal strength and muscle mass" /D.7.23/. I accept the conclusions and conclusions made as a contribution to the theory and methodology of sports activities.

Given the fact that Ch. Assistant Professor Margaritov, in addition to being a teacher and a licensed football referee, his research interest is quite logical in: "The role of the football game in the physical education and sports lesson", "...the physical load of elite football referees", "The requirements for the activity of The video assistant referee" as well as to "Factors related to the physical training of the football referee". The main conclusions drawn by the author in the publications in question can be summarized as follows:

1. "Football can and should be embedded in the education of elementary school students, as a game with simple rules and opportunities to achieve very good results in terms of the health and physical fitness of children /D.7.5./,

2. The obtained results show that "...the interventions of the video assistant referee prove the positive influence of modern technologies in football refereeing" /D.7.25./

3. The factors directly related to the physical training of football referees and crucial for its improvement have been identified. / D.7.26./

4. With the help of original "pulse testers" the physical load during the coverage of the FIFA fitness test was tracked, directly measuring the pulse frequency during the testing and the relevant conclusions were drawn"/D.7.15./.

As a broadening of the scientific horizon and non-standard research biases, I also accept 3 publications of the author related to various aspects of physical exercise and sports activities / D.7.16.; D.7.7; D.7.6/. The author, analyzing "...The use of doping

substances by athletes in professional and amateur sports, as well as in leisure sports", concludes that all this leads to serious risks not only for athletes, but also for "public health" in general. Specific data on the fight against doping are also indicated. /D.7.16/.

On the basis of obtained experimental results related to the study of the role of the sport of aerobics on the body of the trainees, the candidate concluded that "participation in aerobics has a positive effect" not only on physical performance, which is a logical consequence of the practiced motor activity, but the impact on the psycho-emotional state of students and the struggle against the daily stress and psycho-emotional burden of modern students is very strongly emphasized. /D.7.7/; In this regard, I positively evaluate the author's suggestion that psycho-emotional stress is "overcome" to a certain extent by the beneficial and morphologically building stress of physical exertion for the body.

In this direction are the results of the "Research of motor-coordination abilities in adolescent tennis players /10-12 years/". The obtained experimental data allowed the author to draw the conclusion that "...the effectiveness of the conducted training, such as volume and intensity", depends to a large extent on the correct prediction of the development of the abilities of the exercisers, which is of great importance for the effective selection of young prospects athletes. /D.7.6./

IV. Basic scientific and scientific-applied contributions.

The reference to the scientific and scientific-applied contributions of Ch. assistant professor M. Margaritov was made according to the requirements and faithfully reflects the main points and contributions in the scientific and scientific-applied production presented by him. Broadly, these contributions can be formulated as:

- Proposing and testing new approaches and means in the use of various sports activities in the fight against hypodynamia and stress of modern students and athletes/amateurs and professionals/, through the application of specific methods for psychophysical effects.

- Presentation with experimental evidence of new facts in the researched scientific and scientific-applied issues.

- Obtaining a number of corroborating facts on the discussed issues and problems.

More specifically, they are as follows:

- Based on an in-depth and multi-directional analysis of the existing pedagogical theory and practice, some theoretical and practical positions have been enriched, and a scientific-methodological analysis of the leading concepts of our and foreign authors on the problems of hypodynamia and stress has been made. In addition, innovative models for the diagnosis and application of various forms of purposeful motor activity have been prepared and implemented, which lead to the improvement of the functions of the main systems in the human body - cardiovascular, respiratory and nervous systems.

- The state and main characteristics of modern education in physical education and sports in primary school have been revealed, and specific models /programs/ for the development of the basic motor qualities of students have been approved

- Developed and tested in practice is an original handbook on windsurfing for the initial training of students, as well as methodological guidelines for their initial training in skiing.

- A successful attempt was made for purposeful and systematic control related to improving the physical training of football referees, through quantitatively measurable values of physical exertion and heart rate.

- The main characteristics and requirements for the personal qualities and types of preparation for the successful activity of the "Video Assistant Referee" (VAR) in the football game are presented.

V. Critical Notes and Recommendations

Against the background of my overall extremely positive attitude towards the application for associate professor, I will also make the following recommendation for the candidate's realized and future publication activity.

In view of the fact that the candidate is a licensed international football assistant referee, I recommend that in the future he investigates more comprehensively and thoroughly from a scientific point of view all the states and reactions of the football referee during a match - psycho-emotional stress, physical training, communication with football players, etc. In this direction, as far as I am aware, there are very few similar studies in sports science, especially in Bulgaria.

At the end of my review, I will note that I have no joint publications with the associate professor candidate.

VI. Conclusion.

The realized scientific-research and teaching-teaching activity of the candidate for associate professor gives me the deep confidence and reason to consider that he is a built scientist with the necessary theoretical and applied-methodological training of a proven university teacher.

Bearing in mind all this, as well as the thematic focus of the announced competition, I find it reasonable to give my positive assessment and to recommend to the Scientific Jury to prepare a report-proposal to the Faculty Council of the Faculty of Pedagogy for the selection of ch. Martin Veselinov Margaritov, assistant professor, at the academic position of "ASSOCIANT PROFESSOR" in "Theory and Methodology of Physical Education and Sports Training" in PU "Paisiy Hilendarski" by field of higher education 1. Pedagogical sciences, 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 PF.

Plovdiv
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Reviewer:
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