

OPINION

by Professor Lachezar Dimitrov, PhD

NSA Vasil Levski

on the papers submitted for participation in a competition for acquisition of the academic position of "Associate Professor" at PU *Paisii Hilendarski*, in the higher education area 1.

Pedagogical Sciences, professional field 1.3. Pedagogy of Training in ... (Theory and Methodology of Physical Education and Sports Training)

In the competition for Associate Professor announced in S.G. issue 34 of 03.05.2022. and on the website of PU *P. Hilendarski* for the needs of the Department *Theory and Methodology of Physical Education and Sports* at the Pedagogical Faculty, participates as an only candidate Chief Assistant Doctor Martin Veselinov Margaritov.

By order No. ПД -21-1243 from 29.06.2022. of the Rector of PU *Paisii Hilendarski* I have been appointed as a member of the Scientific Jury for the competition for acquisition of the academic position of "Associate Professor" in Plovdiv University in the higher education field of 1. Pedagogical Sciences, professional field 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 Pedagogical Faculty.

The submitted by Ch. Assistant Martin Margaritov DM. PhD. set of materials in paper format is in accordance with the Regulations for the Development of the Academic Staff of PU and includes a total of 15 papers.

The candidate Ch. Ass. M. Margaritov MD. PhD. has submitted a total of 30 scientific works, as follows:

1 Monograph;

1 article published in a scientific journal, refereed and indexed in world-renowned databases with scientific information;

27 Articles and reports published in non-refereed peer-reviewed journals or published in edited collective volumes;

1 Study published in a non-refereed peer-reviewed journal or published in edited collective volumes;

He is an independent author in **20** publications, a head in **3** and a member of the author's group in **7**.

It should be noted that the presented scientific production falls under the topic of the competition, meets the academic requirements, includes a wide range of scientific knowledge and research and is in compliance with the required scientometric indicators for occupying the academic position "Associate Professor".

Ch. Ass. M. Margaritov MD. PhD. was born on January 8, 1988. In 2013 he graduated as a doctor with a specialty in Dental Medicine. Since 2013 is a lecturer at PU *P. Hilendarski*. He is an international football assistant referee with participation in European and world forums, Olympic Games and European Club Tournaments. He is fluent in English and possesses a very good level of technical skills and competencies.

The annual academic load of Ch. Ass. M. Margaritov MD. PhD. consists of lecture courses: 240 hours and 150 hours in the field. He teaches 1st, 2nd and 3rd year students on the main subject "Pedagogy of Physical Education Training and Preschool and Primary School Pedagogy".

In 2015, Ch. Ass. M. Margaritov MD. PhD. defended his dissertation thesis "Diagnosis and Prevention of Hypodynamia and Stress through Physical Exercises and Sports."

The presented monograph "Sports Against Hypodynamia and Stress" is of fundamental value. An in-depth study, analysis and specific approaches to overcome hypodynamia and stress have been carried out.

In general, in his main work, Ch. Ass. M. Margaritov MD. PhD. has conducted comprehensive research in the field of school physical education such as: psychophysical performance of schoolchildren of different ages and students, motor coordination abilities, of adolescents practicing sports disciplines such as football, tennis, aerobics, etc., of the physical load of elite football referees, with control and evaluation of the degree of preparation, etc.

In brief, we could point out that the applied scientific approaches and methods are reliable and objectively show a purposeful and actual scientific research and applied activity.

The derived summaries, guidelines and conclusions in the field of school physical education have a multifaceted concreteness based on specialized research. 30 citations of the candidate's works are indicated.

After the detailed review of the scientific work of Ch. Ass. M. Margaritov MD. PhD. in terms of factology, expertise in research, summaries and conclusions, we would like to indicate the real contributions as follows:

- Fundamental sets of research, analysis and summaries on the problems of hypodynamia and stress. New motor sequences have been created and implemented to improve the functions of the various systems in the human body.
- A regulatory framework has been created for the control and evaluation of the basic motor skills of students with practical approaches for their development.
- Historical guidelines have been prepared in the initial training in skiing and windsurfing for the students of Plovdiv University, including new means, methods and principles in the preparation process.
- Research and conclusions have been done in the process of the sports training of elite football referees with an emphasis on special physical fitness, mental stamina, personal qualities, the training of referees using the new VAR system, etc.

I have no critical comments on the scientific production provided for consideration.

CONCLUSION

Ch. Ass. M. Margaritov MD. PhD., in his almost 10 years of pedagogical, scientific and organizational activity at PU *P. Hilendarski* has shown dedication, hard work and professional competences to act in accordance with modern educational trends.

On the basis of the objective evaluations of the scientific works, the specified contributions, the personal and professional positive qualities as a teacher, researcher and a public figure, we believe that Chief Assistant M. Margaritov MD. PhD. is a fully worthy candidate for the academic position of Associate Professor.

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 "Paisii 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 "Paisii 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).

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