

**OPINION**

**by competition for the academic position "Associate Professor"**

**in scientific specialty "Kinesitherapy"**

for the needs of the Department of "Health and Pharmaceutical Care"

Medical College, University "Prof. Dr. Asen Zlatarov", Burgas,

announced in the State Gazette issue 45/17.06.2022

**by Assoc. Professor Antoaneta Stefanova Grozeva, DM**

**Director of Medical College, Burgas**

Internal member of a Scientific Jury, according to Order № RD-243/15.09.2022

of the Rector of University "Prof. Dr. Asen Zlatarov" – Burgas

**Regarding the procedure for occupying the academic position "Associate Professor"**  
in professional direction **7.4. Public Health, scientific specialty "Kinesitherapy"**.

The only candidate Chief Assistant Gergana Angelova Angelova-Popova, PhD was admitted to participate in the competition.

The submitted documents, according to Regulation for application of the law on the development of the academic staff of the Republic of Bulgaria, meet all the requirements for occupying the specified position.

**Short Biographical data**

Assistant Gergana Angelova-Popova, was born in 1979 in the city of Burgas, where she completed her secondary education. In 2001, she graduated from specialty "Rehabilitator" at the Medical College, at the University "Prof. Dr. Assen. Zlatarov" - Burgas. In 2005, she acquired the educational and qualification degree "Bachelor", specialty "Kinesitherapy" at the National Sport Academy "Vasil Levski" - Sofia, and in 2011 - the Master's degree, specialty "Business Administration - Health Management" at the University " Prof. Dr. Assen. Zlatarov".

In 2018, she obtained PhD in the scientific specialty "Theory and Methodology of Physical Education and Sport Training (incl. Methodology of Physical Therapy)" at the "Vasil Levski" National Sport Academy - Sofia with a dissertation on the topic "Kinesitherapy in fractures of the distal radius".

Gergana Angelova-Popova has been teaching at the Medical College-Burgas since 2005, successively working as a practical teacher, Assistant and Chief Assistant. She continuously improves her qualifications, she has completed 17 additional qualifications and courses for specialized techniques in the field of manual therapy, orthopedics and traumatology, neurology, yumeiho therapy and myo-acupuncture.

Over the years, she successively worked on a second employment contract at the "Diamond" Spa center - Sunny Beach (2006), "Rose" Spa center, "Sol Nessebar Palace" hotel - Sunny Beach (2010). In 2011-2013, she practiced as a kinesiherapist at the Physiotherapy Center "Vita" - Burgas, and from 2022 she worked at General Hospital for active treatment "Heart and Brain" - Burgas.

### **Research activity**

The total publication activity of the candidate contains **21** scientific papers and consists of:

- **one monograph** "Kinesitherapy in subacromial compression syndrome and rotator cuff ruptures", in the quality of a habilitation work, with a practical-applied and scientific-applied character and significance;

- **2** publications in indexed editions, in world-famous databases with scientific information (Scopus and Web of Science);

- **18** publications in non-refereed peer-reviewed journals or published in edited collective volumes.

In the reference submitted by the candidate for citations, nine articles are presented, which are cited by a number of authors.

### **The scientific research activity of the candidate is in the following areas:**

#### **1. Application of kinesitherapy in patients with diseases and injuries of the musculoskeletal system and musculoskeletal dysfunctions**

The Dissertation - "Kinesitherapy for fractures of the distal radius" and the monograph on the topic "Kinesitherapy for subacromial compression syndrome and rotator cuff tears" are dedicated to this problem, as well as a number of publications for the acquisition of an educational and scientific degree "PhD" and for participation in the current contest.

**2. Rehabilitation for metabolic diseases** - in this field the candidate has 3 scientific publications.

**3. Studies about children with autism and hypotrophy** - four of the publications are in this area and investigate the need and importance of motor activity in children with autism and hypotrophy.

#### **4. Telemedicine and telerehabilitation**

The two articles in this area, also related to the rehabilitation of Covid-19, are extremely relevant.

I believe that the minimum national requirements and scientometric indicators of the Regulations for the terms and conditions for acquiring scientific degrees and occupying academic positions at the University "Prof. Dr. Asen Zlatarov" – Burgas.

Assistant Gergana Angelova-Popova works actively and dedicatedly with students and prepares them for participation in scientific student conferences, there are a total of 8 participations in student conferences, three of which were awarded.

The candidate actively participates in the work on the research projects of the University, from 2010 until now she has participated in 7 University projects.

#### **Teaching and learning activity**

Chief Assistant Gergana Angelova-Popova, Ph.D., has over 16 years of teaching experience at Medical College and Faculty of Public Health and Health Care - Burgas, as a practical teacher. Assistant and Chief Assistant. Her academic workload varies from 383 hours to 608 hours, according to the report provided. The candidate leads lectures and exercises in the disciplines "Kinesitherapy", "Therapeutic massage" of the specialties - "Rehabilitator", "Medical rehabilitation and occupational therapy", as well as in the examination committees for state and semester exams. She also conducts study practice and pre-degree internship for students. She participates in the development of study programs and tests for the specialties. At the same time, she is the Main tutor of the "Rehabilitator" specialty and the Scientific Secretary of the Medical College.

Assistant Gergana Angelova-Popova is a member of the Association of Physiotherapists in Bulgaria (AFB) and the Bulgarian Organization of Sports Physiotherapy (BOSF).

The candidate successfully combines her research work with teaching activity.

#### **Conclusion**

As a Director of Medical College - Burgas, I personally know the candidate and her exceptional dedication to teaching and comprehensive knowledge in the field of Kinesitherapy.

The opinion presented by me reflects the main research and teaching activity of Chief Assistant Gergana Angelova-Popova, PhD, who fully meets the criteria of the Law on the Development of the Academic Staff of the Republic of Bulgaria, the Regulations for its application and the Regulations of the University "Prof. Dr. Asen Zlatarov" for the academic position of "Assistant Professor".

**Based on my positive assessment of the overall professional activity of Chief Assistant Gergana Angelova - Popova, PhD I propose to the Honorable Scientific Jury to award her the academic position of "Assistant Professor" in the field of higher education 7. Health Care and Sport, professional direction 7.4. Public Health, scientific specialty "Kinesitherapy".**

14.11.2022

Member of the Scientific Ju  
/Assoc. Prof. Antoaneta Stefanova Grozeva, MD/