



## OPINION

**by Assoc. Prof. Vladimir Hristov Gonchev, MD, PhD**

Professional area 7.4. "Public health", scientific specialty "Social medicine and organization of health care and pharmacy"

Faculty of Public Health and Health Care, University "Prof. Dr. Assen Zlatarov", Burgas,  
Member of the Scientific Jury, authorized in Decree No. РД - 80 / 16.03.2020 of the Rector of  
the University "Prof. Dr. Assen Zlatarov" Burgas

According: Competition for the occupation of the academic position of "Associate Professor" in the field of higher education 7. "Health and Sports", professional field 7.4. Public Health, in the scientific specialty "Kinesitherapy", University "Prof. Dr. Assen Zlatarov" - Burgas. The competition has been issued by the Government Newspaper in number 5 from 17 February 2020.

**One candidate is admitted to the announced competition:  
Chief Assistant Yordan Todorov Gavrailov**

The applicant has submitted all the necessary documents for participation in the competition, which are in compliance with the requirements of the Act for the development of the academic staff in the Republic of Bulgaria, the Rules for its application and the Rules for the conditions and procedures for acquiring academic degrees and occupying academic positions at the University. "Prof. Dr. Assen Zlatarov" - Burgas.

### **Short biographical and professional data on the applicant's development**

Yordan Gavrailov was born in Burgas on June 24, 1977. In 2002 he obtained a bachelor's degree in Kinesitherapy at the University of Ruse "Angel Kanchev", and in 2009 he obtained a master's degree at the same university. From 2007 to 2017 he was an assistant at the Faculty of Public Health and Health Care, at the University "Prof. Dr. Assen Zlatarov", in the field: Theory and methodology of physical education and sports training.

In 2017, until now, after winning a competition, he was elected chief assistant at the University "Prof. Dr. Assen Zlatarov" in the specialty "Kinesitherapy" and "Rehabilitator".

### **Assessment of quantitative and qualitative indicators**

Chief Assistant Dr. Yordan Todorov Gavrailov presented a signed comprehensive evidence containing detailed lists, references, abstracts and full-text copies of scientific papers after acquiring the the scientific degree "PhD", certificates and diplomas, references to citations, declaration of originality and authenticity of the attached documents. The presented materials contain the necessary information for the implementation of quantitative and qualitative assessment of its overall academic development. The presented works of Chief assistant Professor Dr. Yordan Todorov Gavrailov are in the field and issues of the competition - "Health and Sports", professional field 7.4. "Public Health", scientific specialty "Kinesitherapy".

According to indicator B.1. the candidate submits a monograph. A reference is presented to the author's articles, which have been cited a total of 11 times, together with the publications in which the citations are reflected.



The candidate fulfills the conditions for holding the academic position "Associate Professor" in accordance with the requirements of (ADAPRB) and minimum required points for the academic position "Associate Professor", according to (RIADAPRB) in Area 7. "Health and Sports", professional field 7.4. "Public Health".

In Table 1 I confirm the scientometric values according to which Chief Assistant Professor Dr. Yordan Todorov Gavrailov fulfills all the conditions for holding the academic position of "Associate Professor" in accordance with Art. 73 of the Regulations on the terms and conditions for acquiring scientific degrees and holding academic positions at the University "Prof. Dr. Asen Zlatarov "Burgas and the minimum required points:

Table 1. Minimum required points for the academic position of "Assoited Professor" in Area 7. "Health and Sport", professional field 7.4. "Public health" according to the ADAPRB, RIADAPRB. Minimum required points for the academic position of " Assoited Professor" in Area 7. "Health and Sports", professional field 7.4. Public Health according to The Rules of the University "Prof. Dr. Assen Zlatarov", Burgas.

Indicators groups	"Associated Professor" by the ADAPRB and the RIADAPRB	"Associated Professor" by the the Rules of the University "Prof. Dr. Assen Zlatarov", Burgas	Chief Assistant Yordan Todorov Gavrailov
A	50	50	50
B	-	-	-
B	100	100	100
Г	200	220	267,5
Д	50	60	110
Е		20	39,4
Общо	400	450	566,9

The presented scientific publications are a total of 20 of indicator G8 (publications and reports published in non-refereed journals with scientific review or published in edited collective volumes). 18 of the publications in the G8 indicator group are co-authored. According to indicator G9, the candidate participates in the publication of two manuals by a research team at the University Prof. Dr. Asen Zlatarov.

23 of the scientific papers submitted for the competition, 3 of them are independent.

All published scientific papers with which the candidate participates in the competition do not overlap with the publications that the candidate has submitted in defense of the dissertation for educational and scientific degree "PhD".

He has participated in 5 research projects.

#### **Main directions of the publishing activity**

The presented works of the candidate correspond in subject matter and content in six main directions:

- I. Prevention of health status in patients with bronchial asthma. Study of the effect of a kinesitherapy program in patients with bronchial asthma.
- II. Application of Spa and Wellness effects.
- III. Contributions to the rehabilitation of socially significant diseases. Modern approaches and methods in the training of medical college students in the rehabilitation and prevention of diabetic foot.

- IV. Application of physical therapy for exposure in systemic connective tissue disease in childhood.
- V. Application of research and kinesitherapeutic agents for vestibular dysfunction.
- VI. Specialized massage techniques and tools for therapeutic massage.

#### **Courses and specializations**

1. Certificate in Proprioceptive neuromuscular facilitation - Basic Course - Sofia, March 2012 - Bulgarian Association of Physiotherapy, International PNF Association
2. Certificate for Soft Tissue Mobilization of the lumbosacral region and lower limb - Burgas 08 - 10. 02. 2013, lecturer: Prof. Leyla Karaidzhikova
3. Certificate for specialized course in Legal basis and structure of the dissertation - 04.07.2013 - Ruse University "Angel Kanchev"

#### **Teaching activity**

As an assistant Yordan Todorov Gavrailov leads exercises and internships for students majoring in "Rehabilitator" - Educational Qualification Degree - "Prof. Bachelor's degree in Kinesitherapy. As a chief assistant he leads lectures, exercises and internships for students majoring in "Medical Rehabilitation and Occupational Therapy" - Bachelor's Degree, "Rehabilitator" -Educational Qualification Degree - "Prof. Bachelor's degree in Kinesitherapy.

#### **Conclusion**

Consideration of the materials of the competition for the academic position of "Associate Professor" of Chief Assistant Yordan Todorov Gavrailov shows that fulfil quantitative and qualitative requirement of the Law for development of the academic staff of the Republic of Bulgaria and the Regulations for implementation of the University "Prof. Dr. Asen Zlatarov "- Burgas. The candidate submits a sufficient volume of scientific papers in which there are original scientific and applied contributions.

In conclusion, I give a positive assessment of the activity of Assistant Professor Yordan Todorov Gavrailov and I VOTE POSITIVELY, proposing to the members of the scientific jury to also vote positively for her election to the academic position of "Associate Professor" in higher education 7. Health and Sports, Professional direction 7.4. Public Health, in the scientific specialty "Kinesitherapy", at the Faculty of Public Health and Health Care at the University "Prof. Dr. Asen Zlatarov "- Burgas

19 June 2020  
Burgas

**Signature:**  
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