



ABSTRACTS OF SCIENTIFIC PUBLICATIONS

Of the scientific works of Senior Lecturer Dimitar Stoilov Dimitrov, PhD, Department of Language Training and Sports, University of Economics – Varna, for participation in a competition for the academic position of *Associate Professor* in professional field 7.6. Sports, scientific specialty „Sport (Sports Tourism)“, announced in the State Gazette, issue 98 / 18 November 2025.”

A. Scientific Publications Related to the Dissertation Thesis

Overall Number	Number within the Group	Title
1.	1.	<i>Dimitrov, D. (2012). Specific Features of the Sports Animation Product in Seaside Hotel Complexes. // Challenges to Tourism in the 21st Century: International Scientific Conference: Proceedings / UNWE. Faculty of “Infrastructure Economics”, Department of “Tourism Economics”. – Sofia: UNWE, pp. 266–273. ISBN 1314-7236</i>
<p>Among the distinctive characteristics of tourism activities are the sports and physical activities that contribute to improving an individual’s overall physical and psychophysical condition. Through participation in such activities, the individual enhances general physical fitness, achieves the necessary recreational effect, develops core physical abilities, and expands overall physical culture. The present paper provides an overview of the characteristics of the sports animation product as an element of sports and recreational activities in tourism, with a focus on practices in hotel complexes along the Bulgarian Black Sea coast. Within this analytical context, the role of sports animation is also revealed. Functioning as an additional service within the hotel industry, it gains substantial importance in the hotel selection process of the modern tourist, who is characterized by a high degree of physical activity.</p>		
2.	2.	<i>Dimitrov, D. (2013). Factors Determining the Competitiveness of the Sports Animation Product in Seaside Vacation Hotels. // Responsible Tourism 2020: Proceedings of the International Scientific Conference Organizing Committee: Stoyan Marinov et al.; Editorial Board: Tatyana Hristova et al. Vol. 2. – Varna: Science and Economics University Press, pp. 229–239. ISBN 978-954-21-0666-1</i>
<p>Under contemporary economic conditions, the competitiveness of hotel complexes is largely determined by the diversity and quality of the additional services accompanying the core hotel product—transport, accommodation, and food services. In this context, examining the role of sports animation as an additional service in the hospitality sector acquires particular significance, especially in the decision-making process of the modern tourist, who is characterized by a high level of physical activity.</p> <p>The key factors influencing the quality and competitiveness of the offered sports animation service include human resources, the variety of entertainment forms and types of sports animation activities, the condition of sports facilities, as well as effective management and financial provision.</p>		
3.	3.	<i>Dimitrov, D. (2014). The Competence of the Animator as a Key Actor in the Provision of the Sports Animation Service in Tourism. //</i>



	Infrastructure and Communications, UNWE, Issue 9, May. pp. 387–392. ISSN 1314-0930
<p>The contemporary tourism industry imposes high demands for continuous creativity and innovativeness in shaping the tourism offer, as well as for the development of new, diverse, and attractive services capable of retaining and expanding consumer interest. In this context, sports animation is emerging as a new-generation supplementary tourism service that enhances the attractiveness of both tourism destinations and specific tourism products. The paper emphasizes the requirements that hotel complexes set for their animators in order to maintain a high standard of service, namely the possession of a high level of professional training, demonstrated talent, integrity, discipline, and intrinsic motivation toward the activity performed.</p>	

B. Scientific Works for Participation in the Competition for the Academic Position of “Associate Professor”

I. Monograph or Equivalent Publications (in the professional fields where this is permitted according to the Regulations for the Application of the Academic Staff Development Act in the Republic of Bulgaria – RAASDARB) – pursuant to Article 62, Item 3 of the Regulations for the Development of the Academic Staff (RDAS) at the University of Economics – Varna

Overall Number	Number within the Group	Title
4.	1.	<p><i>Dimitrov, D. (2025). Sports Tourism – Trends and Development Prospects. Varna: Science and Economics, “Prof. Tsani Kalyandzhiev” Library. ISBN 978-954-21-1209-9</i></p> <p>The monographic work examines the place of sports tourism within the system of tourism supply and its role as a modern form of specialized tourism. The emphasis is placed on the development of sports tourism as a dynamic and promising field that combines physical activity with leisure, travel, and the consumption of tourism services. The study supports the thesis that sports tourism constitutes a significant factor for the socio-economic development of regions by integrating sports activities into tourism services and creating value for both tourists and local communities.</p> <p>The research explores contemporary theoretical concepts of sports tourism, its forms and consumers, as well as the interaction between the sports and tourism sectors through successful international practices. Emphasis is placed on the strategic planning of sports-tourism products and the best approaches to their integration into the industry. Attention is given to the potential of sports tourism to serve as a lever for the development of less developed regions by promoting an active lifestyle and creating economic opportunities at the local level.</p>



II. Monographs and Studies pursuant to Article 104, Paragraph 1, Item 6 of the Regulations for the Development of the Academic Staff (RDAS) at the University of Economics – Varna

Overall Number	Number within the Group	Title
5.	1.	<p><i>Lukanova, G., Dūbeva, T., Filipova, Kh., Parushev, Zh., Dimitrov, D. (2021). Tourism Profiling of Dalgopol Municipality. Varna: Science and Economics, (Chapter Five – pp. 113–128). ISBN: 978-954-21-1087-3</i></p> <p>The monograph “Tourism Profiling of Dalgopol Municipality” is the result of targeted research activity carried out within a project funded through a state budget subsidy for the period 27 April 2018 – 30 December 2020. The project was implemented by a team of lecturers from the University of Economics – Varna, in cooperation with students from the Master’s program “International Tourism Business,” Department of Tourism Economics and Management. The present work offers the first systematized and multilayered study in Bulgarian specialized literature on tourism profiling as a methodological approach for analyzing and developing tourist destinations, applied to a specific territorial case – Dalgopol Municipality.</p> <p>The monographic work is distinguished by its interdisciplinary approach, rich empirical base, and high applicability of the results. It represents not only a reference analysis for Dalgopol Municipality, but also a methodological foundation that can be used in the profiling and strategic management of other tourist destinations in Bulgaria.</p>
6.	2.	<p><i>Dimitrov, D. (2024). Enhancing the Competitiveness of the Sports Animation Product in Seaside Hotel Complexes: A Monographic Study. Varna: “FIL” Ltd. (220 pages) ISBN 978-954-9741-65-0</i></p> <p>The scientific work is dedicated to the issue of the competitiveness of the sports animation product in seaside hotel complexes along the Bulgarian Black Sea coast. The subject of the study is the sports animation product, while the object is its manifestation in seaside hotel complexes. The aim of the research is to determine the possibilities for increasing the competitiveness of the sports animation product through the development and testing of an evaluation methodology.</p> <p>The scientific study focuses on revealing the essence and characteristics of sports animation, identifying the key factors that determine its quality and competitiveness, as well as formulating practical guidelines for the development of the tourism sector. The main thesis emphasizes the equal importance of both subjective (quality of service) and objective factors in assessing competitiveness.</p>



		The methodology includes analysis, surveys, interviews, and statistical methods applied to managers, animators, and tourists. The obtained results enrich scientific knowledge and offer practical solutions for the sustainable development of seaside hotel complexes.
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III. Scientific Articles pursuant to Article 71(5), Item 2 of the Regulations for the Development of the Academic Staff (RDAS) at the University of Economics – Varna

Overall Number	Number within the Group	Title
7.	1.	<p><i>Dimitrov, D. (2007). A Study of the Physical Working Capacity of Students Attending Mandatory and Elective Forms of Instruction in Physical Education and Sports Classes. Sport and Science: Scientific-Methodological Journal, Sofia: Acad. Publ. "Prof. M. Drinov", 3, Special Issue, pp. 206–212, ISSN 1310-3393.</i></p> <p>In Bulgarian higher education institutions, physical education and sport are implemented in three main forms: compulsory-elective, sports improvement, and optional. These forms contribute to enhancing students' physical working capacity and overall health, which in turn supports the effective progression of the educational process. The present report aims to examine the development of physical working capacity among students participating in both the compulsory and optional forms of instruction over a twelve-month period (October 2005 – October 2006) through the application of appropriate physical tests. The research tasks include comparing the results from three consecutive test sessions and formulating well-grounded conclusions and recommendations. The results indicate that students from the optional group achieve higher performance compared to those in the compulsory form; however, no significant improvement is observed between the initial and final measurements. The report provides conclusions and recommendations aimed at achieving more substantial and lasting improvements in students' functional condition and motivation for sport.</p>
8.	2.	<p><i>Petrova, B., Dimitrov, D. (2011). Comparative Analysis of Attendance in the Discipline "Physical Education" among Students Completing with a Grade and Those Completing without a Form of Assessment. // Yearbook of the Technical University of Varna [Black Sea Scientific Forum on Issues of Physical Education and Sport: International Scientific Conference, 2011], 1, pp. 34–38, ISSN 1311-896X.</i></p> <p>The present study provides an objective analysis of student attendance in the discipline "Physical Education." as recorded in the instructors' logs.</p>



		<p>with the aim of justifying the need to reinstate a form of assessment for this discipline at the University of Economics – Varna. The study seeks to demonstrate that, at the current stage, a significant portion of students do not fully recognize the benefits of regular physical education classes as a means to counteract sedentary behavior and daily stress.</p> <p>The study also hypothesizes that students are not sufficiently motivated to maintain regular physical activity in the absence of a regulated form of assessment, such as grading, certification, or credits. The research methodology includes analysis of attendance and absences for a total of 470 students – 235 first-year students enrolled in the compulsory form of physical education, and 235 fourth-year students taking the discipline as an elective. The observation covers the entire 2010–2011 academic year. The analysis shows that having an assessment in the discipline “Physical Education and Sport” significantly increases motivation to participate in classes, while the absence of such control leads to lower attendance and passivity.</p>
9.	3.	<p><i>Dimitrov, D., Petrova, B. (2011). Study of the Opportunities for Students to Engage in Sports Activities at the University and in the Municipality of Varna. // Yearbook of the Technical University of Varna [Black Sea Scientific Forum on Issues of Physical Education and Sport: International Scientific Conference, 2011], 1, pp. 39–44. ISSN 1311-896X.</i></p> <p>The present research paper deals with the problem for determining the optimal positioning of units in logistics system aiming the minimization of the transportation costs for providing communication between the units. For the purposes of the research a logistics system is treated as relatively stable set of units (structural and/or functional subunits of the company but also suppliers, consumers and logistical mediators) connected to each other and united in one management of the logistical process for realizing the corporative strategy of the business organization. Basic task of the management of logistics systems is providing minimal expenses for all the processes, one of which is concerning the positioning of the interconnected units. When determining the optimal positioning of the units in logistics systems must be taken into account a variety of factors, one of which is dealing with the transportation costs depending on the distance between the interconnected units.</p>
10.	4.	<p><i>Rafailova, G., Dimitrov, D. (2015). Development of Specialized Tourism through Sports Events for Youth. // Infrastructure and Communications. Vol. V, No. 10 [Trends and Challenges in Global Tourism], pp. 231–236. ISSN 1314-0930.</i></p> <p>The aim of the article is to present the possibilities for developing specialized types of tourism through the organization and implementation</p>



		<p>of sports events for youth in seaside destinations along the Northern Bulgarian Black Sea coast. The relevance of the topic is determined by contemporary trends in tourism demand for active and diverse experiences during travel, the growing importance of domestic tourism, and the European Union’s policy to promote youth tourism.</p> <p>The article examines the essence, trends, and significance of tourism associated with sports events, particularly for young people, enthusiasts, and amateurs, as well as good practices in Bulgaria and Europe. It presents the methodology for organizing and conducting sports events for youth, including the conditions and guidelines for implementing such events along the Northern Black Sea coast, mainly during the summer season.</p>
11.	5.	<p><i>Dimitrov, D. (2024). Characteristic Features in the Offer of Sports Tourism : [Електронен ресурс]. IDEA [Innovation, Development, Åducation, Artificial Intelligence] : International Journal of Innovative Science, Artificial Intelligence and Education, Shumen : Incoma Ltd., 1, 1, p. 12-24. ISSN 3033-084X</i></p> <p>The aim of the study is to examine the characteristics of supply in sports tourism, highlighting the key elements that make this sector attractive both for tourists and for destinations. The main activities presented in the study focus on clarifying the essential aspects of sports tourism supply and the institutional groups involved in its development and management.</p> <p>The role of state and public authorities, global sports organizations, marketing agencies, tour operators and consulting firms, producers of sports and sports-tourism products, as well as various types of owners of sports facilities and resort complexes acting as organizers of sports travel, is revealed. The study discusses their impact on sports tourism and on the economy of society. By understanding the characteristics of supply and continuously adapting to the changing environment of the industry, tourism service providers can ensure unforgettable experiences for athletes, sports enthusiasts, and local communities alike.</p>
12.	6.	<p><i>Dimitrov, D. (2024). Specific Features of Sports Tourism : [Електронен ресурс]. IDEA [Innovation, Development, Education, Artificial Intelligence] : International Journal of Innovative Science, Artificial Intelligence and Education, Shumen : Incoma Ltd., 1, 1, p. 64-73, ISSN 3033-084X</i></p> <p>The aim of the study is to understand the significance of sports tourism. The main areas addressed in the paper are the factors influencing sports tourism, its benefits, and the specific characteristics of sports tourists. Sports tourism occurs when people participate in sports events, as well as when they develop interest and passion for a particular sport. When</p>



		<p>people plan a sports-based trip to another city or country, they also engage in additional leisure activities, such as adventure activities or visits to cultural, religious, or historical sites. However, the primary focus remains on sports, which transforms the trip into sports tourism. This paper examines sports tourism, which has been gaining increasing popularity in recent years and represents a new and promising opportunity for the development of tourism on a global scale.</p>
13.	7.	<p><i>Dimitrov, D. (2024). Origin, Essence and Significance of Sports Tourism. Izvestia Journal of the Union of Scientists - Varna. Economic Sciences Series, Varna : Union of Scientists - Varna, 13, 2,p. 154-164, ISSN (печатно) 1314-7390 , ISSN (онлайн) 2603-4085</i></p> <p>The article aims to trace the origin, development, and significance of sports tourism in contemporary society. The research methodology applies a systematic approach to literature analysis for gathering information on the topic, as well as an integrative technique through the synthesis and review of previous studies. The search process is based on the method of a systematic literature review to collect the necessary information from online databases. This approach ensures a structured procedure for searching, extracting, and synthesizing scientific literature. The study sheds light on the various stages of interaction between sports and tourism, emphasizing the influence of social and economic factors on the development of this industry. Based on an extensive and systematic review of various scientific and institutional definitions, an original definition of the concept of “sports tourism” is proposed. As a result of the research, essential characteristics that play a key role in the development of sports tourism in contemporary society have been identified.</p>
14.	8.	<p><i>Dimitrov, D. (2025). Sports Events as a Tourist Attraction – Visits and Spectator Experiences. Contemporary Trends in Physical Education and Sport: Sixteenth International Scientific Conference, [4 October 2024]. Sofia: Univ. Publ. “St. Kliment Ohridski”, pp. 309–319, ISSN 3033-2079.</i></p> <p>The article aims to trace existing concepts and research at the intersection of sports events and tourism. The study sheds light on the motivations driving travel and the factors contributing to the shaping of the consumer experience at sports events. The research methodology applies a systematic approach to literature analysis for gathering information on the topic, as well as an integrative technique through the synthesis and review of previous findings. The search process is based on a systematic literature review approach to collect the necessary information from</p>



		<p>online databases. This approach ensures a structured procedure for searching, extracting, and synthesizing scientific literature.</p> <p>As a result of the study, essential characteristics of sports events that play a crucial role in destination marketing and image, travel motivations, and the factors contributing to the formation of the consumer experience have been identified.</p>
15.	9.	<p><i>Dimitrov, D. (2025). Trends of Modern Sports Tourism. Contemporary Trends in Physical Education and Sport: Sixteenth International Scientific Conference, [4 October 2024]. Sofia: Univ. Publ. "St. Kliment Ohridski", pp. 320–331, ISSN 3033-2079.</i></p> <p>The article aims to trace the essence and development trends of sports and tourism as highly interconnected industries. These industries are influenced by the processes of interaction and integration among different cultures, economies, and political systems worldwide. To achieve its objective, the article analyzes literary sources, mainly from American and European scholars in the field, as well as statistical data from a leading online market research platform. The methods used in the study include a systematic approach and scientific methods for analysis and synthesis.</p> <p>The research focuses on the role of technological innovations in the development of modern sports tourism. It examines the use of information and communication technologies in the constantly changing global market environment. The study presents the essence and trends of sports tourism as explored in scientific literature, contributing to a deeper understanding of this interconnected industry, its impacts, and potential opportunities. Trends in changes in consumer behavior are also identified.</p>
16.	10.	<p><i>Dimitrov, D. (2025). Sport as a Cultural Tourist Attraction. Contemporary Trends in Physical Education and Sport: Sixteenth International Scientific Conference, [4 October 2024]. Sofia: Univ. Publ. "St. Kliment Ohridski", pp. 332–341, ISSN 3033-2079.</i></p> <p>Over the past decades, sport has become a significant tourist attraction, drawing millions of visitors annually to international sporting events. These events provide tourists not only the opportunity to enjoy the sports competition but also to appreciate the rich culture, history, sacred sites, and authentic offerings of the host destination. The article explores the role of sport and tourism as an integral part of human culture in shaping social interaction, cultural expression, and national identity.</p> <p>To achieve this objective, we examined literary sources from primarily American and European scholars in the field, using a systematic approach and methods of scientific analysis and synthesis. As a result, several conclusions were drawn. Sport as a cultural tourist attraction promotes</p>



		<p>understanding and cooperation among different cultures. Interactions between tourists and the local population impact the social relationship patterns within the host community. Sporting events allow nations to nurture, refine, and develop their unique charisma, making them more cohesive in the realm of sport. Consequently, sport becomes a key expression of collective identity for both internal and external consumption.</p>
17.	11.	<p><i>Dimitrov, D. (2025). Digitization and Innovations in Sports Tourism: Impact, Trends and Best Practices : [Електронен ресурс]. IDEA [Innovation, Development, Education, Artificial Intelligence] : International Journal of Innovative Science, Artificial Intelligence and Education, Shumen : Incoma Ltd., 2, 3, с. 51-58, ISSN (онлайн) 3033-084X</i></p> <p>The article aims to examine sports tourism as a significant and growing segment of the tourism industry, emphasizing the importance of innovation, digitalization, and collaboration for its success. The role of information and communication technologies (ICT) in enhancing sports tourism is highlighted, including the use of social media, mobile applications, and virtual reality. The paper also addresses the challenges facing sports tourism, such as the lack of coordination between sports and tourism organizations and issues related to seasonality.</p> <p>The research methodology applies a systematic approach to literature analysis for gathering information on the topic, as well as an integrative technique through the synthesis and review of previous studies. The research process is based on the method of a systematic literature review to collect the necessary data from online databases. This approach ensures a structured procedure for searching, extracting, and synthesizing scientific literature. As a result of the study, the main tools for innovation, economic growth, and social development in tourism and sports tourism have been identified, emphasizing the importance of digitalization.</p>

IV. Scientific Reports pursuant to Article 71(5), Item 2 of the Regulations for the Development of the Academic Staff (RDAS) at the University of Economics – Varna

Overall Number	Number within the Group	Title
18.	1.	<p><i>Tomova, S., Dimitrov, D. (2006). "A Study of Students' Habits in Independent Physical Exercise and Sports Activities." In Proceedings of Scientific Papers "Contemporary Aspects of Sports Education", Veliko Tarnovo: Publ. "St. Cyril and Methodius", pp. 121–127, ISBN-10: 954-524-517-4, ISBN-13: 978-954-524-517-6.</i></p>



		<p>The report aims to examine students' attitudes towards sports and the extent to which habits for independent physical exercise and sports activities have been established. The main objectives of the study are to determine whether students practiced sports before entering higher education, to identify their preferences for various sports activities outside of academic classes, and to analyze their self-assessment of physical capacity.</p> <p>The research methodology includes pedagogical observation and a survey conducted with 101 first- and second-year students at the University of Economics – Varna at the beginning of the 2006–2007 academic year. The working hypothesis assumes that investigating the formation of habits for independent physical exercise and sports will reveal opportunities to optimize the physical education process and more effectively stimulate students' personal motivation for an active and healthy lifestyle.</p>
19.	2.	<p><i>Dinev, P., Tomova, S., Dimitrov, D. (2007). "A Model System for Grading Physical Education in Higher Education Institutions." In Proceedings of Scientific Papers "European Standards in Sports Education", Publ. "Faber", pp. 30–39, ISBN 978-954-775-799-8.</i></p> <p>The goal of the authors of this paper is to offer a modification of the multi-stage task for allocating resources in discrete processes, which helps optimize the target function, which takes into account the relative income derived from the investment of a certain number of resource units at the given stages, as well as to demonstrate the effect of the application of this model on the basis of a specific numerical example.</p> <p>With the expansion of academic autonomy, the responsibility of individual universities and their various structures, including departments of physical education, has increased. Currently, there is no "Physical Education and Sport" sector within the Ministry of Education and Science, nor a chief specialist for higher education institutions. Centralized curricula are not issued to individual universities. Each university and each department independently addresses these issues. In many universities, the problem of assessing students' knowledge and skills in physical education has likely been successfully resolved in one way or another. However, we believe that there is a need for the exchange of experience between universities and specialized departments to improve the system for evaluating student performance in physical education.</p> <p>The aim of this report is to share the experience of the Department of Physical Education and Sport at the University of Economics – Varna in this regard.</p>
20.	3.	<p><i>Dimitrov, D., Lalev, I. (2008). Study of the Influence of Sports Activities on Students' Academic Performance and Current Issues in the Discipline of Physical Education in Higher Education Institutions. International</i></p>



		<p><i>Scientific Conference, Published on Electronic Media "Language – A Phenomenon Without Borders," pp. 601–608, ISBN 978-954-9685-43-5.</i></p> <p>The report examines the beneficial effects of physical exercise and sports on students' mental performance and the extent to which this effect is utilized. The study was prompted by structural changes in the curriculum documentation for the "Bachelor" and "Master" degree programs, introduced in the 2008/2009 academic year, aiming to harmonize with the European Higher Education Area. The changes in the curricula of the University of Economics – Varna and D. A. Tsenov Academy of Economics – Svishtov, related to the discipline of "Physical Education," were found to be in conflict with the Higher Education Act and the Physical Education and Sports Act.</p> <p>Based on this, the study aims to determine the impact of sports activities on students' preparation, as well as their attitudes and opinions regarding current issues related to physical education in higher education institutions.</p>
21.	4.	<p><i>Dimitrov, D., Lalev, I. (2011). Factors Determining Students' Sports Activity. // Scientific Conference of Young Researchers: 2011: Proceedings, Varna: Univ. Publ. Science and Economics, pp. 167–173, ISSN 1314-4812.</i></p> <p>The aim of the study is to analyze the content and reveal the significance of the key factors motivating students to engage in regular sports activities. Students are a social group with a clear goal – to acquire knowledge and higher qualifications. Sport, as a social phenomenon in students' activities, is still not a necessity and does not represent an interest for some of them. The study analyzes legal and regulatory documents issued by state management authorities concerning sport in higher education institutions. Economic factors, departmental regulations, and the influence of the media industry on students' motivation for regular sports activities are identified. Ideas are synthesized for stimulating the implementation of motivating factors that determine students' sports activity. The study recommends the need to update and synchronize state regulatory documents related to education and sport in higher education institutions and to develop a national program for implementing sports-social policy with a clear strategy, objectives, and tasks.</p>
22.	5.	<p><i>Dimitrov, D., Petrova, B., Zlatkov, Yu. (2011). A study of the "barriers" limiting young people's motivation to engage in sports in modern society. // Contemporary Trends, Problems and Innovations in Physical Education and Sports in Higher Education Institutions: International Scientific Conference, 19 Nov. 2010. – Sofia: University Publishing House "Stopanstvo", pp. 57–72, ISBN 978-954-644-223-9.</i></p>



		<p>Sport has been present at every stage of societal development as an important element for its improvement. Nevertheless, there are a number of difficulties that limit its development as a social phenomenon. These difficulties, conventionally called “barriers,” can be classified into three main categories: social, psychological, and material-technical. The occasional organization of mass sporting events does not permanently address issues related to public health and physical fitness. Many sports facilities have lost their intended purpose, and the coordination and interaction between sports institutions and organizations for regular sports activities have been disrupted.</p> <p>The aim of the report is to examine young people’s self-assessment of these barriers and the extent to which they limit their engagement in sports.</p>
23.	6.	<p><i>Petrova, B., Dimitrov, D. (2011). Effectiveness of the “Block” Element in the Volleyball Match between Bulgaria and Russia at the 2009 European Championship. // Contemporary Trends, Problems, and Innovations in Physical Education and Sport in Higher Education Institutions: International Scientific Conference, 19 November 2010 – Sofia: Univ. Publ. “Stopanstvo”, pp. 184–191, ISBN 978-954-644-223-9.</i></p> <p>The report examines the number, type, and effectiveness of blocks used by the national volleyball teams of Bulgaria and Russia during their match at the 2009 European Championship. The main objectives of the study include tracking the frequency and variations of blocks used, identifying the dominant types of blocks, and conducting a comparative analysis of their effectiveness for both teams.</p> <p>The study analyzed the total number of blocks, the number of players involved in forming each block, as well as the ratio of successful to unsuccessful blocks, attacks against the block that led to a point for the opposing team, and successful blocks that directly scored a point. The analysis results show that both teams – Bulgaria and Russia – predominantly use a double block, which proves to be the most effective under game conditions. Although the triple block is statistically the most productive, its formation requires more time and a high level of synchronization among players, which limits its applicability in dynamic game situations. The single block, on the other hand, is found to be insufficiently effective in countering opponents’ attacks. The study confirms that the optimal use of the double block is a key factor in enhancing the effectiveness of defensive actions in high-level volleyball.</p>
24.	7.	<p><i>Dimitrov, D. (2013). Study of Students’ Interest in Practicing Futsal at the University of Economics – Varna. // Contemporary Methods and Technologies in Scientific Research: Proceedings of the International Scientific Conference / Organizing Committee: Todorka Atanasova et al. – Varna: Univ. Publ. Science and Economics, pp. 427–432, ISBN 978-954-21-0630-2.</i></p>



		<p>The report addresses the updating of the curriculum for the discipline “Physical Education” in higher education institutions, with an emphasis on aligning it with the available sports facilities and students’ interests. The study investigated the interest of students at the University of Economics – Varna in practicing futsal through organized tournaments over three consecutive semesters. A total of 796 students from all faculties and specializations participated in the study. The analysis indicates a sustained and consistent interest in futsal, identifying it as a suitable opportunity for optimizing the physical education curriculum.</p>
25.	8.	<p><i>Lalev, I., Dimitrov, D. (2013). Sports Interests of Students at the University of Economics – Varna. // Scientific Conference of Young Researchers: 2013: Proceedings, Varna: Univ. Publ. Science and Economics, pp. 358–367, ISSN 1314-4812.</i></p> <p>The report examines the sports interests of students at the University of Economics – Varna, clarifying the main issues related to university physical education and sports, as well as students’ attitudes toward them. The primary aim of the study is to obtain objective feedback that can serve to improve physical education and sports instruction at the university. The methodological framework of the study includes an analysis of specialized literature on the topic, as well as the conduct of a direct anonymous survey comprising both open and closed questions. The collected empirical data were statistically processed and interpreted in the context of the study’s objectives. The research involved 130 students from all faculties and specializations at the University of Economics – Varna at the end of the 2012–2013 academic year, allowing for generalizations regarding students’ attitudes, interests, and motivation toward physical activity and sports culture in the university environment.</p>
26.	9.	<p><i>Dimitrov, D. (2014). The importance of sports animation in the development of SPA and wellness tourism . International Tourist Forum SPA and Wine, SWU Neofit Rilski, p. 140-144, ISBN 978-954-680-954-4</i></p> <p>The report clarifies the role and significance of sports animation in the development of SPA and wellness tourism. The analysis focuses on one of its main types – recreational sports. The study examines the distinctive features of this type of sports activity and analyzes the possibilities for its integration into the offering of SPA and wellness services. The connection between sports animation, active recreation, and the sustainable development of tourist destinations is emphasized, and key conclusions are drawn regarding the potential of recreational sports to enhance the quality and competitiveness of SPA and wellness products.</p>



27.	10.	<p><i>Dimitrov, D., Chakova, S. (2014). Model of Organization, Interaction, and Application of Mini and Beach Soccer Games in Sports Animation. Proceedings "21st Century Challenges for Developing Communicative Competence for Professional Purposes", Varna: Steno, pp. 378–383, ISBN 978-954-449-770-5.</i></p> <p>The report examines the role and significance of mini football and beach soccer games within the context of sports animation programs. The main focus is on their potential as tools for active entertainment, socialization, and physical activity for tourists. The study analyzes various options for organizing and offering participation in these games, taking into account the typology of tourists, their individual interests, age characteristics, and levels of physical fitness.</p> <p>Based on this analysis, a model is presented for organizing and facilitating interaction between participants and the animation team, emphasizing the use of communication and presentation techniques to enhance tourists' engagement and motivation. Additionally, a practical model is proposed for conducting mini and beach soccer sessions, adapted for participants with limited technical and physical skills. The model aims to provide a safe, fun, and inclusive environment that supports the development of physical activity and social interaction through game-based formats. The study highlights mini and beach soccer as effective tools for enriching the content of sports animation programs and improving the quality of the tourist product through active participation and emotional experience.</p>
28.	11.	<p><i>Chakova, S., Dimitrov, D. (2014). Communication and Prevention of Spinal Deformities through the Application of a Self-Healing Mini Complex (SHMC). Proceedings "21st Century Challenges for Developing Communicative Competence for Professional Purposes", Varna: Steno, pp. 399–404, ISBN 978-954-449-770-5.</i></p> <p>The report examines the relationship between communication, physical activity, and the prevention of spinal deformities through the application of a Self-Healing Mini Complex (SHMC) of exercises. The aim of the study is to develop and test a system of accessible exercises that strengthen back muscles, improve posture, and enhance the psycho-emotional state of participants, while employing effective communication approaches during physical education.</p> <p>The methodology includes long-term pedagogical observations and practical application of the complex among students, combining verbal explanation, demonstration, and individual posture correction to develop proper motor habits. The results indicate that regular practice of the SHMC contributes to improved posture, prevention of the progression of spinal deformities, reduced muscle tension, and overall body toning. The conclusions emphasize the importance of integrating the SHMC into daily physical activity and highlight the instructor's individualized</p>



		communicative approach as a key factor in the effective prevention of spinal deformities.
29.	12.	<p><i>Dimitrov, D. (2015). Assessment of the Competitiveness of the Sports Animation Product in Coastal Hotel Complexes on the Bulgarian Black Sea Coast. // Tourism in the Era of Transformation: Proceedings of the Jubilee International Scientific Conference Dedicated to the 50th Anniversary of the Establishment of the "Tourism" Program at the University of Economics – Varna, Varna: Univ. Publ. Science and Economics, pp. 495–504, ISBN 978-954-21-0864-1.</i></p> <p>The report presents the results of testing a methodology for assessing the competitiveness of the sports animation product in coastal hotel complexes on the Bulgarian Black Sea Coast. Its main objective is to serve as a self-assessment tool for managers, aimed at maintaining high quality and competitive advantages. The evaluation model covers four key areas: human resources, material and sports facilities, variety of entertainment forms and sports animation activities, as well as management and resource provision. The results of the empirical study indicate the need for improvement across all components of the sports animation product in coastal hotel complexes.</p>
30.	13.	<p><i>Dimitrov, D. (2015). Integral Competitiveness Coefficient of the Sports Animation Product in Coastal Hotel Complexes. // Mathematics as a Fundamental and Applied Science: Proceedings of the International Scientific-Practical Conference Dedicated to the 45th Anniversary of the Department of Applied Mathematics, Varna: Univ. Publ. Science and Economics, pp. 253–267, ISBN 978-954-21-0860-3.</i></p> <p>The report proposes an original model for calculating the integral competitiveness coefficient of the sports animation product in coastal hotel complexes on the Bulgarian Black Sea Coast. Through empirical research, it presents an appropriate method for assessing the competitiveness of the sports animation product, as well as the determinants influencing it.</p>
31.	14.	<p><i>Dimitrov, D. (2015). The Floorball in Terms of the Tourism. Cultural Corridor Via Adriatica: Cultural Tourism without Boundaries : International Scientific Conference, 15.10.2015 - 19.10.2015, Trogir, Croatia. Blagoevgrad: SWU Neofit Rilski Publ. House, p. 231 – 236, ISBN 978-954-00-0008-4</i></p> <p>The report investigates and analyzes the potential of floorball as a factor in the development of sports tourism in Bulgaria. The first part of the report presents the historical background of the game's emergence and development, as well as its main characteristics and specific features. Attention is focused on the role of floorball as an innovative and accessible</p>



		<p>sport that can contribute to the expansion of sports-tourism activities in the country. The concluding part formulates key findings and recommendations regarding the possibilities for integrating floorball into various forms of sports and animation tourism in Bulgaria.</p>
32.	15.	<p><i>Dimitrov, I., Dimitrov, D. (2015). Characteristics of Consumption of the Animation Product in Tourism. Tourism in the Era of Transformation: Proceedings of the Jubilee International Scientific Conference Dedicated to the 50th Anniversary of the Establishment of the Tourism Program at the University of Economics – Varna, Varna: Science and Economics, 2015, pp. 555–562, ISBN 978-954-21-0864-1.</i></p> <p>The report examines the characteristics of consumption of the animation product in tourism and its significance for meeting the needs of different categories of tourists. It provides an analysis of the content-related aspects of animation activities, which include encouraging tourists to utilize their free time through sports, recreational, cultural, and social activities. The main factors influencing consumer behavior are identified, including leisure time, personal characteristics, motivation, health and social status, as well as the expected benefits from the experiences. The report substantiates the role of the animation product as a strategic tool for the individualization of tourism services and for achieving competitive advantages in the tourism industry.</p>
33.	16.	<p><i>Dimitrov, D., Lalev, I. (2016). Differentiation of the Professional Profile of the Sports Animator. Collection of Reports from the Scientific Conference of Young Researchers, at the University of Economics – Varna, Varna: Science and Economics, pp. 264-271, ISSN 1314-4812.</i></p> <p>The aim of the report is to define the key competencies of a sports animator that ensure competitive advantage and high quality in sports-animation activities. To provide high-quality and diverse supplementary services in tourism, specialized personnel—animators possessing the necessary knowledge, professional skills, and flexible, creative thinking—are required. Using the competency-based approach, the report presents the professional profile of the animator in relation to their functional responsibilities.</p>
34.	17.	<p><i>Dimitrov, D. (2016). Conditions and Resources for Conducting Sports Activities for Citizens and Sports Clubs in the Municipality of Varna. Collection of Reports from the Scientific Conference of Young Researchers, at the University of Economics – Varna, Varna: Science and Economics, pp. 272-280, ISSN 1314-4812.</i></p> <p>The aim of the report is to present the conditions and resources for conducting sports activities for physically active citizens and sports clubs in the Municipality of Varna. The relevance of the topic is determined by</p>



		<p>current trends in European Union policies aimed at encouraging the population to engage in sports activities. This policy has also become a key priority for the public administration in the Municipality of Varna. Sports are recognized as an integral part of the municipality's social, educational, cultural, and civic policies. The report provides an analysis of the sports policy implemented, reflected in regulatory frameworks and sports infrastructure for organizing and conducting sports activities.</p>
35.	18.	<p><i>Dimitrov, D. (2017). Social and Institutional Issues of Physical Education and Sports in Bulgaria. In The Economy in a Changing World: National, Regional and Global Aspects (EWT – 2017): Proceedings of the 8th International Scientific Conference, May 12, 2017, Vol. 1, Varna: Science and Economics, pp. 462-466, ISBN 978-954-21-0927-3.</i></p> <p>The aim of the report is to provide a historical overview of the social and institutional issues of physical education and sports in Bulgaria from the 1950s to the present. It examines the process of structuring and restructuring the sports system in the context of administrative reforms over the years and its alignment with European policies. The relevance of the topic is determined by the recent changes in national sports policy, which is being synchronized with the European Union's initiatives to encourage the population to engage in physical activities. Sports are recognized as an integral part of the country's social, educational, cultural, and public policy. The report presents an analysis of sports policy based on a review of literature and regulatory frameworks, tracing the institutional and social development of physical education and sports in Bulgaria.</p>
36.	19.	<p><i>Dimitrov, D. (2017). The Essence and Significance of Sports Events as a Social Phenomenon. The Economy in a Changing World – National, Regional and Global Aspects: EWT – 2017: Proceedings of the VIII International Scientific Conference, May 12, 2017: Vol. 1, Varna: Science and Economics, 1, pp. 467-471, ISBN 978-954-21-0927-3</i></p> <p>The report attempts to clarify the essence, role, significance, and functions of sports events as a social phenomenon within the context of European Union policy. An analysis of sports policy in the European Union is presented, based on a review of literature and regulatory framework, tracing the approach to sports from both social and institutional perspectives. Attention is given to the activities of the Council of Europe (CoE) and the European Union (EU), focusing on their practical actions in the form of legal acts and programs that support national sports development in the member states.</p>
37.	20.	<p><i>Dimitrov, D. (2017). Role and Significance of Sports Events for the Development of a Tourism Destination. Tourism. Innovations. Strategies:</i></p>



		<p><i>Jubilee Collection, Burgas: FLAT, pp. 353–360, ISBN 978-619-7125-34-4</i></p> <p>The aim of the report is to present the role and significance of sports events for the development of a tourism destination. The relevance of the topic is determined by contemporary trends in tourist demand for active and diverse experiences during travel, the growing importance of domestic tourism, and the European Union's policy to promote youth tourism. The report provides an analysis of the essence and significance of sports events for the development of a given tourism destination.</p>
38.	21.	<p><i>Dimitrov, D. (2017). Study on the Feasibility of Establishing an Eco-Village in the Village of Govedartsi, Municipality of Samokov. Agribusiness and Rural Areas – Economy, Innovation, and Growth: Collection of Papers from a Scientific-Practical Conference, October 12–13, 2017, Varna: Science and Economics, pp. 190–200, ISBN 978-954-21-0944-0</i></p> <p>The aim of the report is to examine the feasibility of establishing an Eco-Village in the village of Govedartsi, Municipality of Samokov. The relevance of the topic is linked to the “Tourism Development Program of the Municipality of Samokov 2015–2020,” which aligns with the priorities of the National Strategy for Sustainable Tourism Development in Bulgaria 2014–2030. The report provides an analysis of the potential for creating an Eco-Village in the studied area as part of the development of ecotourism and rural tourism in Bulgaria.</p>
39.	22.	<p><i>Dimitrov, D., Lalev, I. (2018). Study on the Factors Influencing Students' Physical Activity During Leisure Time. Young Researchers' Scientific Conference – 2018: Proceedings, Varna: STENO, pp. 99–103, ISBN 1314-4812</i></p> <p>The report attempts to identify the main factors influencing students' physical activity and to propose concrete ways to affect these factors in order to increase opportunities for engaging in sports activities during leisure time. To achieve this objective, a survey was conducted using a questionnaire consisting of 14 closed-ended questions and one open-ended question related to the topic under study. The research was carried out with first-year students participating in physical education and sports classes included in the curricula of the University of Economics – Varna, as well as with second-year students from the sports improvement groups.</p>
40.	23.	<p><i>Dimitrov, D. (2018). Development of Football, Football Rules, and Refereeing. Scientific Conference of Young Researchers – 2018: Proceedings, Varna: STENO, pp. 91–98, ISBN 1314-4812</i></p>



		<p>The report attempts to clarify the essence, role, significance, and functions of football rules and refereeing as an integral and inseparable part of the game of football. It includes an analysis of key dates in the history of football, football rules, and refereeing, based on a review of literary and informational sources, as well as the regulatory framework that traces the creation and development of football rules. Attention is given to the role of football referees and their practical activities, which consist of applying the rules of the game.</p>
41.	24.	<p><i>Dimitrov, D. (2020). The Interconnection Between Sport and Tourism. Tourism and Connectivity: Collection of Papers from the Jubilee Scientific Conference with International Participation on the Occasion of the 55th Anniversary of the Establishment of the Tourism Program, 30-31 October 2020, Varna, Bulgaria, Varna: Science and Economics, pp. 83-89, ISBN 978-954-21-1052-1</i></p> <p>The report attempts to present the interrelationship between sport and tourism in two mutually connected spheres – the sports and tourism sectors. Tourism is examined as a means for physical activity, physical education, and sport, realized through various forms of sport-tourism activities. A definition is proposed based on the scientific discipline “Theory and Methodology of Physical Education.” The report continues by presenting the links between sport and tourism within the tourism industry, which give rise to the alternative form of sport tourism. A literature review is conducted, serving as the basis for the definition of sport tourism. In conclusion, the report summarizes the mutual interconnection and influence of the two sectors, highlighting their positive impact on the potential for further development.</p>
42.	25.	<p><i>Dimitrov, D. (2023). Sports Tourism and Its Place in Destination Management. Contemporary Tourism – Rethinking Opportunities and Models of Development, [29.09.2023, College of Tourism – Varna] : Scientific Conference Dedicated to the 60th Anniversary of the Founding of the College of Tourism at the University of Economics – Varna : Conference Proceedings, Varna : Science and Economics, 110-119, ISBN (online) 978-954-21-1161-0</i></p> <p>The report aims to examine the role of sports tourism as a sustainable form of tourism and as a factor in socio-economic development, improving the well-being of local communities, creating jobs, strengthening cultural exchange, and building a positive image and marketing power for tourist destinations through sports events. Tourism occupies an important place in the development of services and in the management programs of regions and countries. Sports tourism is one of the fastest-growing alternative forms of tourism in the sector. Tourist destinations are shifting toward tourism diversification, which is a key aspect of sustainable tourism. If</p>



		sports events achieve a certain quality of service and participant satisfaction, their loyalty will be ensured. Major sports events can make a significant contribution to the brand value of a country, region, or city, as well as to the development of urban infrastructure itself.
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V. Textbooks

Overall Number	Number within the Group	Title
43.	1.	<p><i>Tomova, Sn., Tsekov, V., Dimitrov, D., Iliev, I., Chakova, S., Lalev, I. Sports Animation: Guide. Varna: Science and Economy, 2014. ISBN 978-954-21-0746-0</i></p> <p>- chapter four – IV 8, IV 9, ISBN 978-954-21-0746-0</p> <p>- developed by senior lecturer Dr. Dimitar Dimitrov: paragraph 4.8. "Mini and beach football" and 4.9. "Table football" from chapter four.</p> <p>The third, revised and expanded edition of the textbook on sports animation presents updated methodological guidelines and modern trends in the organization of sports, recreational and sports-entertainment activities in tourism. The edition reflects the dynamic changes in the sports infrastructure, the emergence of new sports and the changing preferences of the tourist clientele. The textbook reflects the processes, expected results and the degree of mastering a certain system of knowledge, skills and habits by sports animators. The manual is intended for students of the specialty "Tourism" at the University of Economics - Varna, but can also be useful in other higher schools and colleges of tourism or in training in other specialties related to sports, tourism and leisure, as well as to assist all specialists working in the field of tourism.</p>
44.	2.	<p><i>Tomova, Sn., Tsekov, V., Dimitrov, D. Sports Animation - Varna: Univ. ed. Science and Economics, 2015. ISBN 978-954-21-0842-9</i></p> <p>- chapter four: IV 6, IV 7 and chapter six: VI 6, VI 8,</p> <p>- developed by senior lecturer Dr. Dimitar Dimitrov: paragraph 4.6. "Beach football" and 4.7. "Development of a project for a sports animation product and sample sports animation programs" from chapter four. Paragraph 6.6. "Paintball" and 6.8. "Mountain biking" from chapter six.</p> <p>The third, revised and expanded edition of the textbook on sports animation presents current trends in the methodology and development of knowledge, skills and habits necessary for the profession of "sports animator". The role of sport as a social phenomenon that supports</p>



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physical and spiritual development and serves as a basis for effective animation activity in tourism is emphasized.

The textbook is aimed at students of the "Tourism" specialty at the University of Economics - Varna, but is also applicable in other educational institutions and among practitioners in the sector. The content was developed by a team of authors who cover various thematic areas related to sports animation.

The publication aims to support future and current specialists in tourism by offering up-to-date knowledge and stimulating suggestions for improving the teaching material.

гр. Варна,
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