



## ABSTRACTS

of academic research papers of assistant professor Stanislav Ivanov Plyakov, PhD, for participation in the open competition for academic tenure *associate professor* in : Professional qualification : 3.9. Tourism, scientific research field *Economics and management (sportive and hiking tourism)*  
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### **I. Monograph pursuant Art. 62, item 3 of the Rules for Academic Staff Growth (PRAS) in the University of Economics (UoE) - Varna**

**N: 1 Plyakov, S. (2021) *Modern aspects and guidelines for hiking tourism growth in Bulgaria, (in BG) University Publishing House Science and Economics, UoE - Varna, ISBN 978-954-21-1084-2***

#### *Monograph abstract*

Hiking tourism accessibility and democratic values are rediscovered in present crisis period not only by our academic community but also on a global scale. The term hiking in our country is connected to our culture and traditions being perceived as a complex activity with an intellectual flavor. However, the last thirty years subsequent social changes reversed this evolution. The changes affected the tangible infra- and superstructure, as well as the motivation for this most accessible way of enjoying leisure time.

The research scope focuses on hiking in Bulgaria by taking into account its historic conditioning in order to determine correctly its present days aspects and eventual directions for its future development.

The study subject are the nature and organizational aspects of hiking.

The research aims to present the practical and organizational aspects of hiking..

The study tasks are: 1. Stating hiking significance with tracing its history and classification, including an outline of its organizational features. 2. Outline of hiking tourism development in Bulgaria from a historic and organizational point of view. Presentation of an actual SWOT analysis. 3. Outlining the guidelines for hiking tourism development in Bulgaria after determining development opportunities, specifying the conditions for its improvement and development. Identifying existing and new good practices.

Research methodology - in previous publications we have explored the hiking genealogy in historic context. However, in the monograph our intention is to summarize the research achievements so far by connecting historic and current situation not simply by chronology but to seek for cyclical social repetition of this extremely positive phenomenon. The accessible hiking tourism in open air nature with movement in a comfortable and healthy environment is subject to certain trends in our country. Among the research ambitions is to hint for the most suitable future approaches in terms of interpreting the processes scope. The



optimal tourism development in our country, even in the most general sense, cannot always be revealed by quantitative methods. We consider the most appropriate methods, for the time being, to review and evaluate tourism development to its current state through careful expert and practical analysis.

The monograph is based on the author long-term practice as a teacher in Physical formation and sports (PFS). It is designed for the academic community in professional field 3.9. *Tourism*, scientific qualification 05.02.18 *Economics and management (tourism)*. It is structured on hiking principles tested in the most diverse practical conditions. The work can be useful for tourism specialists in each aspect of analytical, organizational and image building meaning. The monograph is intended also for the general public, for any potential tourist within the meaning of hiking in our country.

## **II. Monographs and studies pursuant Art. 71(5), item 2 of the Rules for Academic Staff Growth (PRAS) in the University of Economics (UoE) - Varna**

**N: 1. Plyakov, S. (2022). Legal grounds for students from the College of Tourism - Varna motor fitness control according *Eurofit*. Sofia: FIL Ltd. (160 p.)**

### *Monograph abstract*

The dissertation focuses a problem which, if not new in our research field, is permanently relevant with theoretical and practical value, namely the state of physical fitness, its condition, development and improvement in the physical formation and sports curriculum in Bulgarian academic institutions. The topic significance arises from the experimental evidence for growing hypodynamic among the academic institutions adolescent youth, even in the College of Tourism.

The monograph research scope studies the College of Tourism - Varna students physical fitness. The research starting point is that the students optimal physical fitness and its scheduled control and assessment are significant prerequisite and condition for students successful professional career.

The study goal is to optimize the physical fitness control and assessment framework for the College of Tourism students by implementing the unified EUROFIT system with development and testing in practice of motor activity models improving students health status and capacity.

The research aims at examining several interrelated problems in connection with the topic of the dissertation work - formulation of conceptual apparatus regarding the motor fitness structure, retrospective of studies carried out in Bulgaria, overview of the control and evaluation systems for the Physical formation and sports curriculum in universities and the College of Tourism in Varna, the students health status and alternative approaches to improve their motor fitness in a selective class - tourist activity.



**III. Research articles pursuant Art. 71(5), item 2 of the Rules for Academic Staff Growth (PRAS) in the University of Economics (UoE) - Varna**

**N: 1 Rafailova, G., S. Plyakov (2011) Sports tourism - potential for extending the tourist season (in BG), *Collectanea Reports, Sports tourism - Potential for extending the season, Varna: Publisher Slavena, 2011*, pp. 226-233, ISBN978-954-579-906-8 (4 pages)**

*Abstract*

The report discusses the potential of sports tourism in its two forms – passive and active, to extend the tourist season. Several exemplary forms for sports and socially responsible tourism in Varna region in March-May and September-November are advanced.

**N: 2. Plyakov, S. (2016) The structure of physical fitness – grounds for test methods development in the study of physical abilities // *Eastern Academic Journal, Bourgas*, p. 7-12, ISSN: 2367-7384 (6 pages)**

*Abstract*

The article aims to present the structure of physical fitness as a basis for the development of test methods by researching the physical capabilities of men. It defines the physical fitness and discusses its major acts - static strength, explosive strength and dynamic strength, speed, agility, flexibility, balance, coordination and endurance. Guidelines for test methods for studying physical capabilities of students are outlined.

**N: 3. Plyakov, S. (2016) Seaside lifeguards role for maritime tourism growth. A four seasons tourist destination // *Black Sea Tourist Forum, Varna (in BG): Slavena Publishers, pp. 325-332 (8 pages)***

*Article abstract*

The article examines the lifeguards character, responsibility and role for secure tourist environment on the Bulgarian Black Sea coast and in particular in the tourist resorts. The quality of necessary training for practice of lifeguard profession is discussed. The sea rescue means and methods are detailed. The sea rescue organization for prevention of incidents in the aquatic environment is being projected.

**N: 4. Plyakov, St. (2017) The *Eurofit* test battery as methodological grounds for designing uniform standards in the field of physical formation and sports // *Eastern Academic Journal - Bourgas*, pp. 1-7, ISSN: 2367-7384 (7 pages)**



*Article abstract*

The article is a detailed review of research achievements concerning physical capacity, focusing on students in Bulgaria with emphasis on the observed indicators scope. The empirical data analysis leads to the conclusion that there are no systematic and unified values, so that it is difficult to proceed with a correct comparative analysis of students physical fitness main factors. A future adoption of a verified and adopted in many EU member-states unified system such as *Eurofit* is required. The general instructions for its application are briefly stated. The eight tests that make it up are described, as well as the sequence for their implementation. In conclusion is stated that *Eurofit* may be used as methodological grounds in drafting uniform standards in the field of physical formation and sports.

**N:5Nestorov, Ya., S. Plyakov. (2021) The attitude of students from Technical University - Varna in curriculum learning process in *Physical Formation and Sports* (in BG). *Journal Sport and Science*, Sofia, pp. 116-133, ISSN: 1310-3393 (8 pages)**

*Abstract*

The goal of this study is to be increased effectiveness of sport education in the University throw research a level of students' physical development and physical capacity in the University. To achieve this goal, a research is conducted in a period from October, 2021 to January, 2022 among students, at the beginning of their study, in a course "Stock Science and Customs Activity" in the University of Economics – Varna. The **study subject** is the physical development and the physical capacity of students in the Universities in Bulgaria. The **object** is students at the first level in the University and parameters' values for their physical development and physical capacity. The **research sample** includes 20 students, only female, enrolled in the University in September, 2021, in study course "Stock Science and Customs Activity". None of them trained any sport in the past. The study methods are: special literature review, anthropometric, dynamometric, sport-pedagogic test. The used test battery includes 8 parameters as three of them (height, weight and body index) to measure physical development and the rest 5 parameters to measure a physical capacity. Research analysis presents the level of the physical development and the physical capacity of the students ate beginning of their study. The conclusions are important to be achieved higher effectiveness of sport educational process for the next levels of the study.

**N: 6. Plyakov, S. (2022). Violation of academic rules. A study of the student propensity majoring in *Tourism* to prompting, copying and plagiarism // *Eastern Academic Journal* - Bourgas, pp. 24-37, ISSN: 2367-738 (13 pages)**



*Abstract*

The paper seeks to instigate an open academic discussion of a long existing problem. Plagiarism and cheat sheet usage are topics that are tolerated. In the mean time, the use of cheat sheet or copying, prompting and even plagiarism by some of the students is a dishonest advantage over the majority with long term negative consequences within the academic education. Following the example of other academic communities for taking action and seriously debating the issue, I present my empirical study of the tourism students' attitudes. The interdisciplinary scope of tourism as an academic discipline as well as the disparate background and vast geographic scope of the enrolled students are optimal prerequisites for measuring the general students' attitudes towards academic dishonesty, cheat sheet usage, prompting and plagiarism. The anonymous survey, that indicated positive and negative tendencies, was conducted among 200 second and third year students. I am hoping to instigate a more heated debate on the existing rules, on the usage of technical means, and maybe even to prompt the readjustment of the academic moral compass

**N: 7. Plyakov, St. (2022), Hiking as an opportunity for sport and recreation (in BG), Sofia: Sport and Science,, N:1, 2/2022, c. 145-159, ISSN: 1310-3393**

*Abstract*

The paper investigates hiking as a kind of sport tourism in accordance to the World Tourism Organization (WTO) and in the context of the global pandemic and changes in demand for tourism and sports after 2020. Firstly, we consider the connection of walking tourism with other types of sports tourism. Secondly, we delve on the possibilities for mutual enrichment of the activities related to hiking and various popular sports in order to make the experience more attractive. Thirdly, we consider the beneficial effects of walking tourism for recreation and the risk of trauma and discomfort, taking into account health and safety issues for the potential participants who would seek recovery through sports tourism. The topics are supported with statistics from Switzerland and Bulgaria, and the paper offers practical conclusions

**N: 8. Plyakov, St. (2022), Study of freshmen in the University of Economics - Varna physical development and performance for their effective training in physical formation and sports (in BG), Sofia: Sport and Science, N:1, 2/2022, c. 145-159, ISSN: 1310-3393.**

*Abstract*

The goal of this study is to be increased effectiveness of sport education in the University throw research a level of students' physical development and physical capacity in



the University. To achieve this goal, a research is conducted in a period from October, 2021 to January, 2022 among students, at the beginning of their study, in a course “Stock Science and Customs Activity” in the University of Economics – Varna. The *study subject* is the physical development and the physical capacity of students in the Universities in Bulgaria. The *object* is students at the first level in the University and parameters’ values for their physical development and physical capacity. The *research sample* includes 20 students, only female, enrolled in the University in September, 2021, in study course “Stock Science and Customs Activity”. None of them trained any sport in the past. The study methods are: special literature review, anthropometric, dynamometric, sport-pedagogic test. The used test battery includes 8 parameters as three of them (height, weight and body index) to measure physical development and the rest 5 parameters to measure a physical capacity. Research analysis presents the level of the physical development and the physical capacity of the students at beginning of their study. The conclusions are important to be achieved higher effectiveness of sport educational process for the next levels of the study

**N: 9. Stanislav Plyakov. (2022) DEVELOPMENT AND LEADING PRACTICES OF SPORTS TOURISM IN BULGARIA Journal “Careers”, Volume 2, Issue 1 (2022), p. 55-61, ISSN: 2815-3111 (online)**

*Abstract*

Sports tourism today is one of the most dynamically developing sectors in the huge tourism industry. The purpose of the article is to systematize the nature and role of sports tourism and on this basis to present the good practices of the types of sports tourism in Bulgaria. Examples of practicing different types of sport in the destination are considered and recommendations for their improvement are made.

**IV. Scientific reports pursuant Art. 71(5), item 2 of the Rules for Academic Staff Growth (PRAS) in the University of Economics (UoE) – Varna**

**N: 1 Plyakov, St., (2013), Opportunities for attractive amateurs and sports lovers events in Varna as socially responsible and sports tourism (in BG) // *Responsible Tourism 2020 - Proceedings of the international conference Responsible Tourism 2020* dedicated to the College of Tourism - Varna 50th anniversary, University Publishing House *Science and Economics*, University of Economics - Varna, pp. 85-92, ISBN: 978-954-21-0665-4 (7 pages)**

*Abstract*



The report focuses attention on the great group of non-athletes, or in other words, the group of thousands of sports lovers who play sports regularly or sporadically and are constantly looking for a way and an opportunity to check their level of fitness or training. Specific examples are given where available.

**N: 2. Plyakov, St. (2015), Organization of railway group voyages for young people and students in Bulgaria //, *Tourism in the age of transformation* - Proceedings of the international jubilee conference dedicated to the 50th anniversary of the specialty *Tourism* in the University of Economics - Varna (in BG), University Publishing House *Science and Economics*, University of Economics - Varna pp. 744-751, ISBN: 978-954-21-0864-1 (8 pages)**

*Abstract*

The report details the steps needed for the Bulgarian State Railway Company discount for large groups /up to 75%/. Thus the cost of a voyage, outing, hike, etc. decreases significantly and turns accessible to a much larger number of school pupils and students. It is a way to stimulate professors and teachers to set up more tourist trips for their students or school pupils.

**N: 3. Plyakov, St. (2016) On the meaning of PHYSICAL FITNESS and PHYSICAL ACTIVITY as methodological concepts in the study of physical fitness (in BG) // *Ukraine - Bulgaria - European Union: Current state and prospective*, Proceedings of the international conference *Ukraine – Bulgaria – European Union: Current state and prospective* in Kherson National Technical University, Ukraine, Kherson-Varna Publishing House, pp. 139-145, ISBN: 978-617-7273-42-3 (7 pages)**

*Abstract*

The report stands on a critical review and analysis of existing theoretical interpretations and translations of both mentioned terms in order to specify the concepts meaning as they are fundamental in almost all research concerning physical fitness. The specialized literature detailed review allows for distinction between the concepts corresponding to the Bulgarian translation.

**N:4 Plyakov S. I. (2016) Municipality of Veliko Turnovo — a tourist destination for various types and forms of tourism (in BG) // Proceedings of an international scientific and practical conference, Pskov, Russia, pp. 143-150, ISBN: 978-5-91116-523-9 / RINZ/ (8 pages)**



*Abstract*

The report addresses in details a large number of tourist attractions (historical, cultural, natural, sports, etc.) in the Veliko Turnovo region. The goal is to make popular such information in Bulgaria and abroad in order to develop tourism in the region.

**N:5 Plyakov, St., (2018), The curriculum subject *Physical formation and sports* in the College of Tourism - Varna within the context of legal requirements and the changing educational reality (in BG) // *Tourism and innovation* - Proceedings of the international conference dedicated to 55th anniversary of the College of Tourism - Varna, University Publishing House *Science and Economics*, University of Economics - Varna, pp. 454-465, ISBN: 978-954-21-0973-0 (11 pages)**

*Abstract*

The report provides an in-depth review of legal documents, government and state legislation concerning the curriculum subject Physical formation and sports in schools, colleges and universities. The curriculum assessment system for Physical formation and sports is analyzed and the students motivation in class examined. The results, studies and conclusions from legal documents have been applied for improvement proposals concerning the curriculum subject presentation in order to overcome the current negative trends reducing the desire for sports activities. The example of the College of Tourism, University of Economics - Varna is shared regarding the vision of the curriculum subject Physical formation and sports and the way students are graded.

**N: 6. Plyakov, St., (2020), Hiking tourism in Bulgaria Swot analysis. Participation with a study report in the scientific conference *Tourism and Connectivity* (in BG) // *Tourism and Connectivity*, Proceedings of the international scientific conference *Tourism and Connectivity* dedicated to 55th anniversary of the specialty Tourism, University Publishing House *Science and Economics*, University of Economics - Varna, pp. 360-366, ISBN: 978-954-21-1052-1 (7 pages)**

*Abstract*

Walking is part of most of the tourist activities and in 2020 trekking and hiking experienced a new surge thanks to the pandemic, and now many issues have to be reevaluated. The SWOT analysis I propose is bringing into consideration the strengths and weaknesses of hiking and trekking activities in Bulgaria, as well as new insights on the opportunities and threats. While most of the proposed by experts considerations back in 2000 are still valid, some issues became unexpected opportunities due to the changing trends. For





example our empty spaces or small scale of the mountains are allowing easy accessibility, this is why they are perceived as a major advantage by savvy international trekkers.

**V. Textbooks and study reference books pursuant Art. 71(5), item 1 , letter b of the Rules for Academic Staff Growth (PRAS) in the University of Economics (UoE)– Varna**

**N: 1 Plyakov, S., (2007) Hiking and orienteering, Science and Economics, ISBN 978-954-21-03-18-9 (study aid) (in BG) (96 pages)**

*Textbook abstract*

The reference book contains brief descriptions of the most important and necessary knowledge, dexterity and skills necessary for a hiking tourist theoretical literacy and readiness to strengthen self-preparation or avoid critical situations of any foreseeable kind.

**N: 2. Plyakov, S., (2014) Hiking tourism (in BG). Varna: Science and Economics, ISBN 978-954-21-0784-2 (textbook) (208 pages)**

*Textbook abstract*

Detailed and thoroughly developed textbook for the curriculum subject *Hiking tourism*. The textbook serves both the students of the College and everyone else who, in one form or another, makes excursions, hikes and trips in the mountains.

**N: 3 Plyakov, S. (2012) Sports tourism (in BG) // Rafailova, G. et al. Special types of tourism. . Varna: Science and Economics. University of Economics - Varna. ISBN: 978-954-21-0569-5 (chapter in the textbook) (26 pages)**

*Textbook abstract*

The chapter *Sports tourism* is part of the textbook *Special types of tourism*. It examines the theoretical aspect of the essence, role and forms of sports tourism. It details on the trends and forefront practices in the development of sports tourism in Bulgaria. In order to assist students better assimilation, it contains a case study and control questions on the topic of sports tourism.

City of Varna

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Author:

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