



P-HO-1280/10.09.2026

To
The Chairman of the Scientific Jury,
determined by Order No. R - 4186 / 16.07.202 6
of the Rector of the Medical University – Plovdiv
15A Vasil Aprilov Blvd.
4002 Plovdiv

On your Protocol No. 1 /dated 28. 07. 2026

(date of the 1st meeting)

I present attached: Opinion

regarding the competition for the academic position of ‘Associate Professor’
in the scientific specialty ‘Physiology’, Field of higher education: 7. Health and Sports, Professional
field: 7.1. Medicine
announced for the needs of Medical University of Plovdiv, Department of Physiology
published in the State Gazette, Issue No. 44 /14.05.2026

Opinion prepared by: Assoc. Prof. Mihaela Stilianova Shishmanova-Doseva, MSc. Pharm., PhD
Scientific specialty: "Pharmacology (incl. pharmacokinetics and chemotherapy)"
Institution: Medical University – Plovdiv, Faculty of Pharmacy, Department of Pharmacology,
Toxicology and Pharmacotherapy

Address and contact details:

Postal address: _____ 2 Plovdiv

Email: mihaela _____ iv.bg

Telephone: 088 _____

OPINION

by Assoc. Prof. Mihaela Stilianova Shishmanova-Doseva, MSc. Pharm., PhD
Faculty of Pharmacy, Department of Pharmacology, Toxicology and Pharmacotherapy
Medical University of Plovdiv

In my capacity as a member of the Scientific Jury (appointed by Order No. P-4186 of 16 July 2026 by the Rector of the Medical University of Plovdiv), and in connection with the competitive selection procedure announced in the State Gazette (Issue No. 44 of 14 May 2026) to fill one full-time academic position of 'Associate Professor' in the scientific specialty of 'Human Physiology' at the Department of Physiology of the Medical University of Plovdiv (MU-Plovdiv), I hereby submit my opinion on the competition and the sole candidate, **Chief Assistant Professor Penka Angelova Hristova, MD, PhD.**

The assessment of the materials submitted for participation in the competition is based on the requirements of the Law on the Development of Academic Staff in the Republic of Bulgaria (LDASRB), its associated implementation regulations, and the MU – Plovdiv regulations on the Development of Academic Staff.

I. Analysis of the candidate's career profile.

Chief Assistant Professor Penka Angelova graduated from the Medical University of Plovdiv with a master's degree and professional qualification "physician" in 2002. From 2002 to 2009, she worked as a general practitioner. In 2007, she successfully completed her specialisation in General Medicine. Following a competitive selection process in 2007, she began working in the Department of Physiology at the Faculty of Medicine at the Medical University of Plovdiv. She obtained a specialisation in 'Physiology' in 2014. In 2015, she was awarded a PhD for her thesis entitled 'Characteristics and non-pharmacological treatment of diet-induced metabolic syndrome in rats'. She has held the academic position of 'Chief Assistant Professor' in the Department of Physiology at the Faculty of Medicine at the Medical University of Plovdiv since 2016.

The candidate has a language certificate from the University of Cambridge.

The minimum national requirements for research activity of candidates for the academic position of 'Associate Professor' under Indicator Group 'A', as set out in Article 107, Item 1 of the Regulations, have been met. The requirements of Article 24, Paragraph 1, Item 2(a) of the Law on the Development of Academic Staff in the Republic of Bulgaria, as well as those of Article 107, Item 2(a), have been fulfilled.

(50 points under indicator group 'A')

II. A general description of the materials submitted for the competition.

In accordance with the Law on the Development of Academic Staff in the Republic of Bulgaria, the Regulations for its implementation, and the Regulations on the Development of Academic Staff at the

Medical University of Plovdiv, Chief Assistant Professor Penka Angelova has submitted the necessary documents for participation in the competition for the academic position of 'Associate Professor'.

The title of the candidate's PhD thesis is „Characterisation and non-pharmacological treatment of diet-induced metabolic syndrome in rats“.

The habilitation thesis is a monograph on the topic „Physical Activity and Chronic Non-Communicable Diseases“ 2026 Aqua Graphics , Plovdiv ISBN 978-619-7518-20-7.

Dr P. Angelova submitted a list of her publications and papers which have been published in scientific journals and are indexed and refereed in Scopus and Web of Science (12), along with copies of the materials.

She also submitted a list of publications in non-refereed journals with scientific review or published in edited collective volumes (15), along with copies of the materials.

The candidate has also attached a list of citations in scientific journals indexed and cited in Scopus and Web of Science (16), along with the necessary supporting evidence.

Dr Angelova has participated in four successfully completed intra-university projects, acting as the principal investigator on one of them.

The candidate has presented materials demonstrating substantial teaching activity, extensive teaching experience across various academic disciplines, and a significant teaching workload.

She is also a co-author of university textbooks.

Dr Penka Angelova has also submitted additional materials for the 'Associate Professor' academic position competition in the Department of Physiology at the Faculty of Medicine, Medical University of Plovdiv. These materials demonstrate her academic development, creative achievements, active involvement in teaching and significant administrative commitment.

III. Assessment of the candidate's scientific work in relation to her overall academic development.

Dr. Penka Angelova works in several important scientific and applied fields related to socially significant diseases and the body's adaptive changes during physical exertion. Her work includes experimental research with laboratory animals, as well as studies involving athletes and active sportspeople of various ages.

The candidate's research has contributed to the development of two models of diet-induced metabolic syndrome in rats. She has analysed the effects of three non-pharmacological treatment regimens for metabolic syndrome in rats. Furthermore, she has investigated the mechanisms underlying the development of low-grade inflammation in rats fed a high-fat diet.

Dr Angelova's work with athletes and physically active individuals of different ages and from various sports involves functional testing which provides information on indicators of aerobic and work capacity and changes in the cardiovascular system during exercise.

The candidate is a co-author of 15 publications in non-refereed journals with scientific review or edited collective volumes (99.56 points under indicator group G). Dr P. Angelova is a co-author of 12 publications in scientific journals indexed and cited in Scopus and Web of Science (138.14 points under indicator group G). She is the lead author of eight of the presented publications, demonstrating her contribution.

Dr P. Angelova took part in the XXX Jubilee Annual Assembly of International Medical Association, Bulgaria, in 2020. She presented part of her research at the 5th and 9th International Conferences of Young Scientists in Plovdiv. She received an award for the best presentation at the 5th International Conference of Young Scientists in Plovdiv.

Dr P. Angelova has participated in four successfully completed intra-university projects, leading one of them as the lead researcher.

“Changes in metabolism at different stages of the induction of metabolic syndrome in rats and the effects of non-pharmacological intervention on the condition” (2012)

Supervisor: Assoc. Prof. Dr N. Boyadzhiev, MD. Principal investigator: Dr P. Angelova, MD.

“The role of androgens in certain adaptive changes during endurance training in rats” (2012)

Supervisor: Assoc. Prof. Dr K. Georgieva, MD

“The contribution of the liver, adipose tissue and skeletal muscles to the development of low-grade, chronic inflammation in experimentally induced obesity” (2015) Supervisor: Assoc. Prof. Dr V. Kamenov, MD.

“Physical development and health behaviour of adolescents (aged 11–14) from different ethnic groups in the municipality of Plovdiv”. (2019)

Supervisor: Assoc. Prof. Dr Gergana Petrova, MD.

The candidate’s academic achievements are further evidenced by their receipt of an award for the best publication in the European Journal of Biomedical and Pharmaceutical Sciences, for their article entitled Changed C-reactive protein and serum amyloid-A levels in blood serum, adipose tissue and liver of obesity induced rats”.

IV. Assessment of the monograph or equivalent publications submitted for the ‘Associate Professor’ competition.

The habilitation thesis is a monograph on the topic ‘Physical Activity and Chronic Non-Communicable Diseases’ 2026 Aqua Graphics , Plovdiv ISBN 978-619-7518-20-7.

The candidate’s monograph is 124 pages long and cites 284 sources, including publications by Dr Angelova.

The topic is both timely and relevant, given the rapid increase in socially significant diseases and the alarming trend toward an earlier age of disease onset. This thesis provides a detailed description of the impact of physical activity on various systems, as well as the bioenergetics of physical exertion. It provides information on various chronic non-communicable diseases and highlights the potential of kinesitherapy to improve patients' health status. An important focus of the monograph is the detrimental effects of a sedentary lifestyle and associated health risks. The thesis provides an in-depth exploration of the topic. The author’s own research results are well integrated into the monograph.

V. Impact (citation) of the candidate’s publications in national and international literature (publication profile).

Dr Penka Angelova has provided a list of 16 citations in scientific journals that are both refereed and indexed in Scopus and Web of Science. She has also provided the necessary supporting evidence (240 points under indicator group D). These citations demonstrate the candidate’s contribution to and significance within the scientific community when presented in international peer-reviewed databases.

VI. Comprehensive, qualitative assessment of teaching and methodological activities, including academic supervision of undergraduates, PhD students and postgraduate students.

Dr Penka Angelova has been a lecturer in the Department of Physiology at MU Plovdiv since 2007. She teaches on all of MU – Plovdiv's main Master's programmes – Medicine, Dentistry and Pharmacy (in Bulgarian and English) – as well as on the Master's programme in Dietetics as part of the international educational project OMNIA. Dr. Angelova is also actively involved in undergraduate programmes at the Faculty of Public Health, including nursing, midwifery and physiotherapy. Dr. Angelova also teaches on programmes at the Medical College of the Medical University of Plovdiv, including Dietetic Nutrition Instructor, Public Health Inspector, Medical Laboratory Technician and Radiography Technician.

The candidate is a regular member of semester examination committees.

Dr Penka Angelova has co-authored 23 university textbooks, some of which are in English.

The candidate's teaching workload far exceeds the position requirements (1,090 points under indicator group 'G').

VII. Critical comments and recommendations.

I have no recommendations or critical comments.

VIII. Overall assessment of the candidate's compliance with the minimum national requirements under Article 2b, Paragraphs 2 and 3, and in accordance with the requirements under Article 2b Paragraph 5 of the Law on the Development of Academic Staff in the Republic of Bulgaria (LDASRB), as well as with the specific requirements of the Medical University of Plovdiv for the Development of Academic Staff.

Chief Assistant Professor Penka Angelova has achieved a total score of over 2.500 points (the minimum required is 1.000).

The candidate meets all the requirements in accordance with Law on the Development of Academic Staff in the Republic of Bulgaria (LDASRB).

The candidate meets the specific requirements for departments without clinical activity, as set out in the Medical University of Plovdiv's Regulations on Academic Development for the position of 'Associate Professor' in the scientific specialty of 'Physiology', Field of higher education: 7. Health and Sports. Professional field: 7.1. Medicine.

IX. Conclusion

Chief Assistant Professor Penka Angelova, MD, PhD meets the mandatory and specific requirements and scientometric criteria for the academic position of "Associate Professor" in the Department of Physiology at the Medical University of Plovdiv.

Dr. Penka Angelova Angelova Hristova possesses the personal and professional qualities necessary for appointment to the academic position of 'Associate Professor'.

My overall assessment of the competition and of the candidate's qualifications and professional achievements is **positive**.

Заличено на основание
Чл.5 §1, 6. "В" Регламент (ЕС)2016/679

Opinion prepared by:
Assoc. Prof. M. Shishmanova-Doseva, MSc. Pharm., PhD

01.09.2026